



**24-26**

**November**

*Karate 1 – Series A*

**Matosinhos 2023**

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## 1. WELCOME MESSAGE

### 1.1 Greeting from the Head of the host NF

Dear participants,

I am very pleased and honoured to host once again the Karate 1 – Premier League in Portugal.

The Federação Nacional de Karate – Portugal organizes the Karate 1 – Series A, an event of high international prestige of the sport in the World, from November 24<sup>rd</sup> to 26<sup>th</sup> 2023, in the city of Matosinhos – Portugal.



Since the current World difficult circumstances, we have set targets to revalue our sport and to perform organizational affirmation. This event, in a general perspective, gives us cause for enhanced satisfaction, reflecting the dynamics of Karate, in general, and specifically in Portugal.

We hope and wish that this Karate 1 – Series A will be a great championship for the WKF family. We will do everything to make sure that you are presented with an excellent stay, feeling that you participated in an event of excellence that provided you unforgettable moments.

As President of the Federação Nacional de Karate – Portugal I would like to WELCOME YOU and say we are working with all the commitment, so that you may feel the warmest welcome.

Thank you for honouring our Federation with your presence in Portugal.

Greetings,

**Carlos Silva**

*President of the Federação Nacional de Karate – Portugal (Portuguese Karate Federation)*

## 2. INTRODUCTION

The WKF Karate 1-Series A is a world-class competition that provides karatekas around the world with more competitive opportunities to shine at the highest level. Presented in an open format thus allowing every athlete in the world to compete, the Karate 1- Series A is framed under the umbrella of the Karate 1 to bring together the best competitors in a series of open championships of unprecedented scale and quality. In addition to this, the Karate 1-Series A offers karatekas the chance to increase their ranking position as the universality of top Karate tournaments is showcased.

While maintaining the individual character of each event, all Series A events have to meet certain standards in order to achieve the above-mentioned goals. Therefore, it is necessary to follow these [Organising Rules](#).

All members of WKF are admitted participating. The competition categories are identical to those of Senior World Championships except for Kumite team.

The number of competitors for **Kumite** modality is limited to a maximum of 96 athletes per category.

For **Kata** modality the number of competitors is limited to a maximum of 128 athletes.

The WKF [Competition Rules](#) in force will be applied.

Competitors of individual categories earn ranking points in every WKF Karate1 event according to the official [WKF World Ranking regulations](#).

## 3. INTRODUCTION KARATE 1-SERIES A MATOSINHOS 2023

The Karate 1 – Series A (Matosinhos) 2023 will be held next November 24<sup>rd</sup> to 26<sup>th</sup>, at “Centro de Desportos e Congressos de Matosinhos”, located at Rua Nova do Estádio, 4460-381 Senhora da Hora – Portugal.

## 4. COMPETITION INFORMATION

### 4.1 Categories

- Female Kumite: - 50kg, - 55kg, - 61kg, - 68kg, + 68kg
- Male Kumite: - 60kg, - 67kg, - 75kg, - 84kg, + 84kg
- Individual Kata: Female, Male
- Team Kata: Female, Male

### 4.2 Prizes

For Individual categories (Kumite and Kata):

- Gold medallist: 500 €
- Silver medallist: 300 €
- Bronze medallist: 100 €

For team categories (Kumite and Kata):

- Gold medallist: 600 €
- Silver medallist: 400 €
- Bronze medallist: 200 €

## 5. CONTACTS INFORMATION

### 5.1 Organizers contact details

**Federação Nacional de Karate – Portugal**

Address: Rua do Cruzeiro nº11A – 1300-160 Lisboa – PORTUGAL

E-mail: [fnkp@fnkp.pt](mailto:fnkp@fnkp.pt)

Mobile +351 967 162 645

### 5.2 Local Organising Committee contact details

**Head Coordinator – Carlos Silva**

[presidente@fnkp.pt](mailto:presidente@fnkp.pt)

