THE IAC’S ESSENTIAL GUIDE
to
CONSCIOUSNESS
&
OUT OF BODY EXPERIENCE
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CHAPTER ONE

INTRODUCTION TO CONSCIOUSNESS SCIENCE AND OBEs
Chapter 1

Introduction To
Consciousness Research
and OBEs

Consciousness Science and Research

Consciousness Science is the science that studies the consciousness (also popularly known as intelligent principle, soul, spirit or individual essence), taking into account all of its attributes, its capacity for parapsychic phenomena, and the fact that it has multiple lives and can manifest both inside and outside the physical body.

Consciousness Science differs from conventional sciences in that its scientific foundation is based on a new, more advanced philosophical paradigm. Whilst conventional sciences consider reality to be tetra dimensional (physical only), Consciousness Science employs the consciential paradigm which acknowledges reality as multidimensional.

The true nature of the consciousness extends far beyond the boundaries of the physical brain, according to consciential sciences. This fact eludes the mainstream sciences, which consider consciousness to be generated by the physical brain, thus limiting themselves to materialistic research methodologies.

The true nature of the consciousness extends far beyond the boundaries of the physical brain.
Participative research is one of the main premises of Consciousness Science as modern technology is still not sophisticated enough to detect the more subtle dimensions where the consciousness manifest itself. Participative research requires that the researcher be both the scientist and the object of study.

Consciousness Science relies on the inherent capacity of human being to leave the physical body with lucidity in order to conduct scientific investigations in non-physical dimensions. The out-of-body experience is then the conscientiologist’s main research tool as it provides opportunities to gather data from which conclusions about our multidimensional nature can be drawn.

Projectiology is one of the more than 100 sub disciplines of Consciousness Science and it is dedicated to the investigation of parapsychic phenomena, with emphasis on the out-of-body experience and the conscious use of bioenergy (chi, prana, vital energy, subtle energy). IAC research focuses on how to master and benefit from these phenomena.
Despite its fascinating nature, the purpose of the out-of-body experience (or OBE) is to precipitate major personal evolution by providing individuals with opportunities to perceive first-hand the invisible, yet real, non-physics dimension with which they interact all the time.

Some of the key benefits of the Out-of-Body Experience (OBE) are:

- Irrefutable personal evidence of life after death
- Excursions to places in both the physical and non-physical dimensions
- Encounters with persons (including friends and family) who have passed away
- Recall of the plan of action (purpose) for this life that was established prior to being born
- Increase of parapsychic abilities, extrasensory perceptions, energetic self-control and personal energetic defence
- Awareness of the energetic interactions with physical and non-physical individuals
- Assistance to those in need through the transmission of therapeutic energies while outside the body
- Direct communication with evolved non-physical individuals whose presence the great majority of people are not able to perceive
- Recall of past lives
- Expansion of self-knowledge and acceleration of the process of maturation of the consciousness
CHAPTER TWO

WHAT IS ASTRAL PROJECTION AND HOW CAN YOU EXPERIENCE IT?
Chapter 2

What Is Astral Projection And How Can You Experience It?

What Exactly is Astral Projection?

Astral projection – also known as the Out-of-Body Experience or OBE for short – is a phenomenon where the consciousness (while directly manifesting in the subtle body also known as the astral body or psychosoma) exteriorises from the physical body remaining connected to the physical body by what is commonly referred to as the silver cord.

Symptoms and sensations often accompany an astral projection, particularly at the point of separation or disconnection, where some people have reported various phenomena including but not limited to vibrations, sounds of voices nearby, sleep-paralysis and a “buzzing” sound in the head. All of these or a combination of them or even none of these phenomenon may occur. Everyone is unique.

Types of Astral Projection

There are different types of astral projection, varying in quality depending on the level of lucidity and energetic control a person experiences. For an explanation of Out-of-Body Experience types, please see below:
In other words, that their “energetic system” is more like water and less like glue.

1. Spontaneous projections or Out-of-Body Experiences

These are unplanned projections, often outside of the control of the person in question. These types of experiences happen when a person has a predisposition for a certain degree of bioenergetic (chi, prana) “looseness”.

In other words, that their “energetic system” (which is like the glue between their astral body and their physical body) is more like water and less like glue. In these types of projections, a person may simply be having a nap, or fall asleep at night, and while their body is sleeping, wake up to find themselves outside of their body, in their astral body or psychosoma, at times, even seeing their physical body sleeping.

