



19th International Conference on Motivation and Emotion

Participant Guide

The Ultimate Guide to ICM 2026!

Sponsors



Table of contents

Welcome to ICM 2026	2
Organizing Committee of ICM 2026	3
Code of Conduct	4
The Venue	7
Navigating ISPA	8
Prepare your Presentation	10
Lisbon Transportation Options	11
Tourist Information	12
If you have time	13

Welcome to ICM 2026

Dear Participant of the International Conference on Motivation and Emotion 2026,

Welcome to ICM 2026!

We are delighted to welcome you to this year's conference, held under the theme "Affective Dynamics in Uncertain Times: Understanding Motivation and Emotions."

Over the next few days, we hope you will find opportunities to engage in stimulating discussions, discover innovative perspectives, strengthen existing collaborations, and build new connections with colleagues from around the world.

We also hope that you leave the conference with fresh insights, new collaborations, and perhaps a few more research questions than you arrived with (after all, that is usually a sign of a successful conference!).

And while uncertainty may be one of the defining features of our times, a few things remain reassuringly certain: Lisbon's unique light, its inviting *esplanadas*, a refreshing drink accompanied by *tremoços* (lupin beans) or *caracóis* (Portuguese-style snails), a good coffee paired with a delicious *pastel de nata*, and the warm welcome of the ICM community.

This practical guide contains essential information to help you to navigate the conference, explore Lisbon, and enjoy your time at ICM 2026. We wish you an enjoyable, stimulating, and memorable conference experience.

Welcome to Lisbon, and enjoy ICM 2026!

The ICM 2026 Local Organizing Committee

Francisco Peixoto
Joana Pipa
José Castro Silva
Mariana Brazão
Mafalda Leal Campos
Sofia Vinhas
Tiago Santos

Organizing Committee of ICM 2026



Francisco Peixoto



Joana Pipa



José Castro Silva



Mariana Brazão



Mafalda Campos



Sofia Vinhas



Tiago Santos

With the Support of:

Beatriz Abrantes, Beatriz Alves, Beatriz Carvalho, Beatriz Cruz, Beatriz Ramalho, Carolina Chaves, Catarina Gonçalves, Edson Oliveira, Eduardo Pessoa, Filipa Tavares, Inês Garcia, Inês Silva, Joana Bernardo, Joana Coelho, José Cabelo, Juliana Abra Olivato, Leonor Alves, Leonor Dourado, Maria Margarida Calhanas, Maria Ruas, Melanie dos Santos, Raquel Borges, Rita Cruz Nogueira, Sara Vidal Lobato, Sónia Cabral, Susana Costa, Teresa Silva, Vera Silva

A word of gratitude to our sponsors:



Code of Conduct

This code of conduct is compliant with EARLI's code of conduct guidelines

The ICM Conference is dedicated to providing an enjoyable, inclusive, and safe conference experience for everyone.

As a scholarly community, we value and respect all individuals, regardless of race, ethnicity, nationality, gender identity, sexual orientation, religion, neurodiversity, disability, age, or any other characteristic that contributes to the diversity and richness of our community. The Conference Organizing Committee will not tolerate discrimination, harassment, intimidation, or abuse in any form.

Harassment includes, but is not limited to:

- Offensive verbal comments related to ethnicity, race, skin color, gender, gender identity, physical appearance, sexual orientation, disability, age, nationality, or religion;
- Inappropriate or unwelcome physical contact;
- Unwanted sexual attention, advances, or stalking;
- The unsolicited sharing, display, or posting of sexual or offensive images in public or conference spaces;
- Deliberate intimidation, coercion, or retaliation for declining personal or intimate advances.

We recognize that cultural and individual differences may occasionally lead to misunderstandings. Nevertheless, all conference participants are expected to act respectfully, professionally, and proactively to foster a welcoming and positive conference environment.

If a participant engages in behavior that compromises the safety, dignity, or well-being of others, the Conference Organizing Committee may take any action deemed appropriate, including issuing a warning or expelling the participant from the conference without prior notice and with immediate effect. In such cases, the participant will not be entitled to a refund or any form of compensation. Participants asked to cease inappropriate behavior are expected to comply immediately. Where necessary, applicable local laws and regulations of the conference venue and host country will be followed.

Reporting Concerns

Any participant who feels unsafe or harassed, witnesses harassment, or has concerns regarding conduct at the conference is encouraged to contact the EARLI care team, careteam@earli.org, and the Conference Organizers, icm2026@ispa.pt.