Mobile +351 960 164 777

**Coordinator** – *Joaquim Gonçalves*

[dtnd@fnkp.pt](mailto:dtnd@fnkp.pt)

Mobile +351 919 769 570

**Secretariat and general issues** – *Sara Martins*

[secretary.k1@fnkp.pt](mailto:secretary.k1@fnkp.pt)

Mobile +351 967 162 645

**Logistics, hotel, transfers, catering and payments** – *André Vieira*

[logistics.k1@fnkp.pt](mailto:logistics.k1@fnkp.pt)

Mobile +351 939 534 033

Website – <https://k1portugal.fnkp.pt>

Facebook – <https://www.facebook.com/K1Portugal>

Instagram – [https://www.instagram.com/k1\\_portugal/](https://www.instagram.com/k1_portugal/)

### **5.3 WKF Event Supervisor contact**

The WKF Event Supervisor for this Youth League event is Mr. Dominique Sigillo. His contact details are as follows:

Email: [sigillo.wkf@gmail.com](mailto:sigillo.wkf@gmail.com)

### **5.4 Safe Sport contact**

WKF events must be safe for all athletes and participants and entirely free from any form of non-accidental violence, namely, harassment and abuse. Any such behaviour will not be tolerated.

If you or someone you know has been the victim of abuse or harassment in Karate, get help and report it.

Your first point of contact for any incident at this event is the WKF Event Supervisor, whose contact information you can find detailed above.

Otherwise, any other incident can be reported via the [WKF Official Complaint Form](#) and sent to: [safekarate@wkf.net](mailto:safekarate@wkf.net)

## 6. WKF APPROVED PROTECTIONS, KARATEGIS & TATAMIS

The Karate 1-Series A complies with the highest level of presentation. In order to guarantee the correct delivery of the event, and to ensure the suitable quality of the tournament, exclusively the following brands are **WKF Approved** for use in the 2023 Karate 1-Series A Season.

### SPORT PROTECTIONS “WKF Approved”



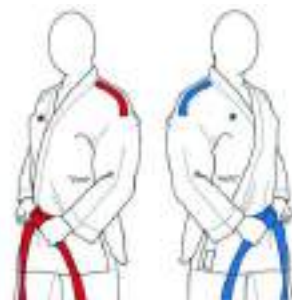
\*Click on the logos

**CHECK THE COMPULSORY PROTECTIONS FOR THIS COMPETITION**

### OFFICIAL KARATEGI KARATE 1 – SERIES A

Kumite and Kata karategis with the brand name embroidered on the shoulders in **RED or BLUE** are of mandatory use in Karate 1- Series A tournaments.

The authorized companies to use these karategis models are:







\*Click on the logos

### **DISTRIBUTORS ASSISTANCE “WKF Approved”**

Click on the image to visit the distributors by countries.



TATAMIS “WKF Approved”



\*Click on the logos

## 7. EVENTS SCHEDULE

THURSDAY 23/11/2023	SERIES A	MATOSINHOS
<b>REGISTRATION</b>		
10:00 – 17:00 h	<p>Timeslots by alphabetic order of Countries will be applied to ensure a smooth onsite registration process. Such timeslot will be established once finished the online registration.</p> <p>STATIONS</p> <ol style="list-style-type: none"> <li>1) Waiver, Passport &amp; Accreditation Check</li> <li>2) System Check (Sportdata)</li> <li>3) Back Number &amp; Lanyard Pick Up</li> <li>4) Athlete Weigh-in</li> </ol>	Centro de Desportos e Congressos de Matosinhos
18:30 – 19:30 h	Coach Meeting & Draw	Centro de Desportos e Congressos de Matosinhos
19:30 h	Referee Briefing	Centro de Desportos e Congressos de Matosinhos
<b>WKF COACH COURSE – ACCREDITED COACH CERTIFICATION (LEVEL 1)</b>		
17:00 – 18:30 h	<p>Onsite Registration Entry: Coach</p> <p>STATIONS</p> <ol style="list-style-type: none"> <li>1) Waiver, Passport &amp; Accreditation Check</li> </ol>	Centro de Desportos e Congressos de Matosinhos

