

XX ESTÁGIO INTERNACIONAL AJDS

13 A 16 DE JULHO DE 2026



PAVILHÃO MUNICIPAL PATRÍCIA SAMPAIO
JUVENIS / CADETES / JUNIORES / SENIORES

WWW.JUDOAJDSANTAREM.COM

TREINADOR CONVIDADO

IVAN RADU (GER) 



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INSCRIÇÕES

[HTTPS://JUDOAJDSANTAREM.COM/PORTFOLIO_CATEGORY/PROVAS/](https://judoajdsantarem.com/portfolio_category/provas/)

Padrinhos do Judo:



Com o apoio de:



Regimento de Infantaria 15





Associação de
Judo do Distrito de

SANTARÉM

Email: geral@judosantarem.com / <http://www.judoajdsantarem.com/>

XX AJDS International Training Camp






From July 13th to 16th, 2026





Outlines XX AJDS International Training Camp

Date	From July 13th to 16th, 2026
Local	Sports Hall Patrícia Sampaio – Tomar – Portugal
Organization	Judo Association of the Santarém District;
Responsible Coach	 <u>Ivan Radu – Roumenia / Germany</u> Olympic medalists: Barcelona 1996 / Atlanta 1996 / Sydney 2000; - Gold at the World Masters 1997; - Gold at the European Club Paris 1996; - Bronze at the European Championships Oostende 1997; - Gold at the World Veterans Championships 2018 and 2025; - Gold at the European Veterans Championships 2018;
	 Alexandre Rucel – Fra National Coach for Advanced Rankings, French Federation; National Judge for Graduation Exams, French Federation; National Kata Coach – French Federation;
	 Carmen Solana – Spain Internationally renowned coach Multiple Spanish Champion Participation in European Championships
Equipment	Judogi / Sports Equipment
Technical Director	Filipe Lopes – +351 913 498 619;



Training Camp Program:

Program	12 /07/ 2025	13/07/2025	14/07/2025	15/07/2025	16/07/2025	
08h00-08h30		Accreditation in Sports Hall				
08h30-09h00						
09h00-09h30						
09h30-10h00		Training Session I Ivan Radu – Rou / Ger	Training Session III Alexandre Rucel – Fra	Training Session V Carmen Solana – Esp	Training Session VII Djibrilo Iafa – Por	
10h00-10h30						
10h30-11h00						
11h00-11h30		Closing Ceremony				
11h30-12h00						
12h00-12h30						
12h30-13h00		Lunch	Lunch	Lunch	Lunch	
13h00-13h30						
13h30-14h00						
14h00-14h30		Free Activity	Free Activity	Free Activity		
14h30-15h00						
15h00-15h30						
15h30-16h00		Accreditation in Sports Hall	Training Session II Ivan Radu – Rou / Ger	Training Session IV Alexandre Rucel – Fra	Training Session VI Carmen Solana – Esp	
16h00-16h30						
16h30-17h00						
17h00-17h30		Dinner	Dinner	Dinner Party		
17h30-18h00						
18h00-18h30						
18h30-19h00						
19h00-19h30						
19h30-20h00						



Special participation of Djibrilo Iafa
Bronze at the Paris 2024 Paralympic Games



Training Camp Location:

Local	Patrícia Sampaio Sports Hall
Address	Rua Centro Republicano – 2300 Tomar



Accommodation:

Participants will be responsible for booking accommodation, and AJDS provides a list of contacts for accommodation units near the Training Camp location;

Accommodation under the responsibility of the Organization:

Accommodation Low Cost	Regimento Infantaria n.º15
Address	Rua de Coimbra, n.º10, 2300 – 471 Tomar
Vacancy limit	160 Participants
Information	Sleeping Bag Required





Contact for Reservations:

Hotel	Kamanga		
Address	Rua Major Ferreira do Amaral, n.º16, 2300-507 Tomar		
Phone number	249 311 555	Email:	mail@hotelkamanga.com
Website	https://www.hotelkamanga.com/		

Hotel	Sinagoga		
Address	Rua Gil Avô, n.º31 – 31ª, Tomar, 2300-580 Tomar		
Phone number	249 323 083	Email:	hotelsinagoga@gmail.com
Website	https://www.hotelsinagogatomar.com		

Hotel	Bonjardim		
Address	Praceta de Santo André, n.º5 – 6, Tomar, 2300 – 445 Tomar		
Phone number	249 313 195	Email:	hotelbonjardim@gmail.com
Website	https://www.hotelbonjardim.com		

