



VILA REAL DE  
SANTO ANTÓNIO  
**ALGARVE**  
**PORTUGAL**

# 41<sup>st</sup> JULY 3RD - JULY 10TH 2022 WORLD MEDICAL & HEALTH GAMES INTERNATIONAL SPORT MEDICINE SYMPOSIUM

 [WWW.MEDIGAMES.COM](http://WWW.MEDIGAMES.COM)

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## Pierre Lusinchi

**Chairman of the Organizing Committee of the World  
Medical and Health Games  
CEO of Corporate Sport Organisation**

Dear Participants, Dear Friends,

For the second time in its history, the World Medical and Health Games will welcome you to Portugal: after Lisbon in 1996, the 41st edition of the Games will take place in the Algarve, in the municipality of Vila Real de Santo António.

Located in the south of Portugal, the Algarve region is a major tourism region in the Iberian Peninsula.

Its climate, its many villages with unique architecture and dozens of kilometers of beaches make it a unique place in Europe.

Located between the Castro Marim coastal marshes Natural Park, the Spanish border and the Atlantic Ocean, Vila Real de Santo António also has a multidisciplinary sports centre where most of the sports will be organized and ready to host the Medigames 2022.

Thanks to the support of the local authorities and after an unforgettable 2019 edition in Budva, the whole CSO team joins me and opens its doors to you in Portugal to enjoy the 41st edition of this exceptional event together!



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## THE MEDIGAMES, A UNIQUE ANNUAL EVENT

Open to all medical professions since its establishment in 1978, the Olympic Games for health professionals has become, over the years, the most famous sporting health event.

Each year, up to 1,500 participants of more than 40 different nationalities meet to compete in 20 or so individual or team disciplines; all whilst respecting the Olympic values.

The Medigames allow athletes of all levels and all generations to compete together, individually or in teams, representing their country's colours, thus sharing moments of unforgettable sporting passion.

### WHO CAN TAKE PART AND WHY?

#### WHO?

All state-certified health professionals and medical students.  
The list of accepted professions can be found on our website:  
[www.medigames.com](http://www.medigames.com)

Are you the partner of a healthcare professional? Whether or not you are a sports person, you can get involved! See all our packages on page 16

#### WHY?

- It's a superb opportunity to compete in the sports you practice with participants from around the world
- Participate in the world's largest sports event for health professionals
- It's a chance to practice sport during a fantastic holiday with friends or family
- Try out new sports
- Discover a new destination
- Increase your network of contacts in the medical industry
- Participate in the International Sports Medicine Symposium

### THE OLYMPIC GAMES FOR HEALTH PROFESSIONALS IN NUMBERS

- More than 20 sports offered each year
- 34 hosting cities in 17 different countries
- 40 Medigames meetings since 1978
- 6 age categories
- More than 40 countries represented at each edition
- More than 1,000 medals awarded each year









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# ALGARVE, A PERFECT DESTINATION

In the south of Portugal, Algarve is a beautiful and relaxing region that offers a varied landscape, a warm climate and an endless list of things to do, with family or friends.

The Algarve region can be considered as the mix of a vast land of majestic mountains, crystal-clear waters and wild nature.

Its magnificent coastline will make you fall in love with the region, as you explore the vast array of cliffs and rock formations which border the sea.

You will also find tens of kilometres of beaches that make the Algarve region one of the most popular tourist spots in Europe.

## PLACES TO VISIT IN PORTUGAL

- Quinta da regaleira, Sintra
- Ribeira, Porto
- The Algarve's beaches
- The Tower of Belém, Lisbon
- Cabo de Roca







## PLACES TO VISIT IN ALGARVE

- The Ria Formosa Natural Park
  - Ponta da Piedade
  - Praia da Rocha
  - Albufeira
- Benagil and the sea caves of the Algarve



