

# FEPSAC 2022

## 16<sup>TH</sup> EUROPEAN CONGRESS OF SPORT & EXERCISE PSYCHOLOGY

Chairs:

Maurizio Bertollo, Antonio Paoli, Marta Ghisi, Marcella Bounous

# PADOVA

11 ► 16  
JULY

PALAZZO DELLA RAGIONE /  
PALAZZO MORONI (Padova city Hall)  
PALAZZO DEL BO (University of Padova)  
PALAZZO LIVIANO (University of Padova)

**SPORT,  
EXERCISE  
AND PERFORMANCE  
PSYCHOLOGY:  
CHALLENGES  
AND OPPORTUNITIES  
IN A CHANGING WORLD**

# GENERAL INFORMATION

# General information

## REGISTRATION DESK AND SLIDE CENTER OPENING HOURS

The registration desk is located **on the second floor of Palazzo Moroni / Palazzo della Ragione** complex, in front of the Plenary Hall.

Registration desk opening hours:

- Monday, July 11<sup>th</sup>: 8.30 am to 9.00 pm
- Tuesday, July 12<sup>th</sup>: 8.00 am to 6.00 pm
- Wednesday, July 13<sup>th</sup>: 8.00 am to 8.30 pm
- Thursday, July 14<sup>th</sup>: 8.00 am to 4.30 pm
- Friday, July 15<sup>th</sup>: 8.00 am to 7.00 pm

A cashier service is available next to the registration desk (at the same opening hours) for onsite registrations, refunds and/or purchase of optional tours, technical tours and Conference dinner tickets.

Please note that tickets for additional events may be limited.

Slide centre opening hours:

- Monday July 11<sup>th</sup>: 8.30 am to 9.00 pm
- Tuesday July 12<sup>th</sup>: 8.00 am to 6.00 pm
- Wednesday July 13<sup>th</sup>: 8.00 am to 8.30 pm
- Thursday July 14<sup>th</sup>: 8.00 am to 4.30 pm

In order to avoid crowds, we warmly recommend:

- participants to be accredited from the first opening hours of the registration desk on Monday, July 11<sup>th</sup>
- for presenting authors to upload their presentation from the opening hours of the slide center on Monday, July 11<sup>th</sup>

## OFFICIAL LANGUAGE

The official language of the FEPSAC 2022 Conference is English.

## STAFF AND INFORMATION SERVICE

The multilingual staff welcomes all FEPSAC 2022 delegates to the FEPSAC 2022 Congress Venue (Palazzo Moroni - Palazzo della Ragione).

The FEPSAC 2022 voluntary staff will be identifiable by branded t-shirts and name tags. Please do not hesitate to approach them for any question or assistance.

An information and accommodation desk is available **on the second floor of Palazzo Moroni / Palazzo della Ragione** complex, in front of the Plenary Hall (same opening hours of the registration desk).

You may find a cloakroom to store your luggage or related at the registraion desk **on the second floor of Palazzo Moroni / Palazzo della Ragione** complex, in front of the Plenary Hall. Please note that the organizer of the FEPSAC 2022 Conference does not accept any liability for lost items.



## CONGRESS VENUE

FEPSAC 2022 Congress will be held in three different complexes, all located in the center of Padova:

- 1. PALAZZO MORONI / PALAZZO DELLA RAGIONE**  
(Padova city Hall)  
Address: Via VIII Febbraio
- 2. PALAZZO DEL BO**  
(University of Padova)  
Address: Via VIII Febbraio 2
- 3. PALAZZO LIVIANO**  
(University of Padova)  
Address: Piazza Capitaniato 7