Hotel	Cavaleiros de Cristo		
Address	Rua Alexandre Herculano, n.7, Tomar, 2300-554 Tomar		
Phone number	249321203	Email:	hotelcavcristo@gmail.com
Website	https://www.tomarhoteiscavcristoeuniao.com/		

Hotel	União		
Address	Rua Serpa Pinto, n.º94, Tomar, 2300 Tomar		
Phone number	249321203	Email:	hotelcavcristo@gmail.com
Website	https://www.tomarhoteiscavcristoeuniao.com/		



Hostel	Hostel 2300 Thomar		
Phone number	927 444 144	Email:	geral@hostel2300thomar.com
Website	http://hostel2300thomar.com/		
Room	Capacity	Room	Capacity
“Galo Barcelos”	9 People	“Coração de Viana”	6 People
“Fado”	7 People	“Taxi”	9 People
Private Rooms	Specific Information		
“Andorinhas”	2 people, shared bathroom		
“Lenço dos Namorados”	2 people, 2 beds, private bathroom		
“Elétrico”	2 people, Double bed, shared bathroom		
“Fernando Pessoa”	2 people, Double bed, shared bathroom		
“Sardinha”	4 people, 2 single beds + bunk beds, shared bathroom		

Accommodation Information:

All participants must make their reservation as soon as possible to ensure their accommodation.

The organization is not responsible for the lack of accommodation, however, it can help to resolve the problem.

Food

Local	“Campus do Instituto Politécnico de Tomar”
Address	“Quinta do Contador – Estrada da Serra, 2300 – 313 Tomar”



Lunch	12h30 - 14h00;
Dinner	19h30 - 20h30;



ipt
Instituto
Politécnico
de Tomar



**Other
Activities:**



Directions and access to Tomar:

- Access to the city of Tomar is facilitated by a good rail and road transport network.
- We inform you that the organization will provide transportation from the train and bus station to the accreditation location and after accreditation to the accommodation location;

Airport:

- Humberto Delgado International Airport – Lisbon

By Train:

- Origin – Lisbon-Oriente to Tomar;
- Origin – Campanhã (Porto) to Entroncamento, with connection to Tomar;

Highway:

- Origin Lisbon - A1 (Lisbon/Porto) – Torres Novas exit, with connection to the A23 (Torres Novas/Guarda), with connection to the A13 (Tomar/Coimbra), and exit on the A13 at (Tomar Oeste);





- Origin Porto – A1 (Porto / Lisbon) – Exit at Condeixa, with connection to the A13 (Coimbra / Tomar), Exit at Tomar Norte, with connection to the IC9, exit at Tomar (N110);

Participation Fees

Pack 1	1st Phase		346,00€		2nd Phase		370,00€	
Includes:	Junior and Cadet Competitions (11/07 e 12/07) Training Camp (De 13/07 até 16/07)							
Accommodation (Organization)	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	
	X	X	X	X	X	X		
Food	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	
Breakfast				X	X	X	X	
Lunch		X	X	X	X	X	X	
Dinner	X	X	X	X	X	X		
Transfer Internal		X	X	X	X	X	X	
Transfers	X*							X*
Activities				Swimming Pool	Swimming Pool	Swimming Pool	Swimming Pool	
Sleeping bag required.								
Lunch is served on Saturdays and Sundays at LunchPack in the Pavilion.								
* Friday transfer (10/07) from Lisbon Airport (2:00 PM) and Thursday transfer from Tomar to Lisbon Airport (2:30 PM), with departure scheduled for 2:00 PM;								

Pack 2	1st Phase		310,00€		2nd Phase		330,00€	
Includes:	Cadet Competitions (11/07 e 12/07) Training Camp (De 13/07 até 16/07)							
Accommodation (Organization)	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	
		X	X	X	X	X		
Food	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	
Breakfast				X	X	X	X	
Lunch			X	X	X	X	X	
Dinner			X	X	X	X		
Transfer Internal			X	X	X	X	X	
Transfers		X*						X*
Activities				Swimming Pool	Swimming Pool	Swimming Pool	Swimming Pool	
Sleeping bag required.								
Lunch is served on Sundays at LunchPack in the Pavilion.								
* Saturday transfer (11/07) from Lisbon Airport (2:00 PM) and Thursday transfer from Tomar to Lisbon Airport (2:30 PM), with departure scheduled for 2:00 PM;								



Pack 3	1st Phase		270,00€		2nd Phase		290,00€	
Includes:	Estágio Internacional (De 13/07 até 16/07)							
Accommodation (Organization)	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	
			X	X	X	X		
Food	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	
Breakfast				X	X	X	X	
Lunch				X	X	X	X	
Dinner			X	X	X	X		
Transfer Internal			X	X	X	X	X	
Transfers								X*
Activities				Swimming Pool	Swimming Pool	Swimming Pool	Swimming Pool	
Sleeping bag required								