Our Shared Responsibility

All participants are expected to comply with this Code of Conduct throughout the conference, including conference sessions, social events, networking activities, online interactions, and any other conference-related activities.

We are committed to creating a safe, respectful, enjoyable, and productive environment for all participants. We count on the collaboration and goodwill of every attendee in achieving this goal.

Thank you for contributing to a safe and welcoming ICM 2026 Conference.

General Information

Sessions schedule

Please note that all session times are given in **Lisbon local time (WEST, UTC+1)**.

Conference book and programme

Printed versions of the *Conference Programme* and the *Book of Abstracts* will not be available. Both documents can be accessed online via the conference website. The Programme Overview with information session by session can be found at the website: <https://icm2026.edunova-ispa.org/program/>

The full *Conference Programme* can be found here: https://icm2026.edunova-ispa.org/wp-content/uploads/sites/8/2026/05/icm2026_conference_program.pdf

The full *Book of Abstracts* is accessible here: https://icm2026.edunova-ispa.org/wp-content/uploads/sites/8/2026/05/ICM2026_Book_of_Abstracts.pdf

Please note that both the Programme and the Book of Abstracts include **bookmark/table of contents** to facilitate navigation between conference sessions. For the best user experience, please ensure that the bookmarks/navigation feature is enabled in your preferred PDF reader on your **computer** or **mobile device**.

Water

Choose sustainability: **bring your own water bottle!** You will find different water points throughout ISPA (please consult the maps provided in the next section). Our tap water is also safe to drink.

Lunch, Coffee, and Tea

Lunch will be served at ISPA's Cafeteria on Floor 0 (please refer to the maps in the next section for directions). For coffee, snacks, and light refreshments, participants may visit the Coffee Shop located on Floor 1, next to the Gallery. The Coffee Shop is open from 08:00 to 21:00.

You also have several **restaurants** around ISPA. We recommend you trying [Novo Conceito](#) or [A Muralha](#), for traditional food, although you have many more close by.

Room for collaborative work

A dedicated room for collaborative or individual work will be available throughout the conference. Participants are welcome to use Room 108 for those purposes. Please be mindful of other users and help maintain a professional and welcoming environment.

Photos and videos

Photographs and videos will be taken throughout the event to document conference activities and may be published in digital formats, including on the communication channels and social media platforms of the organizing institutions. Participants who do not wish to be photographed or filmed are kindly requested to inform the organizers. Participants may also request the removal of images or videos in which they appear by contacting the Organizing Committee (icm2026@ispa.pt). We respect your privacy and will honor such requests.

Lost and found

If you lose an item during the conference, please contact the registration desk. Conference staff and Organizing Committee members will be happy to assist you.

Emergency

In the event of a non-life-threatening emergency, please ask a conference assistant to contact first-aid personnel. In the case of a life-threatening medical emergency, immediately dial the local emergency number applicable at the conference venue.

Medical service

A basic first-aid kit will be available at ISPA's reception. In case of a medical emergency, there is a **pharmacy** [only 1 minute from ISPA](#).

Medical emergencies: 112: Available 24 hours a day, every day. Calls are free of charge.

Health Line 24: 808 24 24 24: For health queries, available 24 hours a day, every day. For administrative contact (non-clinical), available from 8am to 10pm, every day.

Closest Tourism Police Station: 218804030

Luggage deposit

A luggage storage area will be available at the conference venue for participants' convenience. For further information, contact the Conference staff. Please note that the conference organizers cannot accept liability for lost, stolen, or damaged belongings.

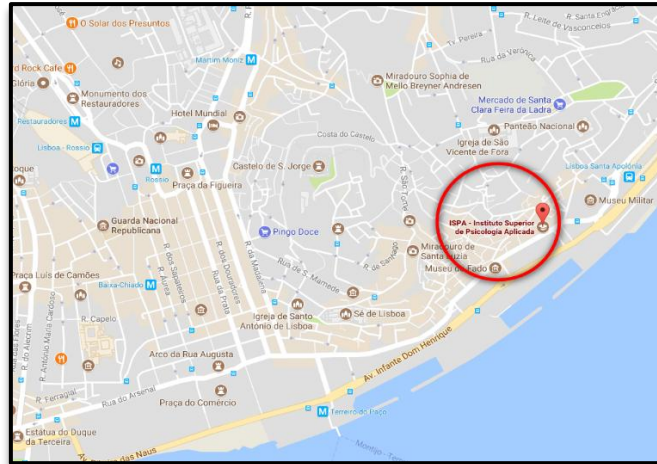
The Venue

The conference will be held at the premises of **ISPA-Instituto Universitário**

Address: Rua Jardim do Tabaco, 34, 1149-041 Lisboa

GPS: 38.7121314,-9.1350208

[Click here for Google Maps Location](#)