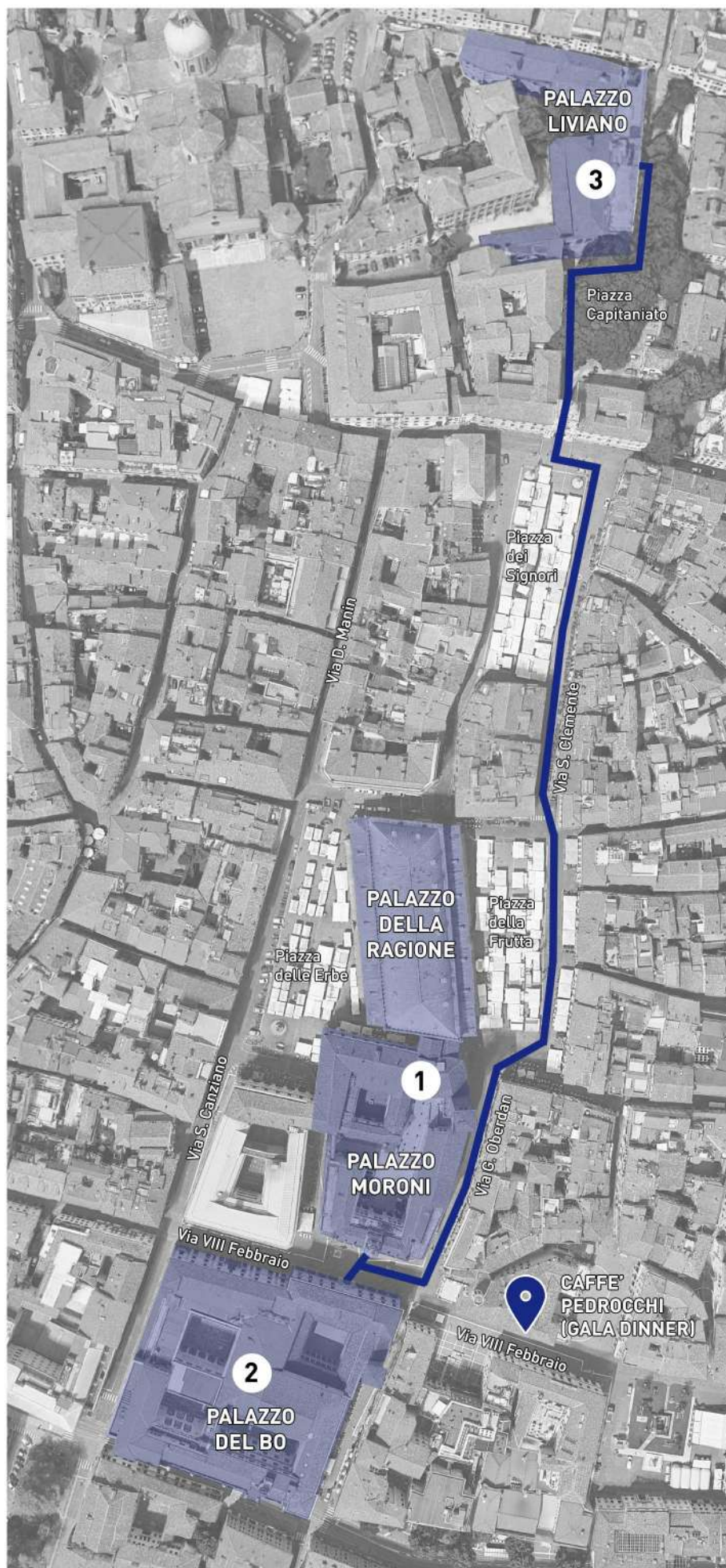
The complex of **PALAZZO MORONI / PALAZZO DELLA RAGIONE** will host:

- Poster sessions (ground floor)
- Catering (ground, first and second floor)
- Slide center (first floor)
- Relax area (first floor)
- Exhibitors (first floor)
- Parallel Room 1 (first floor)
- Plenary Hall (second floor)
- Registrations (second floor)
- Cashier (second floor)

The complex of **PALAZZO DEL BO** and the complex of **PALAZZO LIVIANO** will host the remaining parallel rooms.

