



# ITF European Championship PORTUGAL 2026

July 31<sup>st</sup> - August 2<sup>nd</sup> in Lisbon, Portugal

## Welcome to Lisbon

- We welcome all the ITF Martial Artists and their families and friends to Portugal and wish you a wonderful stay and a great Championship.
- If you still haven't decided to come to the Championship, here is a list of other 10 reasons why you should consider Lisbon as an opportunity to take a family vacation:

## 10 Reasons Why You Should Go to Lisbon:

1. CULTURE: It's one of the world's great historical cities, with characteristic and surprising sights, cultural treasures, and a beautiful setting that make it a paradise for walkers and photographers.
2. VALUE: It's one of Europe's best values -- officially Western Europe's least expensive capital.
3. LOCATION: It's the closest European capital to the American continent, and just around a 2-hour flight from all the other major European cities.
4. CLIMATE: Its mild climate makes it an ideal year-round destination. Even in winter, when most other European cities are freezing, in Lisbon the lowest temperatures rarely go below 10C (50F).
5. RESORT: It is the only European capital located so close to sandy beaches, enabling visitors to combine culture with fun by the sea.
6. SIZE: It's a compact and intimate city, ideal for a short city break or a longer romantic stay, with a lively café culture and a nightlife that is one of the most vibrant in Europe.
7. VARIETY: Its surroundings offer an incredible variety of tourist attractions, from fairytale palaces in one of Europe's most romantic towns (Sintra), to world-class golf and fun in Europe's largest casino in Estoril, to surfing in Cascais or escaping to a natural park in Arrábida, to dolphin-watching in Setúbal.
8. GATEWAY: It makes a perfect base to explore many of Portugal's most outstanding towns and villages, like the enchanting fairytale town of [Sintra](#), or the medieval storybook [Óbidos](#) village.
9. SAFETY: It's one of the safest European capitals. Tourists are always automatic targets in all big cities and visitors should beware of pickpocketing in Lisbon, but serious random violent crime is practically unheard of in this city.
10. WELCOMING: It's a friendly city with a cosmopolitan population, welcoming to all visitors and families with children. Most Portuguese people speak fluent English and Spanish

## Getting to know Lisbon

- Lisbon is a fairly small city, with pretty good accesses
- Even if you need to cross over the whole city, it won't take you very long, especially during the weekend, when the city is less busy
- Public transportation is recommended and very safe
- We hope you enjoy your staying with us in our beautiful city

TANG SOO !

## The Venue



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- The International Tang Soo Do Federation European Championship – PORTUGAL 2026, will be held in Lisbon, the capital of Portugal, from the July 31<sup>st</sup> till August 2<sup>nd</sup>.
- The whole event is going to take place at the [Casal Vistoso Pavilion](#) (a municipal sports complex), at walking distance from the recommended hotel, and where we held the ITF European Championship in 2011



### *The Hotel*

- The official Hotel is just 15min away from the Lisbon international Airport with a direct subway connection (8 stops): [Ramada by Wyndham Lisbon Hotel](#) (Av. Eng. Arantes e Oliveira, 9, Lisbon, Portugal)
- There is a special rate arranged for all the participants and their families, extending the whole two weeks before and after the Championship, so you can profit from our marvelous country and excellent weather conditions to extend your stay and have a wonderful family vacation
- There will be a tour guide present at the hotel with some special tour packages for accompanying people during the tournament as well as vacation options for families before and after the championship

### *Arriving in Lisbon by plane*

- Lisbon has direct flights from most of the major cities around the world and is just 2 hours away from London or Paris
- Upon arriving at Lisbon Airport, you have direct access to the subway network, several buses and taxis and is just 10 min away from the center of the city

### *Subway*

- The Airport subway station (Portuguese: "Aeroporto") is fairly new and it was a great addition to the city's network
- The station is part of the red line, and it connects to all other subway lines throughout the city

### *Bus*

- There are several buses that connect the airport to different areas of the city
- The Yellow Bus Tours Company also has two different Aerobuses. It is a shuttle service that stops at the major sites and hotels and works from 7AM to 11PM
- For more information, check the website: <http://www.yellowbustours.com/en/cities/lisbon/airport-transport/>