Just Training Camp	1st Phase		100,00€		2nd Phase		120,00€	
Includes:	Trainig Camp (From 14/07 to 17/07)							
Activities	Monday	Tuesday	Wednesday	Thursday				
	Swiming Pool	Swiming Pool	Swiming Pool	Swiming Pool				

Registration Deadlines:

1st Phase	2nd Phase
June 12, 2026	July 3, 2026



Payment Methods:

- Registration for the 1st phase must be paid by midnight on June 12, 2026;
- For those who register in the 1st phase, we accept payment of 50% up to the limit of the same phase, with the remaining 50% being payable until July 3, 2026;
- Failure to pay within the deadlines of the 1st Phase will result in moving to the 2nd Phase;
- Registration for the 2nd phase must be paid by midnight on July 3, 2026;
- All participants must register using the following link: https://judoajdsantarem.com/portfolio_category/provas/
- Registration will only be considered after receipt of the appropriate proof of payment, to the email address geral@judosantarem.com, which must include the identification of the athlete and the club/team;



- After receipt of proof of payment, the corresponding invoice and receipt will be issued;
- Payment Methods: (Payment options must be those chosen on the registration form):
 - 1st Option – Bank Transfer (PT50 0045 5432 4009 7345 9983 4)
 - 2nd Option – By Entity and Multibanco Reference
- Refunds:
 - All amounts paid for registration will not be refunded, even if the athlete/Coach does not participate. Any fair exception will be evaluated by the internship management, upon presentation of a valid justification..

Conditions for Trainer:

Offer to coach:
Clubs with 3 to 4 athletes registered in the 1st phase, we offer 50% of the package 1;
Clubs with 5 to 9 athletes offer a pack 1 for a coach in the 1st phase;
Clubs with 10 or more athletes registered in the 1st phase, we offer a pack 1 for up to 2 Coaches;

Transfer:

- The organization will provide transfers on the day of accreditation, on the route between Tomar station (Train/Bus) to the accreditation location and then to the accommodation;
- During the International Training Camp, the organization will provide transfers between the accommodation, training and food locations;

Required documentation

- The necessary documentation can be found on the AJDS website at: https://judoajdsantarem.com/portfolio_category/provas/
- For accreditation purposes, it is necessary to present the Citizen Card, Passport or Residence Permit;
- **Program:**
- Activity schedules will always be provisional and may be adjusted if necessary;
- The AJDS Technical Director will manage the schedules in coordination with the technicians responsible for the Training Camp.





Development of the International Training Camp:

- All participants must attend all training sessions and must comply with all safety regulations;
- There will be physiotherapy/nursing support during training sessions;
- If there is any doubt related to the development of the event, the situation must be communicated to the person responsible for the International Training Camp (Technical Director of AJDS);
- AJDS is not responsible for any occurrence during the entire internship, however, it will make every effort to collaborate and resolve any situations that may arise;

Guest coaches in previous editions:



Katsuiko Kashiwasaki
2017



Tiago Camilo
2018



Darcel Yandzy
2019



Michel Almeida
2021



Yoshiyuki Hirano
2022



Flávio Canto
2023



Georgii Zantaraia
2024



Haruka Tachimoto
2025



Associação de
Judo do Distrito de

SANTARÉM

Email: geral@judosantarem.com / <http://www.judoajdsantarem.com/>

AUTHORIZATION FOR THE USE OF IMAGE AND VOICE IN EVENTS OF THE JUDO ASSOCIATION OF THE DISTRICT OF SANTARÉM

By participating in events organized by the Judo Association of the District of Santarém (AJDS), delegates, athletes, and coaches registered by their Clubs authorize AJDS and its media partners to use their content, including data, live results, photographs, and/or video recordings (hereinafter referred to as "media"). This media can be obtained by AJDS and its partners inside and outside all AJDS event venues. The media may be used in printed and digital formats, including printed publications, websites, e-marketing, posters, banners, advertising, films, broadcasts, social media, educational purposes, and other purposes.

If a delegate, coach, or athlete does not give their consent, the club must inform AJDS by writing to geral@judosantarem.com. Clubs are responsible for obtaining authorization from each participant, including parents or guardians in the case of minors, and informing AJDS if there is any objection. AJDS and its partners hold exclusive ownership of the material captured and may use it for commercial and non-commercial purposes. In case of doubts, the participant can contact AJDS at geral@judosantarem.com

Technical Director AJDS

Filipe Lopes