## PADOVA CITY MAP

0 100 m



## CONGRESS REGISTRATION FEES, BADGES, CERTIFICATES OF ATTENDANCE

At the registration desk, you will receive your Conference badge and kit when signing in. To access the venue, the coffee breaks and lunches and all social events, please make sure to wear your badge at all time while attending the Conference.

Registration fee includes:

- Scientific program
- Workshops
- Congress material
- Social program on Thursday, July 12<sup>th</sup> afternoon as indicated on the social program page
- Science Slam on Wednesday, July 13<sup>th</sup>
- Coffee and tea breaks
- Opening ceremony and welcome reception
- Closing ceremony and gala dinner

Accompanying person fee includes:

- Tours included as indicated on the social program page
- Opening ceremony and welcome reception
- Science Slam on Wednesday, July 13<sup>th</sup>
- Closing ceremony and gala dinner

The following fees apply for onsite registrations (at the cash point):

- FEPSAC MEMBERS
  - Delegate of a group: € 640
  - Individual: € 600
  - Student delegate of a group: € 380
  - Student: € 360
- Regular Participant: € 685
- SASP Certified: € 360
- Student non-member: € 400
- Lower-middle-income and low-income countries: € 400
- Accompanying person fee on site: € 300
- Pre-Congress
  - Participation without Italian ECM: € 45
  - Participation for Italian ECM: € 60

## DRESS CODE

Business casual is an appropriate attire during FEPSAC 2022.

Comfortable dress is recommended for optional tours as well as for the accompanying person tour program. We suggest a more elegant style for the Conference dinner at 19<sup>th</sup> century Caffé Pedrocchi.



## PHOTOSHOOT AND RECORDINGS

While registering to the Conference and/or submitting an abstract (if so), the organizers was given permission to take photos and/or recording during the Conference, to be published in the Conference/FEPSAC websites, social media and related (digital or printed channels).

All FEPSAC 2022 delegates are invited to participate in the group picture shot on Thursday, July 12<sup>th</sup> on the grand staircase of Palazzo Moroni at 9.30. More information will be available at the registration desk onsite.

## WI-FI ACCES

The credentials to access the Wi-Fi in the **Palazzo Moroni / Palazzo della Ragione** complex are the following:

- USERNAME: congress
- PASSWORD: FEPSAC2022

## CONFERENCE APP

FEPSAC 2022 smartphone app provides you with the most comfortable tool for planning your participation in the 16<sup>th</sup> European Congress of Sport & Exercise Psychology.

Browse the complete programme directly from your phone or tablet and create your very own agenda on the fly. The app is available for Android and iOS devices.

To download the mobile app, please visit this link or scan the QR code or type 'FEPSAC' in Google Play or iTunes App Store.

### Notifications

We will send notifications during the Conference with reminders and important information, so do not forget to turn them on!

### Program updates

The app checks frequently if there are any changes in the program. If you want to be sure that you have the most recent version, you can also check for updates manually. In order to do so, you need to:

- go to the Agenda (by clicking on the three lines on the top left and selecting "Agenda")
- click on the three dots at the top right of the app
- click on Check update

### App and internet

The app can be used offline since the agenda is downloaded to your device. You will be able to access it even if you don't have access to Internet!

## SOCIAL MEDIA

You can follow FEPSAC 2022 on:

- LinkedIn: [www.linkedin.com/showcase/71260550](https://www.linkedin.com/showcase/71260550)
- Instagram: [www.instagram.com/fepsac2022](https://www.instagram.com/fepsac2022)
- Twitter: [twitter.com/fepsac2022](https://twitter.com/fepsac2022)
- Facebook: [www.facebook.com/fepsac2022padova](https://www.facebook.com/fepsac2022padova)

The official hashtags for the Conference are **#FEPSAC2022** and **#FEPSAC2022Padova**

Please make sure to keep a respectful and inclusive tone in your posts.

## LOST AND FOUND

In case of Lost and Found items, please refer to the Information and registration desk.