## 8. COMPETITION PROGRAMME

Day/hour	COMPETITION
Friday, 24/11/2023 9:00-20:30	<p><u>Eliminations &amp; Semi-Finals</u> Female Kata, Male Team Kata</p> <p><u>Eliminations &amp; Semi- Finals</u> Female Kumite (-68kg; +68kg) Male Kumite (-84kg, +84kg, -75kg)</p> <p><u>Repechages</u> Female Kumite (-68kg; +68kg) Male Kumite (-84kg, +84kg, -75kg)</p>
Saturday, 25/11/2023 09:00-20:30	<p><u>Eliminations &amp; Semi-finals</u> Male Kata, Female Team Kata</p> <p><u>Eliminations &amp; Semi- Finals</u> Female Kumite (-50kg, -55kg, -61kg) Male Kumite (-60kg, -67kg)</p> <p><u>Repechages</u> Female Kumite (-50kg, -55kg, -61kg) Male Kumite (-60kg, -67kg)</p>
Sunday, 26/11/2023 09:00-14:00	<p><u>Bronze Medals</u> Individual Kata (Female / Male) Male Kumite (-60kg, -67kg, -75kg, -84kg, +84kg) Female Kumite (-68kg, +68kg, -61kg, -50kg, -55kg) Team Kata (Female / Male)</p>
Sunday, 26/11/2023 14:30-18:00	<p><u>Finals</u> Individual Kata (Female / Male) Male Kumite (-60kg, -67kg, -75kg, -84kg, +84kg) Female Kumite (-68kg, +68kg, -61kg, -50kg, -55kg) Team Kata (Female / Male) Award Ceremony</p>

\*The detailed competition schedule will be fixed after closing the online registration in order toadequate it to the final number of athletes.

## 9. RANKING

Competitors can earn ranking points in every Karate1 event according to the official WKF Ranking Criteria, point 3.2 of the WKF [World Ranking Rules](#).

The participation will be limited to those competitors from position 33 onwards of the WKF ranking.

The [Event Ranking](#) / applicable ranking will be the one updated on the day of the registration opening, on 24<sup>th</sup> August 2023.

## 10. ONLINE REGISTRATION & OFFICIAL ACCREDITATION

**No registration will be accepted after the official online registration deadline and all requests will be declined.**

The registration will be validated once completed the online payment through the payment platform. In case of any questions concerning the online registration please directly contact the Sportdata software team via the email address: [office@sportdata.org](mailto:office@sportdata.org)

Clubs / teams / federations are responsible for the quality of the entered registration data.

### 10.1 Online Registration Process

All **competitor** registrations must be made **ONLINE**

ATHLETES  
REGISTRATION

All **referee** registrations must be made **ONLINE**

REFEREE  
REGISTRATION

All **coach** registrations must be made **ONLINE**

COACH  
REGISTRATION

**The registration starts** three (3) months prior to the event, **on 24/08/2023**, and close fifteen (15) days before the tournament **on 09/11/2023 at 12:00 hrs GMT +0** and it is **divided in the following two phases (all phases will close at the 12:00 hrs GMT +0 of the listed day):**

- **Phase 1, from 24/08 to 07/09 (first two weeks)**: Registration only by National Federations for athletes ranked between position 33 and 100 (included) of WKF Ranking. Maximum, 1 athlete per category.
- **Phase 2, from 08/09 to 09/11**: Open registration.

Changes of online registration data are possible until the end of the online registration period.

## 10.2 Official Accreditation

The official registration session will take place on Thursday, 23/11/2023, from 10h to 17h at the Centro de Desportos e Congressos de Matosinhos.

If changes are required during the official registration session because of incorrect or missing registration data, a fee of € 20 is charged for each change.