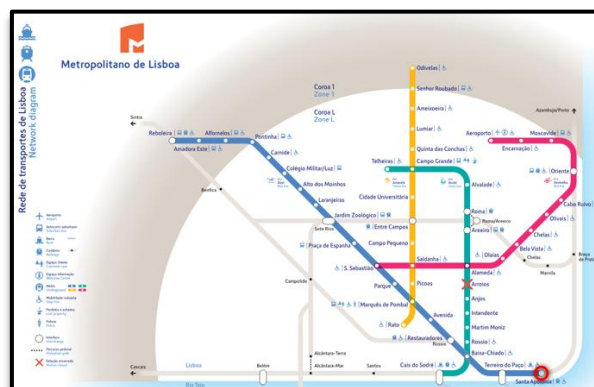
Getting there

Construction work is currently being done in the surroundings of ISPA – Instituto Universitário, which has led to a decrease of parking availability. For that reason, we do not recommend our participants to use a car, as parking can be quite difficult. Here are a few options you can use to travel to and back from the conference:

Metro: The venue is only 6 minutes by foot from the underground metro Santa Apolónia station (blue line, last stop in the direction to Santa Apolónia). You can plan your metro trip [here](#).

Bus: Several bus stops are located in the surroundings of the venue: 728,735,759, 781, 782, and 794. Please check Google Maps and/or CityMapper to check what options are available from your accommodation.

Taxi, Uber, and Bolt are also available in Lisbon.



Metro lines

Navigating ISPA

ISPA – Instituto Universitário is unique in its layout! Its corridors, staircases, and interconnected spaces can sometimes feel like a maze. In fact, we like to think that many great insights, brilliant exam answers, and innovative research ideas have emerged while climbing those stairs or taking a wrong turn in search of a particular room.

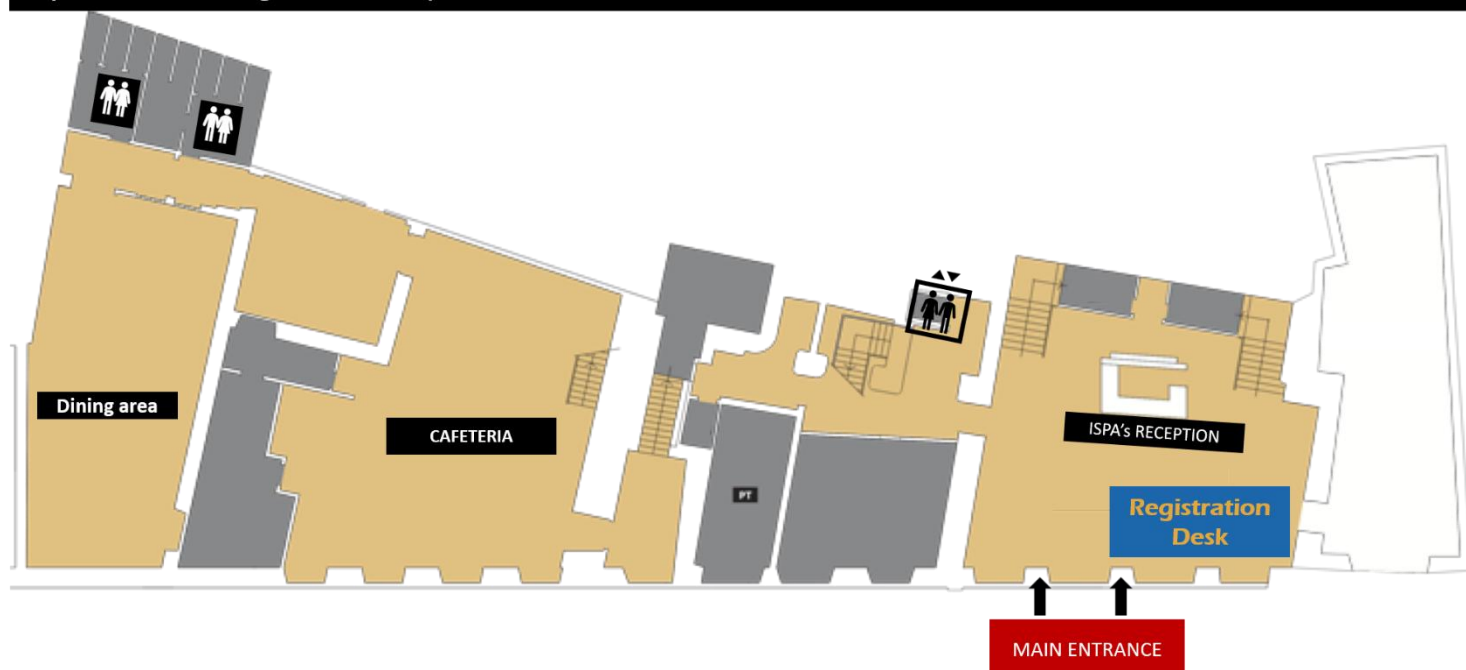
Don't worry, though—while the building may seem a little confusing at first, we're confident that by the third day of the conference you'll be navigating it like a local and finding your way to all conference rooms with ease.