For lost property in the territory of Padova: +39 049 8204924 / 25 / 26.

## INSTRUCTIONS FOR SPEAKERS/SESSION CHAIRS

### Oral presentations

Length: 12+3 minutes.

Please, note that the slides will have to be in PowerPoint or in pdf and that authors will have to bring them on a USB drive to the Slides Center, inside the Conference Venue.

### Poster presentations

Size: 100 cm height x 70 cm width.

A well-designed poster catches the attention and gives the scientific work the recognition it deserves.

Please, note that authors will have to bring their own posters already printed to the Conference.

### Symposia, workshops and roundtables

All listed presenters have to be present during their symposium. Chairs are expected to take charge of time management during the symposia and to allow sufficient time for questions and discussion with the audience.

Please, note that the slides will have to be in PowerPoint or in pdf and that authors will have to bring them on a USB drive to the Slides Center, inside the Conference Venue.

### Gimme 5 Presentation

Length: 5 + 3 minutes

Number of slides: maximum 5

Please, note that the slides will have to be in PowerPoint or in pdf and that authors will have to bring them on a USB drive to the Slides Center, inside the Conference Venue.

### Science Slam

For Fepsac2022 applicants will be divided into two categories: Junior and Senior.

Science Slam Junior Category: Students or researchers who completed their PhD not more than eight years ago.

Science Slam Senior Category: Researchers who completed their PhD more than eight years ago.

The best two Science Slam contributions (one for each category) will be awarded a prize by the Congress host.

### If you have a slide presentation

At the conference, you will find a slide centre to leave your slides. You just need to bring a USB drive with your slides in it. No technical devices will be requested.

The slide centre will be on the first floor of the Palazzo Moroni and it will be open in these hours:

- Monday July 11<sup>th</sup>: 8.30 am to 9.00 pm
- Tuesday July 12<sup>th</sup>: 8.00 am to 6.00 pm
- Wednesday July 13<sup>th</sup>: 8.00 am to 8.30 pm
- Thursday July 14<sup>th</sup>: 8.00 am to 4.30 pm

## COFFEE BREAKS AND LUNCHES

Coffee and tea breaks are included in the registration fees and will be served in the exhibition area, in the Moroni courtyard and in the Loggie of Palazzo della Ragione.

Lunches are not included but in the conference website you will find the list of the restaurants where all FEPSAC 2022 participants will have the chance to benefit of the special agreement that, purchasing the vouchers while registering, will give access to a full lunch with a special fix rate of 15 € (included VAT).

The lunch voucher includes:

- One main dish
- One dessert
- Water and coffee

With purchasing the vouchers in advance, guests will also benefit of the advantage of avoiding waiting time and queue to pay the bill after lunch.

## SOCIAL EVENTS

For the **WELCOME COCKTAIL** scheduled on Monday, July 11<sup>th</sup>, the meeting point is at 5.30 pm at Palazzo Moroni / Palazzo della Ragione complex.

For the **CONFERENCE DINNER** scheduled on Friday, July 15<sup>th</sup>, the meeting point is at 8.30 pm at Caffé Pedrocchi (Via VIII Febbraio, 15).

On Thursday, July 14<sup>th</sup>, there will be some **CULTURAL ACTIVITIES** from all participants scheduled in the afternoon. The meeting time for all activities is at 4.30 pm, right after the end of the congress session of that day without a break, therefore we strongly suggest you to bring a bottle of water.

The meeting point are different for the various tours:

- Guided Walking Tour of Padua and Local Wine Tasting: for the English-speaking persons the meeting point is in Piazza delle Erbe (see "Meeting point A" in the map on page 9), for the other languages speaking persons the meeting point is in Piazza della Frutta (see "Meeting point B" in the map on page 9).  
At the both meeting points you will find your tour guides who will accompany you during the activity.
- Sport activity - Orienteering: for all the participants the meeting point is at the central fountain of Prato della Valle.
- Italian Delight: for all the participants the meeting point is in Piazza dei Signori, under the Clock Tower.