At registration, accreditation cards will be issued with the participants' main data, a photograph and information about registered categories. The accreditation card must be worn at all times during the event.

Only members of national federations recognized by WKF are admitted participating, following the registration procedures described in Series A Organising Rules 2023 (SA OR Point 5 Registration).

**All participants must submit an official document (passport or other valid ID card) for the WKF identification and validation at the accreditation session.**

**The accreditation of any competitor must be done by the athlete or the athlete's coach, in person bringing the athlete passport or other valid ID at the accreditation session.**

**The competitor who has not collected, either personally or through his/her coach the accreditation during the official registration, will not be included in the draw.**

## 10.3 Technical Support for Online Registration

Web: [https://www.sportdata.org/wkf/set-online/index.php?active\\_menu=home](https://www.sportdata.org/wkf/set-online/index.php?active_menu=home)

Email: [karate1@sportdata.org](mailto:karate1@sportdata.org)

**The weighing will be carried out immediately after receiving the accreditation, those athletes who will not attend the weighing will not be included in the draw.**

## 10.4 Entry Fee

The entry fees are:

Per individual category entry:

- €60/ 1<sup>st</sup> month,
- €70/ next 45 days
- €90 last 15 days.

Per team category: €70

## 10.5 Payment

All payments must be processed through the ONLINE PAYMENT PLATFORM. **Onsite payments will NOT be accepted.**

## 11. MANDATORY DOCUMENTS

### MANDATORY DOCUMENTS TO BE SUBMITTED AT THE OFFICIAL ACCREDITATION

At the onsite registration, all participants (Coach, Athletes, Referees, Officials) must submit a printed and signed Waiver of Liability form.

There are 3 types, one is for the Club/Team Representative, while the other 2 are for all other participants (Over 18 years old and under 18 years old). Find the links below.

#### **Waiver of Liability Forms:**

- i. NF/Team Representative Waiver ([link](#))
- ii. Individual +18 Form ([link](#))
- iii. Individual - 18 Form (Parental Consent) ([link](#))

• The NF/Team Representative takes full responsibility for the validity of all signatures and information provided.

## 12. ANTI DOPING EDUCATION

As a participant in karate, it is your responsibility to follow the WKF Anti-Doping Rules.

Click the [here](#) to take an Anti-Doping Education & Learning Course and learn more about your responsibilities and visit our [website](#). For a few hours, you help keep karate a clean sport.



#### **Course Recommendations**

International-level Athletes Education  
High Performance Coach Education  
Medical Professionals Education  
Parents of Elite Athletes Education

## 13. WKF ACCREDITED COACH

According to the Coach License Manual, **the minimum level required to take part in the Karate 1 Series A events is the “Accredited Coach” level.** To obtain such certification, **coaches must attend a compulsory Coach Briefing.**

### 13.1 WKF Coach Programme / Accredited Coach Certification (level 1)

Please find below the Coach schedule and the details for the registration process:

#### 13.1.1 Schedule

Accredited Coach Briefing				
Thursday	23/11/2023	from 17:00 h	to 18:30 h	Centro de Desportos e Congressos de Matosinhos

#### 13.1.2 Online Registration

Those coaches who wish to attend to the “WKF Accredited Coach Briefing” in Matosinhos must be registered online and must fill out the “Accreditation Agreement for Coaches” that can be downloaded from the online registration site.

**All coach registration must be made online latest until 09/11/2023.**

ACCREDITED COACH  
BRIEFING  
REGISTRATION

Should you have any difficulties when registering, please contact [support@sportsid.org](mailto:support@sportsid.org) for technical support.

#### 13.1.3 Fees

We would like to remind you that the fee to attend to the “Coach Briefing” and to obtain a new license or to renew your expired license of WKF Accredited Coach is 300 CHF.

#### 13.1.4 Payment

All payments must be made through Sportdata platform.

No other methods of payment will be accepted.

Registrations and payments onsite will not be accepted.



