



## 29<sup>th</sup> Annual NIDCAP Trainers Meeting

October 20 - 23, 2018

Sheraton Porto Hotel Congress Center  
Porto, Portugal



## ‘Love and Bonding in the Newborn Unit’

Hosted by:  
São João NIDCAP Training  
Center Porto, Portugal

## WELCOME LETTER

*Dear Colleagues,*

*On behalf of the NIDCAP Federation International, we, the São João NIDCAP Training Center, welcome you to attend the 29<sup>th</sup> Annual NIDCAP Trainers Meeting to be held in Porto, Portugal, October 20-23, 2018. As your hosts, it is with great pleasure that we offer you the details of the meeting.*

*We are very excited to receive all of you from so many countries around the world to promote the advancement of the philosophy and science of NIDCAP care, and to assure the quality of NIDCAP education and training.*

*Porto is a UNESCO World Heritage site and was also nominated the Best European Destination in 2014 and 2017. Porto, the “Cidade Invicta” (unvanquished city), is history, architecture, culture, gastronomy, trade, encounters and discovery.*

*Looking forward to welcoming you all soon in Porto!*

*Herculia Guimarães*

*Fátima Clemente*

*Racheco*

*Fluêch de to*

*Dígia da*

## REGISTRATION – Deadline is SEPTEMBER 17, 2018

Register online at <https://www.skyros-congressos.pt/NIDCAP2018/trainers-meeting/>

### Registration Meeting Participant Package Includes:

- Access to all the NIDCAP Scientific Sessions and Exhibition Area;
- Meeting Materials;
- Certificate of Attendance;
- 4 Nights' Accommodation (October 19-22) including 4 Breakfasts in Single or Double Room depending on your selection;
- 4 Lunches (October 20-23);
- 6 Coffee-breaks (October 20-22);
- 3 Dinners (October 20-22);
- 1 Porto City Tour (Afternoon of October 22);
- 1 Concert Ticket (Casa Da Música - October 20)

**Price per Person: Single Room – 1180 €**

**Double Room – 952 €**

### Registration Guest Package Includes:

- 4 Nights' Accommodation (October 19-22) including 4 Breakfasts, in Double Room, shared with a Participant;
- 4 Lunches (October 20-23), please note that this item is **NOT included in the Halfboard Option**;
- 6 Coffee-breaks (October 20-22), please note that this item is **NOT included in the Halfboard Option**;
- 3 Dinners (October 20-22);
- 1 Porto City Tour (Afternoon of October 22);
- 1 Concert Ticket (Casa Da Música - October 20)

**Price per Person: All-inclusive – 735€**

**Half Board – 560€**

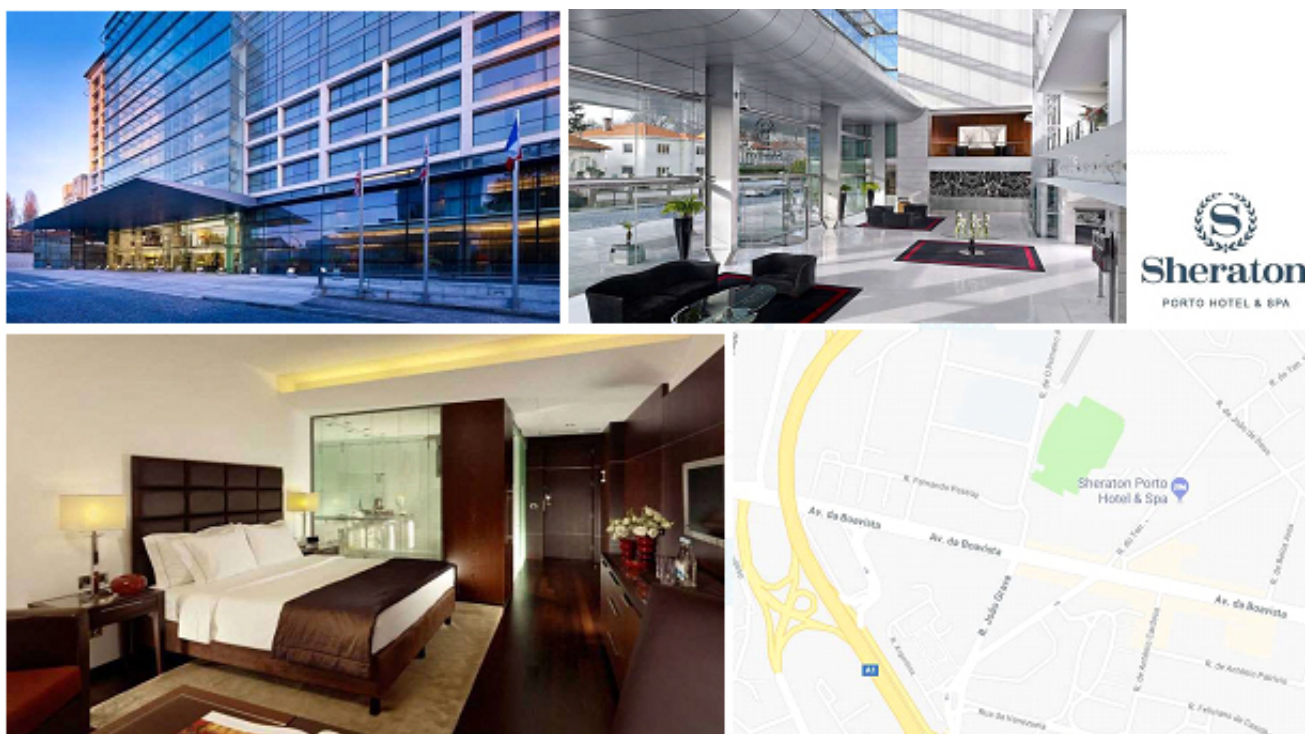
For reservations of **extra nights** of accommodation, **before** October 19 and **after** October 22:

Price per Single Room: 145€

Price per Double Room: 160€

**All registrations and reservations will be handled by, the secretariat, Skyros Congressos, so there is no need to contact the hotel directly.**

## VENUE – Sheraton Porto Hotel & Spa



The Sheraton Porto Hotel welcomes the participants of the 29th Annual NIDCAP Trainers Meeting and hopes to achieve all the expectations and needs of the event. The hotel is situated in the business and cultural district of Porto. The participants will enjoy the convenience of being only a short walk away from shopping areas, art museums and nightlife.

The hotel space is one of light and transparency, surrounded by centenary trees. Marble, wood, steel and glass harmoniously blend into the various spaces of this emblematic building. The hotel has 1750 square meters of conference and meeting space (Floor SL) that will be entirely dedicated to the event. The Sheraton Porto Hotel's Congress Center combines innovation and modernity with comfort in a unique environment.

Enjoy the comfort and privacy of our modern and spacious rooms. Network and stop by the piano bar or cocktail lounge, with live music in the evenings.

Address: Rua Tenente Valadim, 146 4100-476 Porto Portugal

For any questions related to the venue please contact the secretariat Skyros Congressos:  
[nidcap2018@skyros-congressos.com](mailto:nidcap2018@skyros-congressos.com)



## ABOUT PORTO



Overlooking the Douro River, Porto is one of the most ancient European cities. It was born and developed from the northern bank of this river during the Middle Ages. One of the most significant aspects of Porto and its historical center is its landscape, combining harmony with the urban structure and presenting a frame of rare beauty. The city was classified as a World Heritage Site by UNESCO in 1996.

When discovering Porto, you will find many surprises. Besides its welcoming and conservative environment, Porto is also contemporary and artistic. This is shown not only in the streets, architecture, monuments and museums, but also in the terraces, restaurants, leisure and shopping areas.

## ABOUT PORTO

### Traveling to Porto

#### BY AIR



#### **Arrival Airport:**

Francisco Sá Carneiro Airport (phone +351 229 432 400), 11Km north of the city center.

#### **Transportation from/ to the airport is by metro or taxi:**

##### *Metro from airport*

The Porto Metro system offers a quick connection between the airport, the city center and the main hotels in Porto, with services every 20 minutes. Line E (Violet) connects Airport Station to Estádio do Dragão Station, and, the whole metro network.

The service defined for Line E (Violet), Airport – Estádio do Dragão, assures a direct (without any overflow) and very fast link (travel time about 25 minutes) to the Porto city center. Purchase an *Andante Occasional* ticket to travel between the Airport Station and Porto city center (Zone 4). At the *Andante* shop located in the arrivals area of the Airport, you can also buy the *Andante Tour*, an unlimited and intermodal ticket valid for 1 or 3 days.

Cost: Zone 4 Ticket - 1.85 € one way. - Last Connection at 0h35

For more information please visit <https://www.metrodoporto.pt/>

##### *Taxi from airport*

A taxi to the center costs approximately 25 €

Note: Taxis charge an additional 20% from 22.00 to 06.00. An additional surcharge of 1.50 € may also be applied for extra luggage, although wheelchairs and other equipment required by physically handicapped people are transported free of charge. The price is the same, regardless of the number of people sharing a taxi (maximum 4 per taxi).