The astral body quite literally pops out of the physical and can be quite a surprise to the individual.

2. Forced projections or Out-of-Body Experiences

These sudden exits from the physical body can be caused by either a sudden shock or trauma to the body such as a vehicle crashing or some type of traumatic occurrence.

Various accounts from individuals have included them suddenly finding themselves lucidly watching their still physical body from outside. In these instances, the astral body quite literally pops out of the physical and can be quite a surprise to the individual.
3. Unconscious projections

Have you ever had a sinking feeling followed by being woken up with a jolt? Chances are you have just reconnected with your physical body after a separation or disconnection. Most people separate at least some inches from the physical body every night when they go to sleep.

Usually, the subtle or astral body, hovers just above the physical one, remaining attached or connected to the body via the silver cord. This natural process allows us to recharge our astral body (our emotional vehicle – psychosoma) with the subtle energy it requires.

4. Semi-lucid projections

A semi-lucid projection may leave you with mnemonic remnants of the experience. During the experience itself you may intersperse between projecting and dreaming and never really reach full lucidity and awareness.

In a semi-lucid projection you may also lapse into a blackout or experience brief moments of lucidity during the experience followed by unrecalled, un-lucid or semi-lucid periods.

5. Fully lucid or conscious projections

This is where a person is fully conscious and is the most productive kind of astral projection as the person is in control of their thoughts and energies and can make the most of the projective experience.

A fully lucid projection may or may not include a conscious take off from the physical body however once projected the individual will be fully conscious with the heightened sensations and abilities of the subtle body (astral body or psychosoma).
How can you Experience it?

Anyone can learn how to master the Out-of-Body experience, however, those starting to attempt astral projection will have varying levels of natural ability, and there are a range of factors that can aid or inhibit a projection from happening.

There are many techniques available focusing on different strengths. For instance some techniques rely on creativity and visualisation whereas others are more methodical.

The best way to succeed is to persevere and find an Out-of-Body technique that works for you.

A good starting point to learning how to induce an Out-of-Body experience is to read as much as you can on the topic including techniques, benefits, common sensations and optimizations. This will immerse your mind in the idea of projection and saturate your thoughts and energies.

Next, draw up a list of techniques that you think might suit you. Apply a single technique daily either when you go to sleep or at a time during the day if you prefer. You should try each technique for at least 14 attempts (although more or less will work for different people) before moving onto another technique.

It is helpful to keep an organized diary of your experiences and take note of all sensations or experiences that might arise. This will help you work out which techniques are working best for you.
Benefits Of Astral Projection

Benefits of Astral Projection

In our courses and conferences, one of the most common questions we get is on the topic of benefits of the out-of-body experiences. This experience, also known as astral projection, is very rich in terms of possibilities and benefits. For example, let us look at the most common cases:

- Access to other planes of reality
- Encounters with other persons who have passed away
- Direct interview with the extraphysical guide
- Understanding of and loss of fear of death
- Assistance of other consciousnesses
- Recall of past lives
- Increase of parapsychic abilities
- Identification of the purpose of one’s personal life
- Acceleration of maturity and awakening
- Energetic equilibrium and energetic defenses
 ➢ **Access to other planes of reality**

The out-of-body experience permits one to reach other realities, or dimensions, beyond the physical plane. For example, we can go to the place where we used to live before entering into this present lifetime, and we can also see the place where we will go after the physical death.

 ➢ **Encounters with other persons who have passed away**

Obviously, if it possible to visit these places, it is then also possible to meet and speak with persons whom have already passed away, including those who we knew in our life.

 ➢ **Direct interview with the extraphysical guide**

These guides, also known as mentors, guardian angels, protectors, or simply helpers, are consciousnesses who live in the astral dimension, but accompany us with the goal of helping us. In general, the great majority of people today are not able to perceive the presence of these beings. If one leaves the body, one can see their helper and hold a discussion with him.

 ➢ **Understanding of and loss of fear of death**

When we find ourselves lucid outside the body, we realize by ourselves, without any brain washing or mystic belief that death does not exist.

Actually, outside the physical body, we will be exactly the same, with the same evolutionary level, except that we will not have the necessity to breathe, eat, etc. because these are functions exclusive to the physical, animal body.