## 14. MEDIA

### 14.1 Press

Press accreditation can only be given to professional journalists working for a media and having proof of their credentials.

Media professionals can register to request press accreditations through the online registration form which can be found [HERE](#).

#### **Video recording will not be allowed**

Should you need more information about press or media related issues, please directly contact the World Karate Federation's office: [press@wkf.net](mailto:press@wkf.net)

## 15. COMPETITION VENUE

Centro de Desportos e Congressos de Matosinhos is located at Rua Nova do Estádio, 4460-381 Senhora da Hora – Portugal.



**PROGNME**  
TATAMI BY TROCELLEN

**OFFICIAL TATAMI FOR THIS TOURNAMENT**

## 16. TICKET FOR SPECTATORS

The entrance is free.

## 17. OFFICIAL HOTELS

### 17.1 HQ Hotel

#### ***Four Points by Sheraton \*\*\*\*\****

Whether you travel for business or leisure, Four Points by Sheraton Matosinhos welcomes you with four-star comfort, outstanding service and an ideal location in the city.

The hotel offers a wide variety of facilities and services including a business center, 24-hour front desk, all day dining bar with tasty meals and refreshing drinks, a Cafeteria with a wide selection of pastries, a Gym fitted with the best equipment and a parking lot for your car.

Matosinhos beach is only 5 minutes walking distance from the hotel, perfect for surfing and other water sports. As a fishing area, local restaurants offer you the most wonderful fresh fishes and sea food for your delight.

Hotel – Oporto Airport 9.3Km (9min)

Hotel – Sportshall 2.6Km (6min)



### 17.2 Official hotels

#### ***Tryp Porto Expo \*\*\*\*\****

The recently refurbished TRYP Porto Expo Hotel is a modern 4-star unit located in Leça da Palmeira.

With 4 different styles to choose from (family, fitness, premium and standard), the Hotel TRYP Porto Expo has 117 rooms and 3 Suites. Rooms for non-smokers and with access for disabled guests, bathroom with hair dryer, air conditioning, satellite TV and video, direct-dial telephone with fax and computer connection socket, refrigerated bar, safe, electronic locks, and room service.



The restaurant is open every day at breakfast with a hot and cold buffet. At lunch and dinner, the Mercato Restaurant serves local specialties and international cuisine.

Hotel – Oporto Airport 8.4Km (7min)

Hotel – Sportshall 4.1Km (6min)



### ***Holiday Inn Express Porto – Exponor \*\*\****

Friendly staff welcome you into sleek monochrome lobby at modern Holiday Inn Express Porto-Exponor, just 8 minutes' drive from Francisco de Sá Carneiro Airport. The location opposite the Exponor convention center, in Leça da Palmeira, means you can linger over a complimentary buffet breakfast and still make it to your morning meeting in time.



Relax with a flat-screen TV in your contemporary guest room and catch up on emails with wireless Internet in your warm-toned Guest room at Holiday Inn Express Porto-Exponor. Help yourself to complimentary tea and coffee and refresh in the bathroom's invigorating power shower and separate bathtub.



Ask 24-hour front desk staff at Holiday Inn Express Porto-Exponor to recommend their favourite local restaurants. After dinner, catch up with friends in our stylish Lobby Bar.

Hotel vs Oporto Airport 9Km (7min)

Hotel vs Sportshall 3.6Km (6min)

### 17.3 Hotels Prices

PRICES IN (€) PER PERSON/PER NIGHT (LOCAL TAXES INCLUDED)					
Nº	HOTEL NAME	STARS	PER NIGHT / PER PERSON IN EURO (€)		
			MEAL	SINGLE	DOUBLE / TWIN
1	<b>FOUR POINTS BY SHERATON (HQ)</b>	****	With Breakfast	<b>113 €</b>	<b>63 €</b>
			Half Board	<b>139 €</b>	<b>89 €</b>
			Full Board	<b>165 €</b>	<b>115 €</b>
2	<b>Tryp Porto Expo</b>	****	With Breakfast	<b>89 €</b>	<b>52 €</b>
			Half Board	<b>108 €</b>	<b>71 €</b>
			Full Board	<b>127 €</b>	<b>90 €</b>
3	<b>Holiday Inn Express</b>	***	With Breakfast	<b>102 €</b>	<b>51 €</b>
			Half Board	<b>123 €</b>	<b>72 €</b>
			Full Board	<b>144 €</b>	<b>93 €</b>