## ABOUT PORTO

### Traveling to Porto

#### BY TRAIN

Journey time:	3 hours from Lisbon, 12-14 hours from Madrid.
Departure point:	From Lisbon: Santa Apolónia/Gare do Oriente.
Arrival point:	Porto railway station Campanhã.
Cost:	From Lisbon 42.40€ (1st class) and 30.30 € (2nd class) – Alfa Pendular

There are three international connections daily to Paris via Madrid and several trains daily to Lisbon. For more information please visit [www.cp.pt](http://www.cp.pt)

#### BY CAR

You can use highway “A28” between Vigo (Spain) and Porto, or highway “A1” between Lisbon and Porto. Both are good and new highways, and the “A1” has a toll fee (about 25€)

### Traveling within Porto

#### CAR RENTAL AND PARKING

It costs approximately 90€/per day to rent a car. To rent a car you can contact SkyrosCongressos  
Phone: +351 22 616 54 50.

Street parking usually costs about 1€/per hour in the city center.

#### TAXIS

The phone number of the taxi call center in Porto is +351 22 5073900. Taxi stands can be found at various locations in the city center. Almost all the conference hotels have a taxi stand located at a distance of no more than 150m. A taxi from the airport to the city center costs approximately 25€

#### MONEY

The local currency is the Euro (€). Banks in Portugal are open Monday-Friday, 08.30-15.00 (Banks at the airports are open 08.00-20.00). Portugal also has an extensive network of cash dispensers (ATMs) which operate 24 hours a day.



## ABOUT PORTO

### SHOPPING

The most traditional shopping area is Rua Santa Catarina, along with the narrow streets going up and down from the city center till Ribeira, by the Douro River side.

Several shopping centers, in Porto and around it, are open every day till 23.00.

Besides the major international franchising and brands, national textiles, leather, pottery, shoes, crystal, wines and gold handcraft can be found in the shops.



### SIGHTSEEING

For sightseeing tours you can contact Skyros-Congressos - Phone: +351 22 616 54 50.

### WEATHER

Porto has a mild climate. For more information please visit the following website: [www.ipma.pt](http://www.ipma.pt). You are advised to bring some warm clothing.

### VISAS

All non-EU citizens should check if it is necessary to obtain a visa, which can be obtained at the Portuguese Embassy or Consulate in their own country. A list of countries that require a visa to Portugal is given on the following website:

<https://www.wordtravels.com/Travelguide/Countries/Portugal/Visa>

### LOCAL TIME

The local time in Portugal is Greenwich Mean Time (GMT), the same as in London. During Western Europe Daylight/ Summer Time (WEST), the time is GMT + 1 Hour.

### ELECTRICITY

Portugal uses a 220V system, sockets have the European standard and plugs are two-prong.



## FLIGHT DISCOUNT



TAP Air Portugal has agreed to offer a discount to the participants of the **29th Annual NIDCAP Trainers Meeting** who book and purchase their flights exclusively through TAP Air Portugal's website.

The discounts offered are the following:

- 10% in economy class
- 15% in business class

The code **IT18TPCG51** has been given to this event and must be mentioned when making the booking in order to benefit from the discount.

To make the booking, participants should follow these steps:

- Enter the website [www.flytap.com](http://www.flytap.com)
- Select flights and dates
- Insert the event code in the Promotion/ Congress Code Box, located on the bottom of the webpage

<input checked="" type="checkbox"/> I have a promotion or a congress code. <a href="#">Learn more about congress discounts</a>	<input type="text" value="Insert Code"/>	<input type="button" value="Activate code"/>
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In case of questions, please contact TAP Portugal at the following email: [congressos@tap.pt](mailto:congressos@tap.pt)

### Important Information:

The discount applicable to this event is only valid for online bookings made through TAP Portugal's website [www.flytap.com](http://www.flytap.com) and with payment by credit card. The ticket will always be an electronic ticket.

For more information please visit <https://www.skyros-congressos.pt/NIDCAP2018/trainers-meeting/>

## SOCIAL PROGRAM - October 20, Saturday



18h00 - 20h00 (Estimated End Time)

### CONCERT - FROM MOZART TO MAHLER - CASA DA MÚSICA ORQUESTRA SINFÓNICA DO PORTO

Olari Elts, Conductor

Peter Eötvös Diálogo com Mozart

Gustav Mahler Totenfeier

Benjamin Schmid, Violin

W. A. Mozart, Violin Concerto No 4

Gustav Mahler, Symphony No10, Adagio

Unsurprisingly, Mozart's music conquered not just the audience but also generations of composers from all backgrounds. In a program that continues the Complete Violin Concerts, interpreted by the acclaimed Viennese violinist Benjamin Schmid, the tribute to the genius of Salzburg is explicit in a work by Peter Eötvös. Dialogue with Mozart is a transcription for orchestra of Da Capo, premiered by Remix Ensemble in 2014, that transforms fragments or ideas sketched by Mozart that did not result in finished compositions. Mahler was also an admirer of the celebrated composer, and as a conductor he was one of the people responsible for the inclusion of his operas in the center of the repertoire. The symphonic poem Totenfeier (Funeral Rites) was written in a very productive period but haunted by an impossible love. The premonition of death and the love triangles that shaped Mahler's moods also dominated the time when he began his 10th Symphony. The intensity of Mahler's feelings is reflected in the very intensity of the Adagio, but the final reconciliation planned for the end of the symphony was never accomplished.