To help you navigate ISPA more effectively, we have included maps of the different floors of the building. A little preparation now may save you a few extra trips up and down the stairs later.

All the rooms will be properly signalized, as well as the way to get there. The first thing that you should now is that the first number of the room indicates the number of the floor. For example, room number 301 indicates that is room number 1 on the third floor.

If you get lost during the conference, please speak to the **Conference staff**, and we will be happy to help you find your room.!

ISPA- Ground 0 – Reception Important rooms: Registration Desk, Cafeteria





ISPA- Ground 1
Important rooms: Gallery – Coffee-break; Coffee-Break - Terrace; Rooms 108, 113, 135



ISPA- Ground 2
Important rooms: Coffee-break Dolphin; Sala de Atos; Rooms 202, 203, and 204



ISPA- Ground 3
Important rooms: Auditorium 1 (301); Auditorium 2 (311), Rooms 303, 305, 306, 307, 309, 310

Prepare your Presentation

Paper Sessions

Paper sessions will include oral presentations followed by a discussion with the audience. Each session has the duration of 90 minutes and will be moderated by an assigned chair.

Prepare your presentation to have a **15-minute duration**. 5 minutes will be dedicated to the discussion of your presentation. Additionally, at the end of the session, there will be a 10-minute open discussion.

Please include ICM 2026 and EARLI|SIG 08 logos in your presentation.

Poster Sessions

During poster sessions you will have the opportunity to present your work in a visually concise manner and discuss with fellow participants. Please avoid posters with too many text and make sure you include the ICM 2026 and SIG 08 logos in your poster.

If you have paid for our poster printing service, please upload your poster in this [form](#) until June 7th. You will be able to collect your poster at the registration desk during the conference.

Symposium

Symposia sessions will be moderated by a chair and will involve 3 to 4 presenters as well as 1 discussant. Each symposium is scheduled for 90 minutes and presentations should have the duration of approximately 12 to 15 minutes per speaker, plus 15 minutes for the discussant. Additionally, at the end of the symposium, 15 minutes will be dedicated for an open discussion.

For further information, please consult **the detailed Guidelines available on the website:** <https://icm2026.edunova-ispa.org/program/>

Lisbon Transportation Options

The **Metropolitano de Lisboa** offers a variety of fares, comprising fares exclusive to the Metro, fares combined with Carris (buses, trams, funiculars and lifts), fares combined with other transport operators and intermodal fares. When you charge the card for the first time, it is necessary **to buy the card (Navegante Card – yellow card)**, which costs **0,50€** and is valid for one year. During this period, the card can be charged and reused as and when necessary.



Navegante occasional is the **ideal card for occasional users** of public transport, as it may be topped up with tickets or money (pay as you go ‘zapping’ credit). This card is valid for all member operators.



Customized navegante is the ideal card for **frequent public transport users**. It can be topped up with travel passes or money (pay as you go ‘zapping’ credit). It is a personal card that can only be used by respective holder.



For **occasional journeys**, the **bank card** allows for the payment and validations of the journey on the Metro, provided that the card has an **active contactless system**. For each journey, it can only be used by one person, and its use in groups is not allowed.