THE DEADLINE TO BOOK THE ACCOMMODATION THROUGH THE LOC IS THE **14<sup>th</sup> OF OCTOBER** 2023.

The accommodation bookings made through the LOC must be fully paid directly to the selected hotel to be considered as fully booked. They will be handled directly through the following contacts and using the respective hotel **PROMOCODE**:

HOTEL NAME	PROMOCODE	CONTACTS DETAILS
<b>Four Points By Sheraton (HQ)</b>	OPOFPK1	+351 229 767 920 / +351 912 340 588 Res.manager@fourpointsmatosinhos.com
<b>TRYP Porto Expo</b>	K1Matosinhoskarate	+351 229 990 032 www.trypportoexpo.com
<b>Holiday Inn Express</b>	K1Matosinhoskarate	+351 229 995 400 hieportoexponor@realhotelsgroup.com

Should you have any further inquiries please contact the LOC accommodation responsible, Mr. André Vieira, through the email ([logistics.k1@fnkp.pt](mailto:logistics.k1@fnkp.pt)) or telephone number (+351 939 534 033).

## 17.4 Transport Services

### AIRPORT TRANSFER RATES PRICES IN EURO FOR 2 WAYS TRANSFER

(Oporto Airport | Official Hotels | Oporto Airport)

**RATE PER PERSON: 20€**

For reservation or any question, please contact with the Official Organization:

*Mr. André Vieira*

[logistics.k1@fnkp.pt](mailto:logistics.k1@fnkp.pt)

Mobile +351 939 534 033

## 17.5 Meals at the Venue

Close to the competition venue (5m on foot) there is a shopping mall with restaurants.

In the competition venue there will be a cafeteria and place with fast meals by reservation:

*Mr. André Vieira*

[logistics.k1@fnkp.pt](mailto:logistics.k1@fnkp.pt)

Mobile +351 939 534 033

## 18. VISA REQUIREMENTS

List of third countries whose nationals are exempted from holding a VISA when crossing the external borders:

<https://vistos.mne.gov.pt/en/short-stay-visas-schengen/general-information/who-needs-a-visa#list-of-nationalities-who-must-be-in-possession-of-a-visa>

Where should you lodge a VISA Application:

<https://vistos.mne.gov.pt/en/short-stay-visas-schengen/general-information/where-should-you-lodge-a-visa-application>

Anyone who needs an invitation letter to present at the embassy to apply for the Visa, please fill in the form on the link <https://forms.gle/eCPs7NDyWzxDEDPUA>

## 19. CITY / COUNTRY INFORMATION

### 19.1 About Matosinhos



The city offers the supreme delight of leisure that oscillates between land and sea, in a cult of physical and psychological health, as a seasoning, for rest, for observation, for the exhilarating joy of sports, the personality of those who practices in scenarios of rare beauty.

The gastronomy of Matosinhos, increasingly appreciated and praised nationally and internationally, is

considered one of the main tourist products in the county, being part of the most varied itineraries and guides for gastronomic promotion from north to south of the country.

It's history, heritage, tradition, projection, without ever forgetting the unique flavor of sardines in bread. It's culture, art, leisure and other enchantments to see and review. But Matosinhos is much more than that, it's street, night, animation, light, color and sound, it's party, it's life and it's, after all, where everything happens.

Matosinhos is inevitably, sea, beach, surfing, diving, movement and sport, offering a vast and unique coastline where the green is lost in the blue.