SPORTS	ACC.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ATHLETICS	✓		Afternoon Long jump  Shot put  400 m  5000 m	Afternoon 100 m (heats and final)  Javelin M and W (cat.A,B,C)  High Jumps M (cat.E,F) and W 1500 m		Afternoon High Jumps M (cat.A,B,C,D)  Javelin M and W (cat.D,E,F)  200 m (heats and final)  3000 m	Afternoon Discus throw  800 m  4 x 100 m relay  Hammer throw
HALF-MARATHON	✓						Morning Half-marathon
CROSS-COUNTRY	✓				Afternoon Cross-Country		
BADMINTON	✓		Morning	Morning		Morning	
BASKETBALL**	✓		Morning	Morning			
BEACH-VOLLEY	✓					Afternoon	Afternoon
CYCLING	✓		Morning Time trial	Morning 1 <sup>st</sup> stage		Morning 2 <sup>nd</sup> stage	Morning 3 <sup>rd</sup> stage
CHESS	✓		Afternoon	Afternoon		Afternoon	
POWER LIFTING	✓		Morning				
GOLF*	✓	Training	18 holes - Day	18 holes - Day	Day-off	18 holes - Day	
JUDO	✗			Morning			
SWIMMING	✓		Morning 100 m backstroke 100 m freestyle	Morning 400 m freestyle 100 m butterfly***		Morning 100 m breast 50 m freestyle	Morning 200 m freestyle 4 x 100 m relay 4 x 50m 4 strokes
OPEN WATER SWIMMING 2km / 4km	✓					Afternoon	
BOCCI	✓				Afternoon		
SQUASH	✓					Morning	Morning
TENNIS	✓	Day Charts	Day Singles	Day Singles	Day Singles/Doubles	Day Singles/Doubles	Day Singles/Doubles
TABLE TENNIS	✓		Afternoon Training	Afternoon Singles		Afternoon Singles	Day Singles/Doubles
SHOOTING*	✓		Morning Rifle 50 m	Morning Air Rifle 10 m		Morning Air Pistol 10 m	
TRIATHLON	✓				Morning		
VOLLEYBALL	✓		Morning	Morning			
MOUNTAIN BIKING	✓				Afternoon		
FOOTBALL 11 7	✗	Day Qualifications Qualifications	Day Qualifications Qualifications	Day Qualifications Qualifications	Day Final phase Final phase	Day Final phase Final phase	Day Final Final

■ Events taking place in the morning

■ Events taking place in the afternoon

□ Events taking place all day long

Acc.: open to accompanying persons

\* Federal license needed

\*\* Subject to having at least 3 teams registered

\*\*\* 50 m for cat. E and F

Schedules communicated for information only, minor changes may take place until the opening of the Games.

## AGE CATEGORIES

A - under 35

B - 35 to 44

C - 45 to 54

D - 55 to 64

E - 65 to 69

F - 70 years +

## AWARDS

In each age group, the top 3 participants will receive gold, silver and bronze medals. For all team sports, in addition to medals, a cup will be awarded to the winners.

In order to uphold the spirit of the Games, partners of athletes shall not be classified in the same way as conventional athletes.

## TRANSPORT

Shuttle buses between hotels and sports venues will be available.



# WEEKLY PROGRAMME

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## SUNDAY 3 JULY 2022

- Welcome of the participants and registration for the Games
- 7 and 11-a-side football draws

## MONDAY 4 JULY 2022

- Welcome of the participants and registration for the Games
- Start of football tournaments
- The Medigames' opening ceremony and parade of the participants

## TUESDAY 5 JULY 2022

- Start of other sports competitions
- "Medallists of the day" ceremony and cocktail at the Medigames Olympic Village
- Round table discussion

## WEDNESDAY 6 JULY 2022

- Sports competitions
- Free scientific talks
- "Medallists of the day" ceremony and cocktail at the Medigames Olympic Village

## THURSDAY 7 JULY 2022

- International Sports Medicine Symposium
- Sports competitions
- "Medallists of the day" ceremony and cocktail at the Medigames Olympic Village
- Medigames party

## FRIDAY 8 JULY 2022

- Sports competitions
- "Medallists of the day" ceremony and cocktail at the Medigames Olympic Village
- Free scientific talks

## SATURDAY 9 JULY 2022

- Sports competitions
- "Medallists of the day" ceremony and cocktail at the Medigames Olympic Village
- Round table discussion
- Closing ceremony

## SUNDAY 10 JULY 2022

- Departure of participants





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# VILA REAL DE SANTO ANTÓNIO SPORTS COMPLEX

For the 41<sup>st</sup> edition of the World Medical and Health Games, the Organizing Committee has tried to centralise sports competitions thus ensuring a unique experience!

The majority of the sporting events organised at the Medigames 2022 will be hosted at the Vila Real de Santo António Sports Centre.

Located in the tourist region of Algarve, this multidisciplinary sports centre is considered a benchmark among international level training centres.

Another major advantage is its proximity to the city of Monte Gordo. Easily accessible by car, public transport or bicycle, Vila Real de Santo António Sports Centre is connected to the main hotel units, beaches and shopping centres in the city.

The level of hospitality is thus guaranteed for athletes to enjoy a holiday package and a quality service.







