



3DAHM 2024 Montevideo URUGUAY 3-6 December 2024

PAYSANDÚ

3DAHM 2024 PRE-CONGRESS ACTIVITY

Guided by Carlo Biancardi

Friday Nov 29

19:30 Informal welcome party at “Bimba Bruder” pub, in Paysandú.

Saturday Nov 30

09:00 Visit to CUP (Centro Universitario Paysandú) University Centre dedicated to health and sport sciences). Welcomed by CENLUR Litoral Norte Director, Dr. Cabrera and CUP Director Dr. Acosta

11:30 Visit to LIBIAM (Biomechanics and movement analysis laboratory) hosted by the Department of Biological Science (Dr. Carlo Biancardi and colleagues)

13:00 Lunch and break

19:30 Guided city tour and monument visit

21:30 Dinner-show

Sunday Dec 1

10:00 Guided tours on the river Uruguay (optional)

COST: USD 300 includes 2 nights at “El Jardin” Hotel, ½ pizza and a pint at Bimba, Saturday lunch at “Lo de Romero”, Saturday dinner show, light lunch on Monday, transports within Paysandu on Saturday, Museum entry and guide.

3rd EXTRA NIGHT, for attendees of the Monday's Seminar: + **USD 60**

NOT INCLUDED: Transport Montevideo-Paysandu from/to, optional activities on Sunday, Sunday’s lunch and dinner, anything not explicitly mentioned in the program is not included.



CENUR
Litoral Norte

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

November 2, 2024

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