

39th WORLD MEDICAL & HEALTH GAMES

& International Sport medicine Symposium

MALTA
2018 
16th - 23rd June



www.medigames.com | info@medigames.com | +33 (0)1 77 70 65 15



2. EDITO

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Dear Delegate

We are extremely happy that you have put your trust in Malta into hosting the 39th edition of the World Medical & Health Games in Malta in June 2018. We are informed that the organisers are preparing something truly special for this occasion and together we are working in ensuring that your stay in our islands will surely be a successful and memorable event. We also hope that you will find time to visit some of the historical sites and places of interest in our capital city Valletta - designated European Capital of Culture in 2018 - and elsewhere in Malta and Gozo.

Paul Bugeja
CEO – Malta Tourism Authority

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Dear friends,

After a very successful edition of the Medigames in Marseille, France, this year we are offering you the opportunity to discover an unprecedented destination in the history of the World Medical and Health Games.

For the first time, the island of Malta will host the Medigames. The richness of its history in the heart of the Mediterranean Sea and in Europe's beautiful South, promises some beautiful discoveries.

This year we have striven to create a united area in Saint Paul's Bay: the Dolmen Resort hotel will be the heart of our event and will host the Games Centre, all the daily activities as well as the opening ceremonies and the enclosure. Other good quality hotels and all within walking distance will also be at your disposal creating a unique Medigames Olympic Village atmosphere.

In addition, the quality and proximity of all the sports venues will be two major assets, making the 39th edition a particularly pleasant one to enjoy.

We are looking forward to sharing human and professionally enriching moments with you, but above all unforgettable sporting moments with colleagues from all over the world.

Pierre Lusinchi
Chairman of the organisational committee of the World Medical and Health Games
CEO of Corporate Sport Organisation

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THE HEALTH PROFESSION OLYMPIC GAMES IN FIGURES

More than **20** sports events

6 age categories

29 hosting cities in **15** countries

37 Medigames meetings since **1978**

Participants from over **70** countries

More than **1000** medals awarded each year

HEALTH PROFESSION OLYMPIC GAMES .3

MALTA, A NATURAL CHOICE FOR THE GAMES

Malta is above all a formidable sports island: from golf to athletics to football or tennis, the Maltese sports facilities will leave you speechless. Moreover, its Mediterranean climate, the quality of its hotels and its tourism make it the ideal place for the organisation of the World Medical and Health Games and welcoming its many sports competitions.

Once again the Medigames offers a wide range of sports about which you will find more information and details in this brochure.

A SINGLE ANNUAL MEETING

Open to all medical professions since its creation in 1978, the World Medical and Health Games has become, over the years, the most famous sporting health event.

Each year, up to 2000 participants from more than 40 different nationalities come together around 20 individual or collective sporting events; respecting the values of Olympism.

The Medigames allow athletes of all levels and all generations to compete together, individually or in teams, representing their country's colours, thus sharing moments of unforgettable sporting passion.

WHO CAN PARTICIPATE AND WHY?

WHO?

All state-certified health professionals. The list of approved occupations can be found on our website: www.medigames.com

Are you accompanying a healthcare professional? Whether or not you are a sports person, you can get involved! Take a look at all our packages on p. 09.

WHY?

- A superb opportunity to play your sport competitively
- A chance to make sport part of a fantastic holiday with friends or family
- Try out new sports
- Develop your contact network in the medical world
- Participate in the International Sports Medicine Symposium



4. SPORTS PROGRAMME

AGE CATEGORIES

A - under 35
B - 35 to 44
C - 45 to 54
D - 55 to 64
E - 65 to 69
F - 70 years +

SHUTTLE BUS

shuttles will be available between hotels and sports venues

PRIZES

In each age group, the top 3 participants receive gold, silver and bronze medals. For all team sports, in addition to the medals, a cup is awarded to the winners.

In order to preserve the spirit of the Games, accompanying athletes will not be classified in the same way as conventional athletes.

