



3DAHM 2024 Montevideo URUGUAY 3-6 December 2024

## 3DAHM 2024 ACTIVITIES

18<sup>th</sup> International Symposium on 3D Analysis of Human Movement  
in Uruguay, Latin America, December 2024

### Friday Nov 29 - Sunday Dec 1:

19:00 arrive **Paysandú**: Visit to LIBIAM Gait Analysis Lab. with River Uruguay sailing. (Dr. Carlo Biancardi) **USD 300** includes 2 nights, 2 meals, dinner show, museum & transport within Pdú. 3rd night, for Monday's Seminar attendees + USD 60. Montevideo-Paysandú return bus NOT included

### Sunday Dec 1:

7:00 - 14:00 **Tristán Narvaja Flea Market** Guided by Alejandra Rial, meet at 18 de julio corner TN, **USD 50** includes a little meal on the market sidewalk.

10:00 **La Tahona Rocha** Guided by Magui Tango & Dr. Tartaruga, meet at Hotel. Study limb adaptation to irregularities, nordic walking & riding horses **USD 350** includes Mvd.-Rocha return transport, horse rental, one-night shared hotel room & meals. Arrival Mvd. Mon Dec. 2 18:00

19:30 – 24:00 Visit to **IDEAS+ artisan & food fair** Parque Rodó. Guided by Isabel Morales & Linnette Jara **USD 50** includes a drink & a snack.

### Monday Dec 2:

8:00 - 20:00 **Colonia del Sacramento** Guided by Dr. Lucía Belén Ribeiro. Old town, Lighthouse, Museums, Visit to a Wine Cellar restaurant. **USD 200** includes Mvd.-Colonia return transport, museum entrance, wine tasting & meal.

8:00 - 13:00 **Uruguay National Football Team** Training premises & instruments. Guided by Dr. Andrea Mattiozzi. **USD 50** includes transportation.

**Any changes on the options offered can be arranged to suit 3DAHM2024 attendees**

*3DAHM is a Technical Group of ISB International Society of Biomechanics*

14:00 - 18:00 **Biomechanics related Industry Visit** (Controles, MOVI, Interfase, etc.) guided by Pablo Sánchez, Bsc.EE. **USD 50** includes transfer.

### Wednesday Dec 4:

20:00 - 23:00 **Mercado del Puerto** Guided by Magui Tango & Danel Méndez. Meet 20:00 Puerta de la Ciudadela. Stroll about the Ciudad Vieja, dinner in the Old Market. **USD 80** includes Hotel transfer & dinner.

### Thursday Dec 5:

20:30 - 22:00 **Conference Dinner** **USD 40**  
22:00 - ...“**Montevideo Tango by night**” guided by Magui Tango **USD 30** incl. hotel transfer & 1 drink.

### Friday Dec 6:

16:00 **Buenos Aires after closing 3DAHM2024** guided by Magui Tango, Dinner at Patio Napolitano de Güerrín, Museo Carlos Gardel, Lunch at Café de los Angelitos, San Telmo, Paseo de la Historieta. Dinner, show at La Viruta with tango class, **USD 500** Includes 2 shared room hotel nights, Mvd.-Bs.As. return ferry, meals. Reduced to USD 400 if only one way ferry, USD 350 if international travel bought previously by attendee.

### Saturday Dec 7:

8:00 **Piriápolis**, guided by Alejandra Rial & Verónica García. Meet at Regency Hotel. **USD 450** includes 1 hotel night, 2 meals, a mountain snack, Mvd.-Piria return transport & local, *Pan de Azúcar* hiking, beach & museums.

[www.3dahm2024.com](http://www.3dahm2024.com)

November 6, 2024  
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