With the verifications made through personal experiences that death does not exist, one will completely lose their fear of death, since it will be proven that no one dies.

 ➢ **Assistance of other consciousnesses**

With the knowledge and control acquired through out-of-body experiences (i.e. astral projection, astral travel), we learn to utilize our own energies in favor of other beings.

This occurs through lucid and conscious transmission of therapeutic energies. This donation of energies can be made outside the body when one nears another with the intention of helping them.
Recall of past lives

With the accumulation of astral projections, the person begins to have spontaneous, healthy recollections of past lives. This information can help us know ourselves better, overcome certain traumas, self-cure certain illnesses, and expand our sense of fraternity and universalism.

Increase of parapsychic abilities

The control and experience that comes from projections naturally expands the psychic capacities or personal extrasensory perceptions.

Identification of the purpose of one’s personal life

Discovering the main purpose of this life. Through a conscious projection, we can recall or identify our established mission for the current life.

Acceleration of maturity and awakening

With the knowledge of life gained through the study of astral dimensions, we increase our level of consciential maturity, also accelerating our spiritual evolution and avoiding the loss of one third of our life sleeping.

Energetic equilibrium and energetic defenses

The individual’s energy field is at its strongest when it is expanded and at equilibrium. With this, the consciousness is more liberated from intruders, obsessions, or energetic intrusions that are many times suffered due to the energetic invasions of other extraphysical consciousnesses.

This state of equilibrium with one’s own energies produces many benefits in the physical and mental disposition and in the psychological equilibrium of persons.

The equilibrium of the energetic field is a characteristic of our overall well-being, control of negative stress, increase in self-confidence and emotional balance, amplification of intellectual capacities, and expansion of self-knowledge. One can learn to manage and control one’s own energies by applying different techniques and experiences.
CHAPTER FOUR

HISTORY OF THE OUT-OF-BODY EXPERIENCE
Chapter 4

History Of The Out-of-body Experience

We are always reflecting upon astral projections, its benefits, techniques, and consequences, but we find it important to emphasize that this phenomenon, also known as astral travel, out-of-body experience, or conscious projection, is as natural as being human, and as old as humanity – perhaps even more ancient than this. Leaving the body is as natural as breathing or sleeping. It is part of life, and also of the less evolved life forms.

Many people that leave their body, or have left their body, relate that they see their domestic animals, like dogs, projected and active outside their bodies. If an animal today is able to leave its body, we can conclude that primitive men living in caves experimented with the same phenomenon.

Throughout history, there is diverse documentation of astral projections. These relations give us an idea of the universal character of this capacity of leaving the body. We will give some examples of cases, to expand the knowledge regarding this topic.
For example, we will find that the more remote evidences appear in Ancient Egypt, between 5,000 and 3,000 years ago. The Egyptian priests knew of the existence of the astral body.

They called it the Kha and they left inscriptions and drawings on the rock walls of many temples and buildings, representing it as something subtle and light abandoning the physical body.

During this time, the initiations were created, which were in fact trials of the individual and its capacity to leave the body and present him/herself partially or totally materialized in front of a group of persons.

In Ancient Greece, we see references in the Temple of Eleusis, in the writings of the philosophers Plato, Hermotimus of Clazomene, Herodotus, and in some reports of the historian Plutarch of Queroneia.

Plutarch tells us of the story of Arisdeu, which took place in the 79th year of the first century. Arisdeu was a dishonest individual with a bad reputation in his community. He suffered an accident where he fell and hit his head against a rock, resulting in a coma which lasted a couple of days.

During this coma, Arisdeu perceived himself outside his body. He found himself with his helper, or spiritual guide, and talked to her.

During this experience, Arisdeu also saw another dimension which was inhabited by consciousnesses with little equilibrium and stayed to examine them.

Then, at a certain moment, he felt a force pulling him back inside his body. Arisdeu woke up in the physical plane at the moment in which he was about to be buried.

One can imagine the reaction of the community. Nevertheless, since this experience, Arisdeu changed his ethics, values, and behavior, transforming himself into a respected citizen valued in his community.

Today we can clearly understand that he had a near-death-experience, which is actually becoming more and more common now.
It is worthwhile to state that in the Bible there are various evidences of cases of conscious projections such as in Ezequiel, III:14; Apocalypse of Juan, 1:10 and 11; 4:2; as well as in Epistles of Pablo of Tarsus (II Corynthios, 12:2).

