

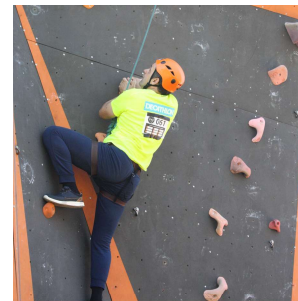
Sports in our school

The APPACDM of Viana do Castelo is present in 7 of the 10 counties of the district. It offers 31 social responses like Residential homes, Vocational training centers, Occupation activities centers among others.

The Delegation of Ponte da Barca, has an OAC with 25 clients and a VTC. This center has a gardening course with 7 trainees and a Hotels life activities course with 5 trainees.

Now, regarding Physical activities and sports.

Every week, our clients have physical education and swimming classes. Both are predominantly geared toward health-related physical fitness. We train strength, flexibility and cardiorespiratory endurance.



They also have dance, tennis and horsemanship classes.



Besides all the weekly activities, we usually have others activities with bigger groups.

The most common is hiking. It's cheap, 90 percent of our customers do not have mobility difficulties and Ponte da Barca and Arcos de Valdevez (a neighbor town) have wonderful landscapes.

We also have some occasional activities where we try other sports. As you can see in the pictures, they've already tried rugby, football, canoeing, rowing, canyoning, field hockey and more.



To do that, we rely on the help of local clubs, firms and institutions, both in assigning the facilities and with technical support and monitoring.



We also have made the finishers medals for some of the trail runs that occurred in Ponte da Barca and we help in the organization (and our clients participate actively) in the movement day with all the local Private Social Institutions.