Events taking place in the morning

Events taking place in the afternoon

Events taking place all day long

*Federal license needed

SPORTS	ACC.	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ATHLETICS	☑		2.30 pm - 6.30 pm Long jump Shot put 400 m 5000 m	2.30 pm - 6.30 pm 100 m (heats and final) Javelin M, W (cat.A,B,C) High jump M (cat.E,F) and W 1500 m		2.30 pm - 6.30 pm High jump M (cat.A,B,C,D) Javelin M, W (cat.D,E,F) 200 m (heats and final) 3000 m	2.30 pm - 6.30 pm Discus throw 800 m 4 x 100 m relay Hammer throw
HALF-MARATHON	☑						8.30 am Half-marathon
CROSS-COUNTRY	☑				4.00 pm Cross-Country		
BADMINTON	☑		9.00 am	9.00 am		9.00 am	
BASKETBALL	☑		9.30 am	9.30 am			
BEACH-VOLLEY	☑					2.30 pm	2.30 pm
CYCLING	☑		8.00 am Time trial	8.00 am 1 st stage		8.00 am 2 nd stage	8.00 am 3 rd stage
CHESS	☑		4.00 pm	4.00 pm		4.00 pm	
FENCING	☑		9.00 am	9.00 am		9.00 am	
ORIENTEERING	☑					9.00 am	
POWER LIFTING	☑		9.30 am				
GOLF*	☑	Training	18 holes - 8.30 am	18 holes - 8.30 am		18 holes - 8.30 am	
JUDO	☑		9.30 am				
SWIMMING	☑		9.00 am 50 m backstroke 100 m freestyle	9.00 am 400 m freestyle 50 m butterfly		9.00 am 100 m breast 800 m freestyle W 1500 m freestyle M	9.00 am 200 m 4 strokes 4x50 m relay
OPEN WATER SWIMMING 3km / 5km	☑				7.30 am		
BOCCI	☑				2.00 pm		
SQUASH	☑		9.30 am	9.30 am		9.30 am	
TENNIS	☑	7.00 am Charts	9.00 am Singles	9.00 am Singles	9.00 am Singles/Doubles	9.00 am Singles/Doubles	9.00 am Singles/Doubles
TABLE TENNIS	☑		2.30 pm Training	2.30 pm Singles		2.30 pm Singles	9.30 am Singles/Doubles
CLAY PIGEON SHOOTING**	☑		3.00 pm Double Trap	3.00 pm Skeet		3.00 pm Compact sporting	
SHOOTING*	☑		9.30 am Rifle 50 m	9.30 am Air rifle 10 m		9.30 am Air pistol 10 m	
TRIATHLON	☑				7.30 am		
SAILING	☑		Regatta	Regatta			
VOLLEYBALL	☑		9.30 am	9.30 am			
MOUNTAIN BIKING	☑				4.00 pm		
FOOTBALL 11 7	☑	9.00 am - 8.30 pm Qualifications Qualifications	9.00 am - 8.30 pm Qualifications Qualifications	9.00 am - 8.30 pm Qualifications Qualifications	9.00 am - 8.30 pm Final phase Final phase	9.00 am - 8.30 pm Final phase Final phase	9.00 am - 8.30 pm Final Final
MEDIGAMES Kids	☑		2.00 pm	9.30 am		9.30 am	



MEDIGAMES *KIDS*.5

The World Medical and Health Games has not forgotten about the children.

To ensure that the event is complete and you can make the most of your stay, we offer families the opportunity to enroll their children in Medigames Kids.

Children under the age of 16 can participate in a variety of activities just for them:

- Athletics,
- Tennis,
- Football,
- Judo,
- And other possibilities.

Supervised by specialised facilitators, this organisation will enable them to learn the values of the Olympic spirit such as respect, team spirit and friendship. This is a unique opportunity for them to share a magical experience with other children from around the world and learn new skills through quality coaching! Several sports sessions are planned (see the sports calendar).



