



Physical Activity Expert Meeting "Agita Europe" Magglingen, Switzerland 13.-15.06.2004

Organised by the Federal Offices of Sport and Public Health

Detailed programme

Telephone numbers

Federal Office of Sports Information desk	032 327 61 11
Institute of Sport Sciences	032 327 63 22
Hotel Forum Post (formerly Bellevue)	032 329 17 17
Restaurant "Au Vieux Suisse"	032 322 50 40
"Métairie du Milieu de Bienne"	032 944 12 32

Sunday, 13.06.2004

09.00- 13.00 *Walking excursion to the gorge of the Twann river
leaving from Hotel Forum Post/Bellevue
(eventually including swimming in the Lake of Biel;
takes only place if weather is acceptable and if
participants have indicated their interest in advance)*

12.35 Bus transport from Biel/Bienne train station to Magglingen
13.35 Bus transport from Biel/Bienne train station to Magglingen
14.35 Bus transport from Biel/Bienne train station to Magglingen
(Please watch out for Kees de Keyzer carrying a meeting sign)

14.30- 15.00 Registration of participants/Coffee and fruit
at room 401 Hotel Bellavista

15.00- 18.30 Expert Meeting at room 401 Hotel Bellavista
- Welcome and information about the meeting
- Presentation of the international experiences
* Agita Mundo (Victor Matsudo)
* WHO World (Hamadi Benaziza)
* WHO Europe (Francesca Racioppi)
* HEPA Europe Network (Pekka Oja; Ilkka Vuori)
* IPAQ (Michael Sjöström*)

16.00-16.30 *Coffee break*

19.00 *Informal dinner at restaurant "Au Vieux Suisse",
Magglingen*

Monday, 14.06.2004

- 06.25 *Departure of funicular railway for
Nordic Walking Biel-Magglingen (300m up)
(registration on Sunday afternoon)*
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- 08.30- Expert Meeting at room 401 Hotel Bellavista
12.00 - Presentation of the national experiences
- 10.00-10.30 Coffee break*
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- 12.00- Lunch at Hotel Bellavista or lunch bag
13.30 (registration for lunch bags on Sunday)
 - *Yoga introductory lesson*
 - *Bow and arrow (registration Sunday afternoon)*
 - *individual activities (swimming pool, etc.)*
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- 13.30- Expert Meeting at room 401 Hotel Bellavista
17.30 - Discussion of options for a European network
- 15.00-15.30 Coffee break*
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- 18.00 *Departure from Hotel Forum Post/Bellevue
for walking excursion (1 - 1½ h)
and informal mountain farmhouse dinner
at the "Métairie du Milieu de Bienne"*
- 23.00 ca. *Return from mountain farmhouse dinner*
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Tuesday, 15.06.2004

- 06.30 *Qigong on terrace of FOSPO main building*
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- 08.30- Expert Meeting at room 401 Hotel Bellavista
11.45 - Discussion of options for a European network
- 10.00-10.30 Coffee break*
- 11.45 Closure of the Meeting
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- 11.45 *Lunch at Hotel Bellavista or lunch bag
(registration for lunch bags on Sunday)*
- 12.05 *Departure of funicular railway Magglingen
for 12.31 train to Zurich airport and
12.38 train to Geneva airport*
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