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*Interview with Pedro Tiba (soccer player of Lech Poznan- Poland)*

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(Henrique) - What is your full name?

(Pedro Tiba) - Pedro Miguel Amorim Pereira da Silva but I am known by Pedro Tiba.

(Antonio) - How old are you?

(Pedro Tiba) - 31 years old



(Henrique) - What were the most important clubs where you played?

(Pedro Tiba) - I've played at Vitória de Setúbal, SC Braga and Desportivo de Chaves.

(Antonio) - Lech Poznan is your current club. What is it like to live in Poland?

(Pedro Tiba) - It's like living in Portugal but in Poland it's always very cold.

(Henrique) - How is the daily life of a professional soccer player?

(Pedro Tiba) - The life of a professional soccer player is to train in the morning and afternoon, rest and eat well.

(António) - Have you ever practiced sports other than football?

(Pedro Tiba) - Yes I have practiced but not professionally. I've played volleyball, basketball and track and field.



(Henrique) - Do you have any special care with food?

(Pedro Tiba) -Yes, I can't eat everything I feel like. I have to eat healthy foods.

(Antonio) - Do you drink alcohol?



(Pedro Tiba) - A little but only on holidays.

(Antonio) - Do you smoke?

(Pedro Tiba) - No.

(Henrique) - What is having a healthy lifestyle for you?

(Pedro Tiba) - It is playing sports, eating healthy, not drinking alcohol and not smoking.

António) - Do you want to leave some advice for APPACDM customers?

(Pedro Tiba) - Be happy, take into account the indications of the technical team that accompanies you and behave.

(Fernando) - Do you have a club that you are fan?

(Pedro Tiba) - Yes, i am a Benfica fan.

(Ricardo) - Is being a soccer player a profession?

(Pedro Tiba) - Yes, my profession is a soccer player.

(Rita) - My son is 14 years old and plays soccer. What advice do you give him?

(Pedro Tiba) - To continue working, to have persistence and be resilient. If he has quality and continues to work he can have a bright future.

(Madalena) - What do you eat on game days?

(Pedro Tiba) - We eat a lot of carbohydrates, (pasta), protein (mainly white meat) and fruit.

(António) - Thank you very much for the interview.  
We have a small gift here and we invite you to know the rest of our center.

(Pedro Tiba) - You're welcome. It was a pleasure.