6. WEEK PROGRAMME

SATURDAY 16TH JUNE 2018

- Welcome and registration for the Games
- 7 and 11 a-side football draw

SUNDAY 17TH JUNE 2018

- Welcome and registration for the Games
- Football tournaments start
- The participants parade and the formal opening of the Games

MONDAY 18TH JUNE 2018

- Sports competitions
- Medal ceremony and events at Medigames Olympic Village

TUESDAY 19TH JUNE 2018

- Sports competitions
- Free scientific communications
- Medal ceremony and events at Medigames Olympic Village

WEDNESDAY 20TH JUNE 2018

- International Sports Medicine Symposium
- Sports competitions
- Medal ceremony and events at Medigames Olympic Village
- Evening gala

THURSDAY 21ST JUNE 2018

- Sports competitions
- Medal ceremony and events at Medigames Olympic Village

FRIDAY 22ND JUNE 2018

- Sports competitions
- Medal ceremony and events at Medigames Olympic Village
- Closing evening

SATURDAY 23RD JUNE 2018

- Departure or stay to explore the island of Malta



YOUR STAY IN MALTA .7

THE MALTESE ISLANDS – TRULY MEDITERRANEAN

Blessed with a mild climate and set in crystal waters, Malta and its sister islands of Gozo and Comino offer you a memorable experience, where moments of complete relaxation can be combined with the exploration of the islands' many cultural, artistic and natural treasures.

Long considered to be a microcosm of the Mediterranean and a favourite with travellers who seek an authentic island experience, our islands offer an impressive range of historical and cultural sites, together with a wide spectrum of activities, making Malta a truly unique year-round holiday destination. Not surprisingly, Malta's walled capital city of Valletta has been selected as the European Capital of Culture in 2018.

Moreover, Malta has developed into a highly sought-after location for international movie productions, while Valletta's majestic Grand Harbour welcomes cruise liner passengers from all over the world.

The Maltese Islands are a feast for the senses. Their landscape offers an exhilarating contrast of colours: the azure of the Mediterranean, the honey-coloured limestone of their timeless architecture, the deep reds and brilliant yellows of their flowering countryside, all under a spectacular blue sky. Outstanding historical sites can be found everywhere, a testimony to the islands' 7000 years of

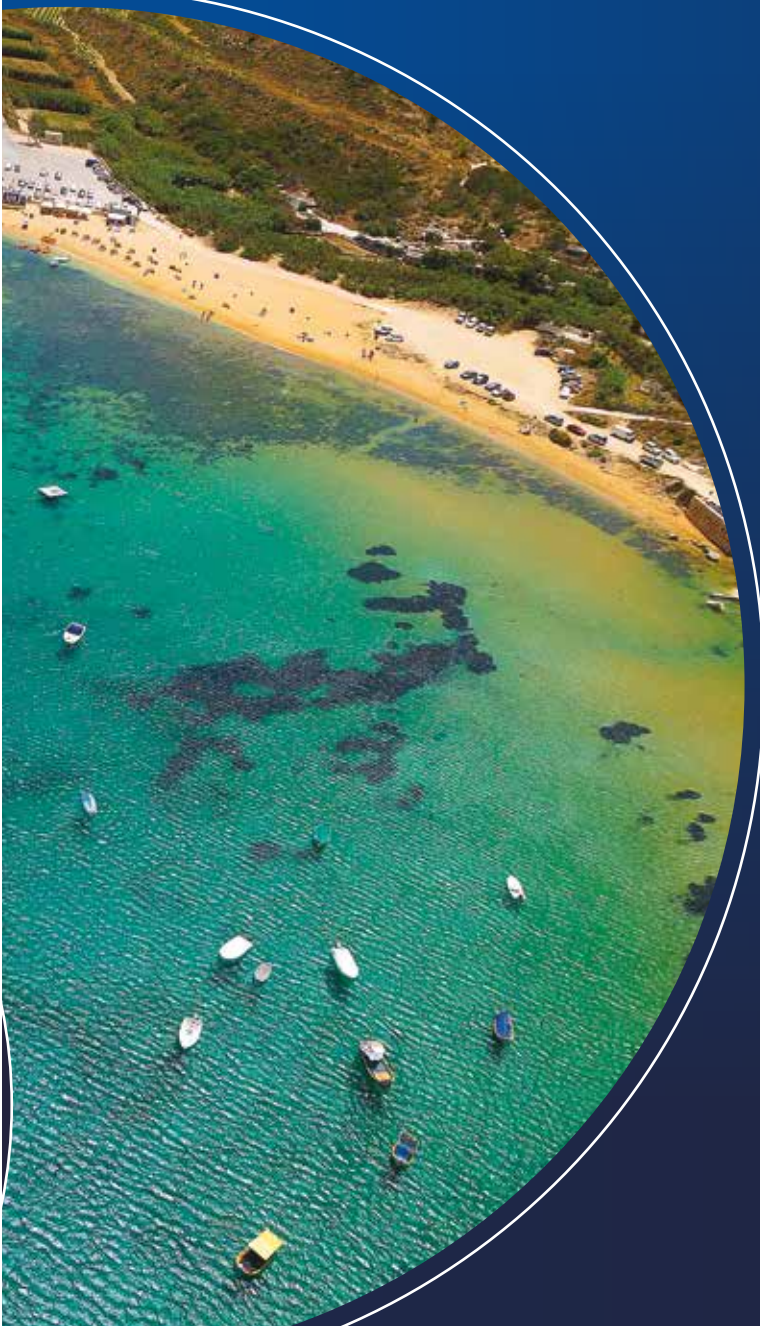
history. Megalithic temples, medieval walled cities, splendid Baroque palaces and churches, and mighty fortifications are a legacy of living history one can almost touch.