### *Taxi*

- You can also take a taxi from the airport to wherever you need to go
- You will find that taking a taxi in Lisbon is more affordable than in other European cities. The fare between the airport and the ITF Championship Hotel should cost less than 10€ (including luggage)
- Taxis are great if you are in a hurry





## Public Transportation

### "Navegante" Occasional Card

- The [Navegante card](#) (formerly Viva Viagem) is the essential, €0.50 rechargeable smart card for public transport in Lisbon, valid for 12 months. It can be purchased and topped up at metro/train stations, kiosks, and airport machines with "Zapping" (pay-as-you-go) credit or 24-hour passes (€6.80–€11) for metro, buses, trams, and trains.
- Optionally you can also pay directly with contactless cards (a little more expensive)



### Subway

- The easiest way to get around Lisbon is using the subway as it connects the city's main arteries
- [Here](#) is the subway network diagram:



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## Bus

- The bus network is another great way to know the city
- Please use the Carris website if you want to know the ideal bus to get from point A to point B: <http://www.carris.pt>

## Tram

- You don't get to see as many trams nowadays in Lisbon. But the downtown area still has some options available
- There are currently 5 trams in Lisbon, and these are part of the culture and tradition of the city. So you should definitely ride at least one of them! Check Carris website to know the different routes: <http://www.carris.pt>

## Yellow Bus

- These are the official sightseeing tour buses in Lisbon
- For more information, visit the website: <http://www.yellowbustours.com/en/cities/lisbon/>
- When you purchase your ticket, please note it remains valid for all Carris transportation (bus and tram)

## What to see

### Monuments & Churches

- São Jorge Castle (Rua de Santa Cruz do Castelo)
- Santo António Church (Largo da Sé)
- Jerónimos Monastery (Praça do Império, Belém)
- Belém Tower (Avenida Brasília, Belém)
- São Vicente de Fora Monastery (Largo São Vicente 12)
- Estrela Cathedral (Praça da Estrela)
- Ajuda National Palace (Largo da Ajuda, Belém)
- National Coach Museum (Praça Afonso de Albuquerque, Belém)

### Parks & Gardens

- S. Pedro de Alcântara Garden and Belvedere (Rua S. Pedro de Alcântara)
- Santa Luzia Belvedere (Largo Santa Luzia)
- Príncipe Real Garden (Praça do Príncipe Real)
- Eduardo VII Park & Lisbon Greenhouse's Nave (Parque Eduardo VII, Marquês do Pombal)

### Other locations worth a visit inside Lisbon

- Rossio Square
- Terreiro do Paço Square and R. Augusta Arch
- Lisbon Zoo (Sete Rios)
- Parque das Nações (the old Expo'98 site, a strip of land 3 miles long by the river Tagus) with:
  - Lisbon Oceanarium (the biggest Oceanarium in Europe)
  - Science Museum (Pavilhão do Conhecimento)



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## Around Lisbon

- Lisbon is just part of the fun. We highly recommend that you take some time after the Championship to do some sightseeing. You will find wonderful places to visit very close to Lisbon. You have beaches, castles and mountains and lots of entertainment. Check on the recommended links below.

## Shopping

- If you like the idea of shopping outdoors, then the downtown area is the ideal spot. In "Rua Augusta" (downtown), you will find different shops and things to do
- Another option is to get to a shopping mall. There are several both downtown and all around Lisbon

### *Biggest Shopping Malls:*

- Centro Comercial Vasco da Gama: Avenida Dom João II Lote 1.05.02
- Centro Comercial Colombo: Avenida Lusíada
- Centro Comercial Amoreiras: Avenida Engenheiro Duarte Pacheco

## About tipping

- There is no obligation in Portugal to tip for any service. But if you wish to do so, you are welcome

## Further information

Follow us on Facebook <https://www.facebook.com/groups/TangSooDo.Europe>

Official Lisbon Tourism Website <http://www.visitlisboa.com>

Lisbon Tourism Guide <http://www.golisbon.com/>



See you in Lisbon!

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