Is faith, tradition and pilgrimage, not only as a crossing point on the roads to Santiago, but also in festivals and pilgrimages, with special emphasis on Senhor de Matosinhos, the church, the city's ex-libris, deserving a must visit. Matosinhos is unavoidably gastronomy, proudly assuming itself as the region's dining room, where you can't miss sardines, seafood and the stories of the people who were lost at sea.

Matosinhos provides, unavoidably, a unique experience of travel and experiences, from the most remote times to the most innovative projects.

#### ***Terminal de Cruzeiros (Cruise Terminal)***

Opened in 2015, the Port of Leixões Cruise Terminal, designed by the architect Luís Pedro Silva, quickly became an ex-libris of the city of Matosinhos. The building, whose configuration recalls the moorings of boats to the quays, combines its avant-garde shape with a coating inspired by one of the most traditional Portuguese decorative materials: the tile. One million tiles, produced by the historic porcelain factory of "Vista Alegre", cover the structure of the building and allow a curious play of light throughout the day.



Capable of receiving the most modern and gigantic cruise ships, the Terminal is one of the main entrances for tourists in the region, but it also hosts a large set of research laboratories from the University of Porto related to the sciences of the aquatic environment.

Visits only on Sunday, from 9:30am to 12pm.

### ***Farol da Boa Nova (Boa Nova Light House)***

The Leça Lighthouse is one of the thirty lighthouses on the Continent, located in the district of Porto, Municipality of Matosinhos.

Lighthouses are infrastructures used for maritime signaling and navigation aids, whose administration, management, maintenance and conservation are the responsibility of the Lighthouses Directorate. At the end of the 19th century, the need for a lighthouse in Leça or Leixões was already recognized, but it was only in the 20th century, more precisely in 1919, that the plans for the lighthouse were developed. The work was directed by engineer José Joaquim Peres and its tower is 46 meters high and 3.5 meters in diameter, being the second tallest lighthouse in the country and the last to be built in mainland Portugal. Visits are free and are only possible on Wednesday, from 2 to 5pm.



## **19.2 How to get to Matosinhos**

The closest airport is Airport Francisco Sá Carneiro and is 15 minutes away from Matosinhos.

### **METRO**

Metro trip planning link – <https://www.metrodoporto.pt/pages/285>

Airport – Matosinhos Congress Center:

- Purple Line (E) Direction “Trindade”
- Exit at “Senhora da Hora” stop
- Enter Blue Line (A)
- Get off at the “Estádio do Mar” stop
- Duration of the trip: 19m

### **BUS**

BUS trip planning link (BUS nº120 – Aeroporto-Guifões)

<https://www.google.com/maps/d/u/0/viewer?mid=1jpA0jOJoMw6o1Isg6jOMfsybiNPnzPnL&ll=41.2114095780161%2C-8.679017598533614&z=13>

Lines and schedules – <https://maredematosinhos.pt/linhas-horarios/>

## 19.3 Practical Information

Weather in Matosinhos: max. 16°C (60°F) during the day and 8°C (46°F) at night in November

Emergency services: 112 (medical, police, fire)

Near Hospital: Hospital Pedro Hispano (address: R. de Dr. Eduardo Torres, 4464-513 Senhora da Hora)

## 20. GENERAL INFORMATION

### 20.1 Currency and Exchange

Euro (€)

### 20.2 Business Hours

UTC/GMT +1 hour

### 20.3 Electricity

220 Volts / 50 Hz

### 20.4 Vehicle Driving

Vehicles are left hand drive and the driving is done on the right side of the road.

### 20.5 Alcohol

Alcohol is only served and sold to people over 18 years of age.

### 20.6 Tobacco

Tobacco is only served and sold to people over 18 years of age.

### 20.7 Safety in the city

Matosinhos is a safe city.

## 21. OMISSIONS

As regards that the specific items are not expressly foreseen in the present bulletin reference is to be made to the general rules and guidelines contained in WKF Regulations.