The tastes and aromas of Malta's traditional cuisine and wines are a delight for the palate, just as the joyful tunes of its typical village bands are to the ear. Renowned for the genuine friendliness of their people, the islands of Malta, Gozo and Comino welcome visitors with a rare blend of ancient and modern, of discovery and relaxation, guaranteed to be a different and memorable experience for all.

More information on www.visitmalta.com

PLACES TO VISIT IN MALTA:

- Valletta
- The city of Mdina
- The island of Gozo
- The Villa of Marsaxlokk
- The temples of Hagar Qim
- The temples of Ggantija



8. OUR OLYMPIC VILLAGE

HOTEL DOLMEN 4* RESORT (OLYMPIC VILLAGE)

Located in the Qawra area in St. Paul's Bay.

The Dolmen Hotel is located on the seafront, just a stone's throw from a promenade, a sandy beach, public transport, shops, bars, restaurants and many other leisure facilities. You will be seduced by the charm of this hotel & spa which was once built around an ancient archaeological temple. The hotel has a private beach and 5 swimming pools, one indoor and one for children. The spa and sauna are also available all year round. Numerous water sports are available on a private beach. Diving (upon request), the diving school will pick you up at the hotel.

Entertainment

An entertainment team will be there to help you make the most of your stay. A multitude of activities will be offered: hiking and walks, wine tasting, dance lessons... In the evening, you can also watch shows. Entertainment at no extra charge.



HOTEL SAN ANTONIO 4* (140M FROM THE OLYMPIC VILLAGE)

The DB San Antonio Hotel and Spa is located in the heart of Qawra in St. Paul bay. Recently refurbished in the Moorish style, the hotel is just a few minutes walk from the promenade, a sandy beach, public transport, shops, bars, restaurants and many other leisure facilities.

The Db San Antonio Hotel and Spa offers a wide variety of restaurants and bars. The hotel has 2 adjoining outdoor swimming pools and a children's pool, a sandy beach, mini golf and outdoor sports facilities. The New Form Gym Fitness Centre has cardio machines, free weights and a stretch area. The Marquis Spa, a typically Moroccan spa centre, features a heated indoor pool, 5 treatment rooms, hammam, jacuzzi, saunas, steam bath and relaxation area.

Entertainment

An entertainment programme is offered with activities and games around the pool during the day and entertainment shows or musical evenings.

HOTEL SANTANA 4* (250M FROM THE OLYMPIC VILLAGE)

The Santana Hotel & Spa is located in the Qawra district and is only a 4-minute walk from attractions such as Bugibba Beach and the Malta Island National Aquarium, so you can make the most of your stay! Golden Sands Beach and Mediterraneo Marine Park are also 10 km away.

Amenities and Features

A full-service spa, a restaurant and an indoor pool are featured at this non-smoking hotel. Wi-Fi in public areas is provided free of charge. Additional amenities include an outdoor pool, a fitness facility, and a bar/lounge.



