

Research Centre for Tourism,  
Sustainability and Well-being



**SEMINARS** 2022

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# DAILY ROUTINE SLEEP AND VACATION SLEEP



**13 JUN 17h00**

**Online via Zoom**

Inscription is free but mandatory  
until the 9th June to the e-mail:  
[cintursinfo@ualg.pt](mailto:cintursinfo@ualg.pt)