For the **YOGA SESSIONS** scheduled on July 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> the meeting point is at 7.00 am in the courtyard located on the ground floor of Palazzo Moroni.

For the **MORNING RUNS - option 1** scheduled on July 12<sup>th</sup> and 13<sup>th</sup> the meeting point is at 6.00 am in front of the Pasticceria Wiennese (Piazza Petrarca, 16).

For the **MORNING RUNS - option 2** scheduled on July 12<sup>th</sup> and 13<sup>th</sup> the meeting point is at 6.00 am in front of the Methis Hotel (Riviera Paleocapa, 70).

For the **MORNING RUNS - option 3** scheduled on July 12<sup>th</sup> and 14<sup>th</sup> the meeting point is at 6.00 am in front of the central fountain of Prato della Valle.

For more information or any question, our organizing staff will be happy to assist you.

To read all about FEPSAC 2022 social program, please visit our official website or see the official FEPSAC 2022 app.



## CULTURAL AND OPTIONAL TOURS

In case you reserved one of the tours available on the online registration form, you should have received specific instruction on your email. For more information or any question, please ask the staff at the registration desk.

## NON – DISCRIMINATION AND SUSTAINABILITY POLICIES FOR FEPSAC 2022

The FEPSAC 2022 Conference will adopt the following safer space policy and implement numerous diversity and inclusivity initiatives in the ongoing effort to improve the diversity and inclusivity in this conference.

### Specific Diversity and Inclusivity Initiatives:

- **The FEPSAC 2022 Conference aims to have gender and geographical balance:** In the selection of the speakers, the committee will be careful to guarantee a gender balance and a geographical representativeness. In addition, the Organizing Secretariat will respect every author and participant regardless of their gender identity (whether it is feminine, masculine, or non-binary).
- **Safer Space Policy:** A safer space policy aims to foster an environment of respect, which makes all participants feel welcome – particularly those who are typically marginalized or excluded, whether by religion, race, sex, gender, or sexual, romantic and relational orientation. Differing opinions and perspectives are crucial to effective discussion but all attendees ultimately take responsibility for their own speech and behaviour – in person and on social media – throughout the entire event and associated social gatherings.
- **Social sustainability:** An event is considered socially sustainable when designed, planned and realized with a strategy that minimizes negative impact on the environment and leaves a positive legacy to the host community. Over the years Symposia has been implementing a large number of operational best practices for the daily running of its structure and all its events, from the selection of materials according to eco-sustainability criteria and the energy efficiency of the equipment, to the procedures for possible work peaks and for the replacement of absent staff.
- We have provided reduced fees to meet the needs of students, retirees and participants from lower and middle-income Countries for which registration fees may be difficult to pay.

### Architectural and Sensory Accessibility:

- The FEPSAC 2022 Conference is committed to providing disabled participants with accessibility to all Conference structures, that are provided with all necessary means to be accessed by everyone.

### Attendees are encouraged to:

- Ask respectful questions and avoid dominating a presenter's question time to further any particular agenda. Question time after a talk is intended to give presenters the opportunity to expand on their talk in response to audience questions, and is not a platform for the audience to individually reply.
- Be mindful of and understand that intersectionality shapes our lived experience.
- Actively include all attendees in social gatherings (such as post-conference dinners and social events), particularly those for whom English is not a first-language and junior students.



## CONFERENCE SUSTAINABILITY

Over the years Symposia has been implementing a large number of operational best practices for the daily running of its structure and all its events, from the selection of materials according to eco-sustainability criteria and the energy efficiency of the equipment, to the procedures for possible work peaks and for the replacement of absent staff.

FEPSAC 2022 will be an environmentally-friendly event promoting environmental and social solidarity.

Great care will be put in our **Green philosophy** that will be applied to the catering services as well as to the choice of all equipment, materials, and gadgets and also thanks to the **Food for Good** project endorsement.