HOTEL SAN ANTON 3* (1.2 KM FROM THE OLYMPIC VILLAGE)

San Anton Hotel is a 3-star hotel located in San Pawl il-Baħar. It is 2 km from locations such as Bugibba beach or the Maltese National Aquarium, to make the most of your stay!

There is also an outdoor swimming pool and snack bar, a restaurant, a bar/lounge and a delicatessen.



HOTEL TOPAZ 3* (1 MILE FROM THE OLYMPIC VILLAGE)

Located in Bugibba, Hotel Topaz is a 10-minute walk from a beach, close to public transport, shops, bars, restaurants and many other activities.

The Emerald restaurant is open for breakfast and dinner and offers local and international cuisine. The restaurant is managed by the caterers of the Hotel Dolmen.

The Beryl Pool Bar offers a wide selection of cold drinks.

Pizzeria Perla serves pizzas and pasta from 6pm.

The hotel has an outdoor swimming pool and an indoor swimming pool, as well as a games room.

Entertainment

Three times a week, musicians come to liven up your evenings in the hotel bar. The resort also offers the opportunity to go diving (on request) with a diving school that will pick you up at the hotel.



SPECIAL OFFERS

- Are you a student? Get a €50 discount on your package simply by showing your student card.
- Do you want to sponsor someone? Get €50 discount on your package.
- Does your group have more than 10 Package 1 or 2 people? Get a €250 discount on the total amount of your packages

These offers are not cumulative.

REGISTRATION PROCEDURES

1. Register now at: www.medigames.com
2. Create an account or login to your existing account
3. Complete the registration form specifying the type of accommodation, selected sport or sports, etc.
4. Send us the necessary documents (photo ID, copy of your degree, a student card, professional or medical certificate less than one year old) directly online, by email or by post.

THIS PRICE INCLUDES

- Sports competitions of your choice
- 5 nights (including breakfast) at one of the hotels offered
- Opening ceremony
- Medal ceremonies and entertainment
- Evening Gala
- Closing ceremony
- The International Sports Medicine Symposium

PACKAGES .9

FROM
565 €

PACKAGE 1 - Participant

Healthcare professional or student
(this price does not include special offers).

PACKAGE 2 - Sports Accompanying Person

A person accompanying a package 1 guest who is not a healthcare professional, over 16 years of age and wishing to participate in sporting events. This package does not allow you to join the rankings.

PACKAGE 3 - Non-Sporting Accompanying Person

A person accompanying a package 1 guest who is not a healthcare professional and does not wish to participate in sporting events

- OU - Children aged 12 to 16 years (Medigames kids included).

PACKAGE 4 - Child

Children between 4 and 11 years accompanying a package 1 guest. Medigames kids included.

PRICE CHART

Price per person for 5 nights in a double room (including breakfast) in one of the hotels offered.

Cat / Hotel	A	B	C
	Hôtel San Anton 3*	Hôtel Santana 4* / Hôtel Topaz 3*	Hôtel Dolmen 4* / San Antonio 4*
Package 1	565 €	635 €	815 €
Package 2	515 €	585 €	765 €
Package 3	465 €	535 €	715 €
Package 4	A* : 215 € B* : 415 €	A* : 285 € B* : 485 €	A* : 465 € B* : 665 €
Extra night	30 €	45 €	75 €

A* : child sharing parents' room

B* : child in separate room

10. SYMPOSIUM

INFORMATION

The International Sports Medicine Symposium is organized by the « Groupement latin et méditerranéen de médecine du sport », open to all participants, it is chaired by Dr. André Monroche and co-chaired by Ms. Liliane Laplaine-Monthéard, founder of the WMHG. The vice-chair is Professor Xavier Bigard, president of the French Society of Sports Medicine.

The Symposium is supported by:

- The International Federation of Sports Medicine
- The French Society of Sports Medicine and Exercise
- Latin and Mediterranean Sports Medicine Grouping
- Association of Italian Doctors, Club Medici
- Greater Algiers Sports Medical Association
- Association Médecins Francophones du Canada

PROGRAMME

All sessions will be offered in English and French. They will be presented on two mornings: the first will be devoted to free scientific communications and the second will be devoted to the symposium

A «poster» area will be available for all participants who wish to communicate the results of their research.