Continuing our history, we see that during the Middle Ages, due to the great repression of the Inquisition, the conscious projection was practiced, studied, and known only within certain schools or secret societies.

Likewise, after the end of the Inquisition, these esoteric and occult movements continued to hide information from the population, inclusively creating the basis for current myths and lies about the dangers of astral projections (out-of-body experiences), maintaining the old structure of power and hierarchy.

In the 18th and 19th centuries, we had three great pioneers of this study that made the first efforts in popularizing astral projection (astral travel), even publishing books on the subject.

They were the Swedish philosopher Emmanuel Swedenborg; the French writer and novelist Honore de Balzac, with his story “Louis Lambert”; and the Frenchman Allan Kardec, creator of spiritism.

Most people separate at least some inches from the physical body every night when they go to sleep.
Other names throughout history are: Apollonius of Tyana, Antonio of Padua, Padre Pio and Sai Baba.

In truth, the most serious thing this discussion reveals to us is that the phenomenon of the out-of-body experience (astral projection) is ancient and universal. We observe that different persons throughout history had experiences and continue to have them more and more.

These experiences occur in persons independently of their culture, education, financial situation, religion, credo, sex, or age.

The out-of-body experience is positive and beneficial. Thus, it is important to stop the brain washings that have been done throughout the ages due to ignorance on the topic. Today there is a science, Projectiology, for the purpose of studying this phenomenon.

Any person can develop its capacities, perceptions and self control, getting to the point of having a conscious astral projection.

“Astral travel is as natural as being human and as old as humanity.”
Chapter 5

How to Astral Project in 3 Easy Steps

How to Astral Project for Beginners

Astral projection is something that can be learned. While the amount of effort to reach a lucid Out-of-Body experience can change from person to person, a bit of theory and selecting the right approach can make a world of difference.

This section is divided in three areas: the process, tips to help you get started and an overall look at the benefits that the OBE entails.

THE PROCESS

Out of Body Experience for Beginners in 3 Steps

Taking off

If you are trying to figure out how to astral project easily, the first thing you need to understand is how to produce the take-off. In other words, you need to learn how to relax the physical body to the point your psychosoma (astral body) is free to take off.

Aside from the relaxation of the physical body, you will need to have the equivalent “relaxation” of your energosoma (energy body). Knowing how to unblock your chakras and achieve a better distribution of energies throughout the energosoma can be a great help in this process.

Ideally, you should achieve a state with your energies that will produce a slight expansion of your energosoma. Since the energosoma is the “glue” between the physical body and the psychosoma (astral body), you will be in a better condition to take off.

Unblocking chakras and expanding the energies are not absolutely necessary conditions to produce a lucid OBE, however, working on it can greatly increase your chances for take-off.

If you are trying to figure out how to astral project easily, the first thing you need to understand is how to produce the take-off. In other words, you need to learn how to relax the physical body to the point your psychosoma (astral body) is free to take off.
The amount of effort to reach a lucid Out-of-Body experience can change from person to person.

Our physical body can be awake or asleep. We, as consciousness, can be lucid or not. So the trick to astral project is to put the physical body to sleep but to stay lucid. The consciousness is not the physical body and therefore does not need to sleep.
When you are outside the body, everything you experience is captured by you “extraphysical brain” (or parabrain) in your astral body (or psychosoma). Because of that, when you go back to the physical body a transfer of information needs to happen from this parabrain to the physical brain. This is the essence of the recall process.

Recalling your Out-of-Body Experience

The third element needed while learning how to do astral projection is to remember the experience after it happens. This is usually not the part that requires the most amount of information and training.

There are things you can do before the projection to help with the recall. Self-suggestion is one technique you can use before your OBE attempt. This recall technique consists in repeating a phrase to yourself a few times. Repeating it five or ten times is typically effective. If you can say it out loud and do it after you have achieved some relaxation, even better.

The sentence should be simple and direct, something like “I will get out of my body with lucidity and remember everything when I come back”. It is important to pay attention to what you are saying and say it “with energy” and with confidence.
During the OBE you can try to repeat names of people and places that you learn, and also tell yourself that you will remember those names after you wake up. Coming back to the physical body by your own decision usually helps with a more controlled reconnection and with the overall transfer of information to the physical brain.