- **Food waste:** Thanks to the collaboration with **Federcongressi & eventi**, the food bank network **Banco Alimentare** and the Fair Event organization **Equoevento**, we will collect the surplus food at the end of the Conference meals and deliver it to charitable organizations such as family homes, soup kitchens and refugee centers, in accordance with applicable hygiene regulations and in compliance with Italy's Good Samaritan law (Law 155/2003).
- **Carbon neutral:** FEPSAC 2022 will be climate-friendly and, in the best-case scenario, carbon neutral. As the Organization Secretariat, Symposia minimises the waste of CO<sub>2</sub> emissions during its work and avoid all CO<sub>2</sub> emissions that arise from any conference-related activities and travels. For this reason, in the website and private correspondence with participants, FEPSAC 2022 staff will inform participants of different possibilities to reach the venue, such as public transportation and bike routes. FEPSAC 2022 will also prioritize renewable energy sources and eco-friendly merchandise in the conference kit.

## LUNCH VOUCHERS RESTAURANTS

Some restaurants are the ones where all FEPSAC 2022 participants will have the chance to benefit of the special agreement that, purchasing the vouchers while registering, will give access to a full lunch with a special fix rate of 15 € (included VAT).

The lunch voucher includes:

- One main dish
- One dessert
- Water and coffee

With purchasing the vouchers in advance, guests will also benefit of the advantage of avoiding waiting time and queuing to pay the bill after lunch. Find the list at [fepsac2022.eu/lunch-voucher-restaurants](https://fepsac2022.eu/lunch-voucher-restaurants)

## SMOKING, RELAX AREA

Please place mobile phones in "silent" mode during all Conference sessions and presentations out of respect for the speakers.

Smoking is not permitted on Conference premises.

Two recharging towers for smartphones are available in the relax area, inside the Paladini Room, located on the first floor of the Palazzo Moroni / Palazzo della Ragione complex.

## TRAVEL & LOCAL TRANSPORTATION

### TAXI

Taxis licensed in Padova are white and bear the sign "TAXI" on their roofs. The license number is shown inside the car on the back left door.

ATTENTION: Any other vehicle waiting at the airport exit could be driven by unauthorized persons and the fare could be higher.

### BUS AND SUBWAY

Padova has several bus routes covering most of the city and its suburbs.

A single ticket costs euro 2 and it is valid for 75 minutes after validation.

For an overview of all the buses lines, please visit: [www.fsbusitaliaveneto.it/images/nuovamappa2019/Urbana.pdf](http://www.fsbusitaliaveneto.it/images/nuovamappa2019/Urbana.pdf)

Buses run from around 6.00 a.m. to 9.00p.m., depending on the line. Tickets can be bought at all railway stations, as well as at the authorized sales points (newsagents, coffee bars and tobacconists).

For further information on tickets, offers and fares: [www.fsbusitaliaveneto.it](http://www.fsbusitaliaveneto.it)

## LOCAL TIME, WEATHER

The local time in Padova is CEST time. The weather in July is usually warm and sunny.

## CURRENCY, EXCHANGE, CREDIT CARDS

The official currency is the Euro €. You will find several change offices and banks at the airports and in the city centre. Banks are open on working days, generally between 9 a.m. and 4 p.m. Before changing your money, we advise you to ask about the commission charge. You can also withdraw cash at the ATM.

## ELECTRICITY SUPPLY

Power Connection & Voltage: European plug with two round metallic pins, 220 v

## EMERGENCY NUMBERS

- Police: 113
- Firefighters: 115
- Roadside assistance: 116
- Medical Emergency: 118

## DRINKING WATER

Tap water in Padova is safe to drink.

## LIABILITY

The organizers of FEPSAC 2022 assume no liability for damage or injury to persons or property in association with the conference and/or related events.



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SYMPOSIA SRL | ORGANIZING SECRETARIAT

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