



FIREUP

WHAT WE DO

➤ Sports Tours and Training Camps in Portugal

For any age or level, from grassroots to high performance in various sports.

➤ Sports Events

➤ Corporate Activities





COIMBRA





Coimbra is situated in the Centre of Portugal, two hours from Lisbon, one hour from Oporto, only two hours from Salamanca and two hours and a half from Vigo. Declared Unesco World Heritage since 2012, the City of Coimbra has its own very special mystique, the result of a past full of important events and of the memories of the many thousands of Portuguese who, dispersed around the country or abroad, remember the carefree, easygoing, hopeful years spent here in their youth as students at the University. Coimbra has to offer a all year round perfect weather.

HOST CLUB ACADÉMICA RUGBY



ACCOMMODATION

PREMIUM HOSTEL OPTION SERENATA HOSTEL



3* HOTEL OPTION COIMBRA HOTEL IBIS



With several domestic titles in its history **Académica Rugby** is one of the most emblematic Rugby Clubs in Portugal. Passionate about the Sport and its Values, Académica has one of the most beautiful Rugby Houses that you ever see making every minute spent there something unforgettable.



TRAINING GROUNDS

COIMBRA UNI SPORTS COMPLEX

Coimbra Uni Sports Complex, right in heart of Coimbra city, hosted the European University Games in 2018. This sports complex provides the best high performance sports facilities.



PROGRAM - 3 NIGHTS - COIMBRA

DAY ONE

Welcome & Greet

Transfer to Coimbra

Training Session

Dinner

DAY TWO

Training Session

Lunch

River Activity

Dinner

DAY THREE

Free Morning

Or Extra Activity Option 1, 2

Lunch

Friendly Fixture

Dinner

DAY FOUR

Transfer to the Airport

Departure

• PRICES

- 3 Nights Premium Hostel option
- £225 per person + £4.98 per person for Financial Protection Insurance
- 3 Nights in 3*** hotel option
- £269 per person + £4.98 per person for Financial Protection Insurance
- * Flights to Lisbon not included

WHAT IS INCLUDED

Accommodation

- 3 nights in Coimbra
- Hostel (dorms)
- Hotel (twin rooms)
- Breakfast included

Transfers

- Transfer Airport - Coimbra - Airport

Meals

- Breakfast: 3
- Lunches: Up to 3
- Dinners: Up to 3

*Lunches and Dinners to be served @ Coimbra

Uni Restaurant

And Also

- Field Time for 2 Training Sessions and Friendly Fixture
- Extra Activity (City Guided Tour, Water Activity)
- Insurance (does not include rugby activities)
- Monitoring and Support 24/7