Fares:

- Tram/Bus/Metro single ticket: 1,90€
- 1 day ticket Tram/Bus/Metro (valid for 24 hours, after validation, in the Metro and Carris whole networks) costs 7,25EUR

More information about transports: <https://www.metrolisboa.pt/en/buy>

Tourist Information

Lisbon Travel Guide

<https://www.lisbon.net>

Getting Around

- **Citymapper:** The ultimate **transit app for Lisbon**. It combines the metro, trams, and buses with real-time tracking, exact step-by-step routing, and alerts for when to get off.
- **CARRISway:** The official app for **Lisbon's bus and tram network**. It allows you to track vehicles in real time and top up your Navegante transit pass directly from your phone.
- Bolt & Uber: Highly popular and affordable ride-sharing options. Bolt is often slightly cheaper, while Uber provides a vast network of drivers.
- **Gira:** Lisbon's official **bike-share system**. Use the app to find docking stations, unlock both traditional and electric bikes, and purchase daily or multi-day passes.

Food & Delivery

- **Too Good To Go:** A fantastic budget and sustainability app that lets you buy surplus food from local bakeries, cafes, and supermarkets at deep discounts.
- **Bolt Food, Uber Eats, & Glovo:** Your go-to apps for restaurant meal delivery or emergency grocery drops straight to your accommodation.

Practical Tools

- Google Translate: Indispensable for reading local menus or signage. Download the Portuguese language pack for offline use.
- **IPMA:** The official Portuguese Institute for Sea and Atmosphere app. It provides hyper-local and accurate weather forecasts, crucial for a city with a microclimate.

If you have time ...

Besides the usual places to visit in Lisbon (Jerónimos Monastery / Mosteiro dos Jerónimos; Belém Tower / Torre de Belém; Commerce Square / Praça do Comércio; St. George's Castle / Castelo de S. Jorge), here are some suggestions for other places to visit, selected by the Organizing Committee:

Quake | [The Lisbon Earthquake Experience](#)

An immersive time-travel experience that takes you back to 1755 to relive Lisbon's most dramatic and transformative event – the Lisbon earthquake. Here, you can experience the feelings and sensations people went through during the earthquake.

How to get there from ISPA:

<https://maps.app.goo.gl/PmKuR152yrxXUW727>



Modern Art Centre of the Gulbenkian Foundation ([Centro de Arte Moderna Gulbenkian – CAM](#))



CAM is an art and cultural centre with a collection of contemporary and modern art, including the largest representation of 20th- and 21st-century Portuguese artists gathered to date.

How to get there from ISPA:

<https://maps.app.goo.gl/ifxcaGAbgiSpw8bF6>

Gulbenkian Garden & Foundation



The Gulbenkian Garden is one of Lisbon's most beloved green spaces and is often described as an oasis in the middle of the city. Designed in the 1960s by landscape architects Gonçalo Ribeiro Telles and António Viana Barreto, the garden was created to blend seamlessly with the surrounding modernist buildings rather than simply decorate them.

The Calouste Gulbenkian Foundation is a major Portuguese philanthropic institution established in 1956. Its mission is to improve society through **art, education, science, and charitable initiatives, supporting cultural projects, research, social programs, scholarships, and international cooperation.**



You can find out more about the Foundation's programme/events [here](#).

How to get there from ISPA: <https://maps.app.goo.gl/o936NrgVAtNCAKyU8>

MAAT : Museum of Art, Architecture and Technology ([Museu de Arte, Arquitectura e Tecnologia](#))



MAAT s one of Lisbon’s most distinctive cultural landmarks. The museum brings together contemporary art, architecture, and technology through innovative. Its iconic riverside, building and rooftop terrace offer panoramic views of the Tagus river and the city, making it a popular destination for both cultural exploration and leisure.

How to get there from ISPA:

<https://maps.app.goo.gl/ZrTyjHcxL7e8S3A8>

Museum of Portuguese Decorative Arts ([Museu de Artes Decorativas Portuguesas](#))

Located in the historic Alfama district, the Museum of Portuguese Decorative Arts is housed in a beautiful 17th-century palace. Its collection includes furniture, tiles, textiles, silverware, ceramics and paintings, offering visitors an intimate glimpse into Portuguese aristocratic interiors and craftsmanship from the 15th to the 19th centuries. A refined and less obvious stop, it is especially appealing for those interested in art, history and the atmosphere of old Lisbon.



How to get there from ISPA:

<https://maps.app.goo.gl/mSFu3pxP5XW7T3716>

The Design Museum (MUDE - Museu do Design)

Get to know MUDE and its permanent programme on the evolution of national and international design through its various expressions (product, fashion, graphic).



