

PRINCETON UNIVERSITY



Soccer Tour Itinerary | Portugal

28 Players + 12 Adults+ Infant | 19th - 26th March

DAY 0 | SUNDAY | 19th MARCH 2017

21:30 Arrival at JFK for TP2626

DAY 1 | SUNDAY | 19th MARCH 2017



11:20 Arrival of TAP Portugal flight TP208 from New York JFK into Lisbon Airport (Terminal 1) and transfer to Hotel (estimated time 40 mins)



A Tour Manager will meet you at arrivals and assist you throughout the trip

Francisco Mendes | Mob: +351 963 289 244



13:00 Arrival and check-in at Hotel Aldeia dos Capuchos Golf & SPA 4*

Largo Aldeia dos Capuchos, 2825-017 Caparica, Almada | Tel: +351 212 909 000

13:15 Lunch at Hotel Restaurant

17:00 Transfer to training session venue (estimated time 40 mins)



18:00 Own coaching training session at AC Porto Salvo synthetic pitch

20:00 End of session and transfer to Carcavelos (estimated time 20 mins)

20:30 Dinner included at Quitanda do Forte Restaurant

22:00 Transfer to Hotel (estimated time 40 mins)

DAY 2 | MONDAY | 20th MARCH 2017

08:00 Breakfast included at Hotel Restaurant

09:00 Transfer to training session venue (estimated time 50 mins)



10:00 Own coaching training session at AC Porto Salvo synthetic pitch

12:00 End of session and transfer to SL Benfica stadium (estimated time 30 mins)

12:45 Lunch included at 3º Anel Restaurant



14:30 Guided tour of SL Benfica stadium

16:00 End of tour and transfer to Social Institution (estimated time 20 mins)

16:30 Community soccer clinic with Helen Keller Center

18:00 End of community service and transfer to Lisbon (estimated time 30 mins)

19:00 Dinner included at Alfama Grill Restaurant with Fado show

21:00 End of dinner and transfer to Hotel (estimated time 40 mins)

DAY 3 | TUESDAY | 21st MARCH 2017

08:00 Breakfast included at Hotel Restaurant



09:00 Half-day guided city tour of Lisbon

12:45 Lunch included at Capricciosa Restaurant

14:30 Transfer to match venue (estimated time 1 hour)

15:30 Arrival and warm-up



16:30 Match #1 | Princeton Tigers vs. Sporting CP @ Sporting Academy

18:15 End of match and transfer to Hotel (estimated time 40 mins)

20:00 Dinner included at Hotel Restaurant

DAY 4 | WEDNESDAY | 22nd MARCH 2017

09:00 Breakfast included at Hotel Restaurant

10:30 Transfer to match venue (estimated time 25 mins)

11:00 Arrival and warm-up



12:00 Match #2 | Princeton Tigers vs. SL Benfica @ Benfica Academy

13:45 End of match and transfer to the beach (estimated time 35 mins)

14:45 Lunch included at Casablanca Restaurant by the beach



16:00 Surf Clinic group activity

19:00 Transfer to Hotel (estimated time 15 mins)

20:00 Dinner included at Hotel Restaurant

DAY 5 | THURSDAY | 23rd MARCH 2017

07:00 Breakfast included at Hotel Restaurant



08:00 Tour of Sintra, Cabo da Roca, Cascais and Estoril

Free time for lunch (own cost, not included)



14:30 "Coach the coaches" session #1 with Benfica Professional Coaching Staff coordinated by

Jorge Cordeiro (Academy Coach) @ Benfica Academy Facilities

Free afternoon

19:00 Dinner included at Hotel Restaurant

DAY 6 | FRIDAY | 24th MARCH 2017

Breakfast included at Hotel Restaurant

09:00 Transfer to Lisbon city center (estimated time 50 mins)



10:00 Tuk Tuk tour of Lisbon

12:00 End of Tuk Tuk tour

Free time for lunch (own cost, not included)

14:15 Transfer to match venue (estimated time 40 mins)

15:00 Arrival and warm-up



16:00 Match #3 | Princeton Tigers vs. SG Sacavenense @ Sacavenense Stadium

17:45 End of match and transfer to Lisbon Expo 98 area (estimated time 15 mins)

19:00 Dinner included at Chimarrao Restaurant

20:30 Transfer to Hotel

DAY 7 | SATURDAY | 25th MARCH 2017

08:15 Breakfast included at Hotel Restaurant

09:15 Transfer to Belem area (estimated time 45 mins)



10:00 "Coach the coaches" session #2 | with Benfica Professional Coaching Staff coordinated by Gonçalo Nunes (Head of International Coaching)

Free time for lunch in Belem area (coaches and players/rest of the team will meet in Belem)



15:00 Community soccer clinic with Casa Pia Social Institution

18:00 Departure from Belem to SL Benfica stadium (estimated time 30 mins)

18:30 Arrival at stadium



19:45 Live Match FIFA World Cup 2018 Qualification | Portugal vs. Hungary

21:30 End of match and transfer to Lisbon (estimated time 30 mins)

22:30 Dinner included at Sabor Mineiro Restaurant

00:00 Transfer to Hotel (estimated time 20 mins)

🕒 On Sunday, March 26, clocks will be set forward 1 hour when Daylight Saving Time (DST) starts

DAY 8 | SUNDAY | 26th MARCH 2017

Breakfast included at Hotel Restaurant

Free morning

10:00 Hotel check-out

10:30 Transfer to Lisbon Expo 98 area (estimated time 40 mins)

Free time for lunch (own cost, not included)

13:45 Transfer to Lisbon Airport (Terminal 1) (estimated time 15 mins)

✈️ 14:00 Arrival and check-in for 17:00 TAP Portugal flight TP209 to New York JFK

20:00 Arrival at New York JFK

----- END OF TOUR -----