

# Sports SUMMER School

for European Higher Education Students

**WEEK 2 3<sup>rd</sup> to 7<sup>th</sup> SEPTEMBER**

## COURSE ACTIVITIES

**Fitness Activities**

**Mountain Bike**

**Soccer**

**Group Dynamics**

**String Activities**



Sport Sciences School of Rio Maior, Portugal is organizing the 2012 Summer School. We intend to provide European higher education students an excellent opportunity to expand and develop their skills in sport, as well as the dissemination of culture and history of one of the most interesting countries of Europe, Portugal. Activities are interesting and challenging, with high academic and professional value. We aim to provide in each activity, an experience tailored to the level of performance of each participant.

### Facts & Figures

- Date: from 3<sup>rd</sup> to 7<sup>th</sup> September 2012.
- Place: Sport Sciences School of Rio Maior, Portugal.
- Further information: [martamartins@esdrm.ipsantarem.pt](mailto:martamartins@esdrm.ipsantarem.pt)

FEE: 210 € (includes: activities, certification of participation and insurance)

1 ECTS

ACCOMODATION: Low cost hotel

TRAVEL: has to be covered by the students

**Sport Sciences  
School of Rio Maior, Portugal**

International  
Mobility Office

**Escola Superior  
de Desporto de  
Rio Maior**

**[IPSantarém]**