## LEGEND

1 Athletics stadium and football pitch

2 Multi-purpose sports hall

3 Pool

4 Tennis courts

5 Football pitches - natural

6 Football pitch - synthetic

7 Shot put and javelin field

8 Multi-purpose sports pavilion (volleyball, table tennis, judo, power lifting)

+ Medical centre



Among the 23 sports organised on the occasion of the 41<sup>st</sup> edition of the World Medical and Health Games, football has a special place as more than 500 players compete each year for victory.

Edition after edition, the football competitions represent dozens of teams from more than 20 different countries.

**The Medigames offer 3 different tournaments:**

- An 11-a-side Classic tournament (no age limit),
- An 11-a-side Master tournament (+ 40 years),
- A 7-a-side Classic tournament (no age limit).

The programme of football competitions is organised as follows: each team will play 1 match per day.

- **Sunday 3 July:** arrival of participants and draws of the various tournaments,
- **Monday 4 July:** start of the 3 tournaments,
- **Tuesday 5 July to Saturday 6 July:** continuation of tournaments,
- **Saturday evening:** awards ceremony.

Find the complete rules in our sports information sheets on our website [www.medigames.com](http://www.medigames.com)

**Which teams and which countries will take over from Russia, Chile and Kazakhstan, winners of the last edition?**





# GOLF EVENTS 12



## Did you know?

In Portugal, the Algarve region is a world-renowned destination for its golf courses. The country's beautiful landscapes and its mild and sunny climate makes it the best region to practice this sport.

You only have to rely on the World Golf Awards which have elected Portugal as the best golf destination in the world for 5 consecutive years (2014, 2015, 2016, 2017, 2018).

For this 2022 edition, the organisation has selected the amazing Castro Marim Golf Resort as the venue to stay and the venue for the 2022 golf competitions.

Surrounded by nature, you will be impressed by the beauty of this incredible place!

Featuring three 9-hole courses, the Castro Marim Golf & Country Club will allow participants to play on three different course combinations.

**Which of you will succeed the 2019 winners?**



### **Yellow Praia Monte Gordo 4\*** (Games Centre)

Enjoying a unique location in the eastern Algarve, the Yellow Praia Monte Gordo hotel is situated on Monte Gordo Beach, in the heart of the Castro Marim nature reserve.

Enjoy tasty regional cuisine with family or friends and enjoy pedestrian access to the beach and the village of Monte Gordo. Ideal for families and groups, the Yellow Monte Gordo Beach offers a wide range of leisure facilities, 2 restaurants, 1 bar, 3 pools, a modern spa and a games room.

The hotel also offers a kids club and lots of entertainment.



### **Hotel Navegadores 3\*** (located 800 m from the Games Centre)

Located in the heart of Monte Gordo just 800 m from the Games Centre and the beach, Navegadores Hotel offers an indoor pool and a spa and health club. Free Wi-Fi and parking are included. The rooms are equipped with air conditioning, a flat-screen TV, a telephone, a minibar, a safety deposit box and a balcony.

The hotel has a large restaurant offering a buffet for breakfast, lunch and dinner, as well as two modern cocktail bars with terraces.

The spa and health club are equipped with a sauna, Turkish bath, a jacuzzi, indoor pool, relaxation room and gym.

A variety of treatments are available, as well as 2 squash courts and a games room.



### **Hotel Castro Marim Golf Resort 4\*** (located 15 minutes away from the Games Centre by car)

This year, participants of the golf events will have the chance to stay directly on the competition site.

The Castro Marim Golf Hotel is a true paradise for golfers.

Located at 15-minute drive away from the Games Centre and offering views of the Atlantic Ocean and Guadiana River, this hotel offers villas with 2 bedrooms and private bathrooms.

Rooms come equipped with a flat-screen TV, kitchenette and air conditioning.

The Castro Marim Golf & Country Club has concierge service and room service. In addition, as a guest, you are invited to enjoy the swimming pool and the restaurant. On site, free parking is available to customers.









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# PACKAGES

Registration without accommodation will not be accepted (except students)

## PACKAGES

### PACKAGE 1 - Participant

Healthcare professional or student.

### PACKAGE 2 - Sports Companion

A person accompanying a package 1, who is not a healthcare professional, over 16 years of age and wishing to participate in sporting events. This package does not allow you to join the rankings.

### PACKAGE 3 - Non-Sporting Companion

A person accompanying a package 1, who is not a healthcare professional and does not wish to participate in sporting events  
OR - Children from 12 to 16 years.

### PACKAGE 4 - Child

Children between 5 and 11 years accompanying a Package 1 guest.