How to get there from ISPA:

<https://maps.app.goo.gl/wg2oASPkPRy67DEJ7>

Torel Garden / Torel Viewpoint (Jardim do Torel / Miradouro do Torel)



From this viewpoint, you can enjoy an unobstructed view of the valley of Avenida da Liberdade and the hill of São Roque, where the São Pedro de Alcântara Garden stands out, as well as the successive terraces of the Calçada de Santana and, more generally, the western part of the city.



How to get there from ISPA:

<https://maps.app.goo.gl/6q5weyuFrQ5m5wqX9>

Fronteira Palace ([Palácio Fronteira](#))

Fronteira Palace is one of Lisbon's most remarkable hidden gems. Built in the 17th century, it is known for its elegant architecture, richly decorated interiors, beautiful gardens and extraordinary tile panels. Still privately owned, the palace offers guided visits that reveal a quieter and more aristocratic side of Lisbon, away from the city's most conventional tourist routes.



How to get there from ISPA:

<https://maps.app.goo.gl/ugBTSMiKcSWYuTsF9>

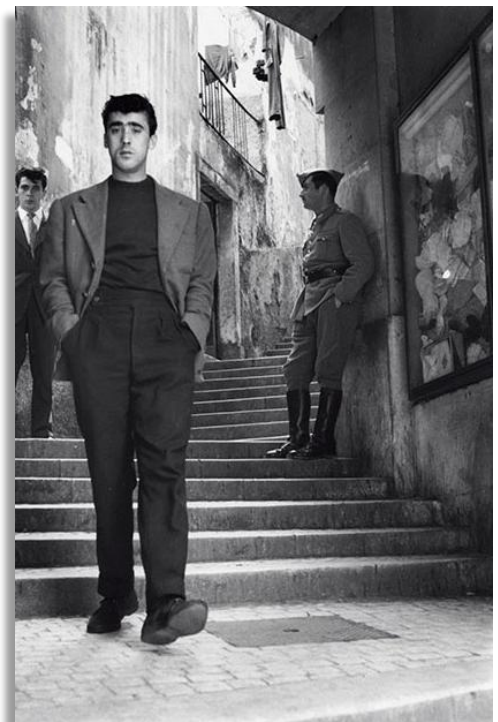
Municipal Photography Archive ([Arquivo Municipal de fotografia](#)):

The Lisbon Municipal Archive presents the exhibition *Photographs 1956–2005* by Gérard Castello-Lopes, marking the centenary of the artist, celebrated on 6 August 2025. This exhibition is dedicated to one of the most important Portuguese photographers of the 20th century, highlighting the singular legacy of a body of work that profoundly influenced contemporary visual culture. The exhibition brings together a selection of photographs representing the different stages of his artistic career, accompanied by other materials from the artist.

This exhibition celebrates that legacy by revisiting more than four decades of his photographic journey and offering the public a unique opportunity to reconnect with the artist.

Address: Rua da Palma, n.º 246, Lisboa

<https://maps.app.goo.gl/MkRMT7Xof1ao4huFA>



Fado Museum ([Museu do fado](#))

Fado is meant to be felt, not understood, or explained.- AMÁLIA RODRIGUES

An interactive museum to see, hear and feel Fado - Cultural Heritage of Humanity. Discover centuries of history and personalities that still reinvent and keep this heritage alive today.

Get to know who sings, who plays and the history that unites all of us.

Address: Largo do Chafariz de Dentro, N.º 1

<https://maps.app.goo.gl/Sm31MEkf7qRLgzbHA>



Of course you can also choose ... to get lost in Alfama ...



Credits: Mariordo



Credits: Daniela Raccanello

Alfama, the oldest district in Lisbon, enchants visitors with its labyrinthine network of narrow streets, where hidden treasures and unique viewpoints await around every corner. Simply step out of ISPA and lose yourself in the surrounding lanes, making your way uphill to iconic spots such as the Portas do Sol viewpoint, where you can take in breathtaking views over the neighborhood and the Tagus River.

And if you really feel like diving into the ocean...

Why not catch the train and enjoy the end of your day at the beach?

You can choose any of the beaches along the coastline from St. Amaro de Oeiras to Cascais.

All of them are very close from train stations.

<https://maps.app.goo.gl/rv5v9cCGtp7iv7Bj9>



Enjoy ICM 2026!

and

Enjoy Lisboa!