



EUROPEADE
VISEU 2018
PORTUGAL

VISEU'18
CIDADE EUROPEIA
DO FOLCLORE



VISEU WELCOMES YOU TO THE CITY AND THE EUROPEADE FESTIVAL!

We want you to have a unique experience and a pleasant and safe stay.

SAFETY ADVICE

- Stay alert and vigilant to your belongings, namely suitcase / backpack;
- Keep with you only the indispensable, reserving in a safe place the most valuable objects;
- Do not leave the phone and the wallet on the table in very busy places, especially in terraces;
- Always follow the recommendations of local authorities.

HEALTH AND WELL-BEING IN FIRST PLACE

In Viseu, especially in July, temperatures could be high. You should be aware of possible symptoms associated with a heat exhaustion.

They are: muscle cramps, tiredness, weakness, fainting, nausea and vomiting, fast and shallow breathing, high perspiration, pallor, cold and moist skin, weak and rapid pulse, headache.

Throughout the event, several water fountains will be available throughout the city so you can stay hydrated.

TAKE COVER!

- Drink liquids frequently, such as water and natural juices;
- Regularly watch children and the elderly;
- Whenever possible, throughout the day, choose to rest in cool or air-conditioned places;
- Wear fresh, light-coloured clothing.



IN CASE OF EMERGENCY, CONTACT:
(+351) 232 413 206

Public safety, emergency and medical assistance teams are available to assist visitors at all times.



24 HOUR RELIEF POSITION - PORTUGUESE RED CROSS (for participants and volunteers)

Headquarters, Quinta da Pomba (near the Tondela-Viseu Hospital Center).



112 – IT'S THE EUROPEAN EMERGENCY NUMBER, which you can contact, alternatively.