Starting at

**565 €**



## PRICE CHART

Price per person for 5 nights in a double room (breakfast included).

The price for a single, triple or family room is available upon request and subject to availability.

HOTELS	Hotel Navegadores 3*	Yellow Praia Monte Gordo 4*	Hotel Castro Marim Golf Resort 4*
Package 1	565 €	720 €	915 €
Package 2	515 €	670 €	865 €
Package 3	465 €	620 €	815 €
Package 4	A* : 250 € B* : 375 € (limited)	A* : 250 € B* : 380 € (limited)	A* : 250 € B* : 470 €
Additional night	Subject to availability - Contact us		

A\*: child sharing parents' room

B\*: child in a separate room

\* Prices may change depending on the total occupancy of the villa during the stay.



# SPECIAL OFFERS

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These offers cannot be combined

## STUDENT OFFER:

### With accommodation:

Benefit from a €100 reduction on your Package 1

### Without accommodation:

Benefit from Package 1 or 2 with “all sports” from €100

## SPONSORSHIP OFFER

Would you like to sponsor someone?  
Benefit from €50 off on your own package.

## GROUP OFFER

Does your group include more than 10 people in Package 1 or 2? Benefit from €250 discount for every 10 registered participants, on the total amount that should be paid by your group.

## THESE RATES INCLUDE:

- Sporting events of your choice
- 5 nights in a double room (including breakfast) in one of the proposed hotels
- The Opening Ceremony and a welcome cocktail party
- All “Medallist of the day” ceremonies and cocktail
- The Medigames party
- The closing ceremony and its closing ceremony
- Buses between hotels and sports venues
- Access to the International Sports Medicine Symposium
- Round tables

## REGISTRATION PROCESS

1. Visit our website: [www.medigames.com](http://www.medigames.com)
2. Create an account or log in to your existing account
3. Complete the registration form specifying the type of accommodation, selected sports, etc.
4. Send us the necessary documents (photo ID, copy of your diploma, student card, medical certificate that is less than one year old), either directly online, by email or by post.





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# THE INTERNATIONAL SPORT MEDICINE SYMPOSIUM

## INFORMATION

The International Sports Medicine Symposium is open to all participants. It is chaired by Dr. André Monroche and co-chaired by Ms. Liliane Laplaine-Monthéard, founder of the World Medical and Health Games.

The vice-chairman is Professor Xavier Bigard, Medical Director of the International Cycling Union (UCI).

### The Symposium is supported by:

- The International Federation of Sports Medicine
- The French Sports Medicine and Exercise Society
- The Latin and Mediterranean Sports Medicine Group
- Greater Algiers Sports and Medical Association
- Médecins Francophones du Canada Association

## CALL FOR PAPERS

**Submission date: 1 May 2022**

**Presentation:** Title - Author(s) - Email - Postal address - 3 keywords - Summary (200 words maximum)

**Send to:** [symposium@medigames.com](mailto:symposium@medigames.com)

You can find all the information about the symposium on our website: [www.medigames.com](http://www.medigames.com)







AIMS is the largest organisation in Italy providing training courses for the preparation of the new national exam for the admission of doctors to specialist schools.

The AIMS Academy was created to train and prepare graduates in medicine and surgery in the new national competitive entrance exam for medical, surgical and service fields. Its mission is also based on credibility: the cost of the course is only sealed when the goal is reached.

The AIMS Academy wants to be the leading institution in Italy in terms of training for schools specialising in medicine.



Médécins Francophones du Canada Association is committed to helping physicians achieve goals that promote better quality medicine with human values by bringing them together in formal and virtual networks and providing them with resources and tools to support their initiatives and projects.

In keeping with the needs of its members, Médécins francophones du Canada strives to be friendly, inclusive and transparent in all its businesses and is committed to acting responsibly in its activities before its members and the general public.

Their activities cover many sectors, including:

- Continuing professional development
- Enabling Francophone doctors to develop networks
- Promotion of the French language in medicine
- Health and well-being of the doctor
- Medico-social development
- Health and the environment
- Humanisation of care

**[www.medecinsfrancophones.ca](http://www.medecinsfrancophones.ca)**



The Association Voir La Vie, carries out specific projects allowing ophthalmic surgeons to provide Guinean doctors and medical assistants with practical training for ophthalmological consultations and with respect to ocular surgical techniques using a microscope.

Between each project, the local team provides post-operative care, medical follow-ups, patient selection and routine consultations.

**[www.voirlavie.org](http://www.voirlavie.org)**



# CONTACTS



## CORPORATE SPORT ORGANISATION

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