### 20h30 Dinner at Serralves Restaurant in the Contemporary Art Museum

Serralves Restaurant is located in the museum building, with panoramic views over the park. The terrace with esplanade allows diners to enjoy the magnificent surrounding landscape!



## SOCIAL PROGRAM - October 21, Sunday

### 15h30 PORTO TOUR



### TOUR DESCRIPTION

Porto is considered World Heritage by UNESCO since 1996 and it was also nominated the Best European Destination in 2014. Porto, the "Cidade Invicta" (unvanquished city) is history, architecture, culture, gastronomy, trade, encounters and discoveries.

This tour will show you Porto's main attractions. It will start from the conference venue, Sheraton Porto Hotel and take you down town passing by Boavista, "Palácio de Cristal" Gardens and some of the most important monuments in the city such as the Carmelitas Church, the Clérigos Tower and Church, which is one of the most symbolic monuments of the city of Porto. Nearby you will find Lello's Bookshop, which inspired J.K. Rowling's writing of the famous Harry Potter books. Followed by Aliados Avenue, with its granite buildings, many of which are crowned with skylights, domes and pinnacles. It is marked by City Hall at the top and a large central square, where statues come to life. Then we will take you to visit S. Bento train station with 20 000 tiles set in panels, representing transport evolution and important historical events such as wars and conquests. Afterwards, at the top, the magnificent Porto's Cathedral. Going down you will not miss Palácio da Bolsa and Ribeira at the riverside.





## SOCIAL PROGRAM - October 21, Sunday

18h0 PORTO TOUR City Tour (Continuing)

Six Bridges Cruise on Douro River in Typical “Rabelo” Boat (50 minutes)



Navigate through the river banks of Porto and Vila Nova de Gaia in a typical Rabelo Boat and discover the beauty of the Douro River. Enjoy and learn about the magnificent six bridges that unite these two cities! Relax while admiring the architecture of the bridges - **Luís I, Infante, Dona Maria, S. João, Arrábida and Freixo** - from the oldest to the most modern.

Observe the main points of interest that the view allows Ribeira Historic Area, S. Francisco Church, Stock Exchange Palace, Porto Customs House (Alfândega), Port Wine Museum, Massarelos Church, Arrábida Bridge, Foz do Douro, Afurada (Fishing Zone) and the mouth of the river, Crystal Palace, Electric Car Museum, Pier of Gaia, Port Wine Cellars, Monastery of Serra do Pilar.



## SOCIAL PROGRAM - October 21, Sunday

19h30 Visit & Dinner at a Port Wine Cellar including “Fado”



Port Wine, a symbol of Portugal in the world, holds the history of a country and its people and has become through the years a cultural landmark of the work, experiences, knowledge and art gathered through generations. Encloses in itself years and years of history and tradition.

The Port Wine Cellars are the right place to experience the Port wine atmosphere! We invite you to a pleasant and informative tour of its famous lodges at Vila Nova de Gaia. During the tour visitors will be given the opportunity to learn about the fascinating history of Port wine, its tradition and innovation.

After the tour, guests are invited to taste a myriad of flavors and sensations where wines complement a variety of delicious recipes and the matching flavors will delight even the most demanding of the gourmets. We will give you the best of two interlinking worlds: the most exquisite cooking and the most noble of wines, accompanied by “Fado – Grupo de Fados de Medicina do Porto”.



## SOCIAL PROGRAM - October 22, Monday

20h30 Gala Dinner at Sheraton Porto Hotel



Gala Dinner will be held at Sheraton Porto, it will be the NIDCAP farewell event... so relax, enjoy, network and have fun ...

**We wait for you in Porto!**  
**Register now for the**  
**29<sup>th</sup> Annual NIDCAP Trainers Meeting**



**NOTE:** Please note that this is a preliminary social program so slight changes may occur



## SECRETARIAT INFORMATION

OFFICIAL WEBSITE: <https://www.skyros-congressos.pt/NIDCAP2018/trainers-meeting/>

For any questions please contact us at:



SKYROS-CONGRESSOS

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554 4100-074 Porto -

Portugal

Email: [nidcap2018@skyros-congressos.com](mailto:nidcap2018@skyros-congressos.com)

Tel. +351 22 616 5450/ Mobile: +351 919589180

We invite you to register and see all the information online at the official website:

<https://www.skyros-congressos.pt/NIDCAP2018/trainers-meeting/>

Information also available on the [NFI website](#).

**Registration deadline is September 17, 2018**



Mentoring caregivers. Changing hospitals. Improving the future for newborns and their families.