THEMES

The themes selected this year are:

MAIN THEME

Lower limb pathologies in sport

SUB-THEMES

- a. Exercise of sports medicine in France and in the world
- b. Sport in hot countries
- c. Doping prevention

CALL FOR PAPERS

Date of submission: April 15th 2018 / Presentation: Title - Author(s) - Email - Postal Address - 3 keywords - Abstract (200 words)

Please send to symposium@medigames.com

You can find all the information about the symposium on our website: www.medigames.com



MALTA, CONGRESS READY !

Built on a stable history of hospitality, the Maltese Islands have hosted a considerable number of corporate and association conferences throughout the years. This European Union member state is centrally located at the heart of the Mediterranean. Its direct flight connections, many of which are less than 3 hours away from main European gateways, make it an easily accessible meeting hub for delegates from Europe and all over the globe. English-speaking and with a reputation for exemplary customer service, the Maltese Islands also offer good value for time and money. The Euro currency is the official currency used on the Island.

For such a small Island state, Malta has a high profile in the M.I.C.E. Industry for its ability to cater to events of all sizes: from small high-end incentives and board meetings to large annual conferences and exhibitions. Nowhere in Malta is more than 5km away from the sea and delegates are sure to appreciate that special island feeling as they enjoy sea views. The size of the islands greatly facilitates the planning of an event packed programme. Malta is also a very popular destination for Association meetings, particularly those hailing from the medical and academic field.

Malta has long been investing in tourism and its infrastructure and has gained an excellent reputation for hosting all manner of events through the joint effort of experienced industry professionals, suppliers, venues, hotels and the local Government.

PARTNER ASSOCIATIONS .11

MÉDI-PASSION

Founded in December 2011, Medi-Passion is the French federation of health professions and leisure associations.

A non-profit organisation, to date it includes ten national associations comprising over 25,000 members in total! Medi-Passion aims to help serve the respective purposes (recreation, charity, continuing medical education) of the various associations that make up and thus promote trade, solidarity, development and professional health balance.

www.medipassion.fr



Médecins Francophones du Canada is committed to bringing physicians closer to goals that promote quality medicine with human values by bringing them together in formal and virtual networks and providing them with resources and tools to support their initiatives and projects.

In keeping with the needs of its members, Médecins francophones du Canada strives to be friendly, inclusive and transparent in all its businesses and is committed to acting responsibly before its members and the general public.

Our activities cover many sectors including:

- Continual professional training
- Networking of Francophone physicians
- Promotion of French in medicine
- Health and well-being of the physician
- Medico-social development
- Health and the environment
- Humanisation of care

www.medecinsfrancophones.ca



Club Medici is an association of doctors working throughout Italy. Founded over 20 years ago to make life easier for doctors in both the professional and personal spheres, it provides them with financial, property and leisure services.

More recently, Club Medici decided to add another string to its bow by becoming involved in a project which, for 3 years, has been seeking support to open libraries in hospitals to benefit patients and doctors.

www.clubmedici.it



The main goal of the ACMF is to help health professionals better reconcile work and personal life by relieving them of the smaller and larger hassles of everyday life.

Its goal is to design innovative offers by bringing together and negotiating services that meet the specific needs and expectations of health professionals.

The vocation of this association is therefore to:

- Provide reliable information
- Deliver tailored advice
- Negotiate specific benefits
- Select the best providers
- Guarantee quality services

www.acmf.fr



The Franco-Guinean Ophthalmological Association Voir La Vie carries out specific projects allowing ophthalmologist surgeons to provide Guinean doctors and medical assistants with practical training in ophthalmological consultation and ocular surgical techniques under a microscope. Between each project, the local team provides post-operative care, medical follow-up, patient selection and routine consultations.

www.voirlavie.org



12. CONTACTS



Valletta



St Paul's Bay



CORPORATE SPORT ORGANISATION

15/29, rue Guilleminot - 75014 PARIS - FRANCE
Tel.: +33 (0)1 77 70 65 15 - Fax: +33 (0)1 77 70 65 14
E-mail: info@medigames.com - Website: www.medigames.com