An important factor on remembering your astral projection experience is to wake up slowly and to keep your attention on the recall process as you reconnect. If you wake up abruptly, after a loud alarm goes off, and quickly move to switch it off, you would reduce your chances of recall.

The ideal scenario for recall is based on a slow reconnection process. Those kinds of alarms that increase the volume slowly can help in this regard. You should ask yourself if you recall anything from the period your physical body was asleep before making any movements.

You should ask yourself if you recall anything from the period your physical body was asleep before making any movements.
CHAPTER SIX

YOUR EXISTENTIAL PROGRAM
Your Existential Program

Existential Program is the plan of actions for this life that one does before being born. This concept is also known as "life mission", "life purpose" or "life plan".

Sometimes we have an impression of emptiness in our lives or feel a recurring sensation that we have something to do, but are not able to identify what it is or what we must do. These sensations can be a signal of an existential program.

Our existential program entails actions that:

- Promote our intimate development,
- Solve past karmic debts,
- Balance certain life situations, and
- Contributes to the evolution of other consciousnesses.

"The Existential Program is also known as “life mission”, “life purpose” or “life plan”.

Are our decisions in life coherent with our existential program?

The completing of our existential program is essential for our evolution. Nevertheless, some people strive to complete their task, while others fail and waste the opportunity that life presents to them.
CHAPTER SEVEN

ABOUT US
Chapter 7

About Us

The International Academy of Consciousness (IAC) is a research and education organization dedicated to the study of the consciousness.

The IAC is committed to the investigation of the consciousness, its capacity to manifest outside of the physical body and a comprehensive associated range of parapsychic phenomena.

Demystifying these phenomena and clarifying the misconceptions often related to them empower individuals to understand and develop their own parapsychic abilities, allowing them to exercise greater control over their lives.

The Courses delivered by the IAC around the world offer participants a combination of information and practical training that allows them to understand and experience life beyond the physical body. First-hand experience of the non-physical reality brings about a paradigm shift and a greater understanding of one’s purpose in this life.

The IAC employs a cosmo-ethical and universalistic approach in the dissemination of its studies. Participants are given the tools with which they can increase their awareness of their multidimensional nature. Central to the work is the principle embodies in the phrase:


The underlying intention behind all IAC research and educational activities is to provide assistance to those interested in deepening their knowledge of these subjects.
Courses

The IAC educational centers around the world regularly hold free lectures which give an overview of the Consciousness Development Program and an introduction to the fundamental ideas related to the evolution of the consciousness and the out-of-body experience.

Core Courses:

The Consciousness Development Program (CDP)

The CDP is the IAC's main curricular course. Delivered in four modules over forty hours, the CDP blends a wealth of technical, scientific and extraphysical knowledge with practical, experiential activities including guided attempts to provoke lucid out-of-body experiences using a variety of specially developed techniques.

Advanced CDP Courses

Three-day advanced courses are available to students who have completed the CDP module 4.

*CDP - Advanced 1: Self-Knowledge*  
focuses on self-awareness through self-assessment with emphasis on the identification of one's existential program and reprioritization of one's life.

*CDP - Advanced 2: Assistential Energetic Field*  
is a bioenergetic immersion that brings the extraphysical dimension into closer proximity to the physical dimension, allowing participants to more easily perceive and experience a range of phenomena.
VIP Training

A private course carefully tailored to suit the participant's individual needs, providing him/her with improved opportunities to experience OBEs, expand psychic abilities and master bioenergies. The course takes place at the IAC Campus, located in a peaceful countryside area in Portugal, which offers an ideal environment including specialized labs such as the Projectarium.

Non-Core Courses:

Short Thematic Courses

These courses, usually presented over three hours, give an overview of a specific theme, focusing on the essential aspects. They provide participants with a less formal opportunity to explore areas of personal interest.

Immersion Workshops and Courses

A number of immersive residential workshops of interactive courses of several days' duration are held on a regular basis. One such example is the Projective Field workshop, which aims to provide participants with optimized conditions known to facilitate conscious out-of-body experiences.

Other types of immersion courses include Goal: Intrusionlessness, to protect yourself against a type of psychic attack called intrusion, and delivered over one week at the IAC Campus. It combines technical theory and personal energetic coaching over a period of 9 months.
**Accreditation Course**

Upon completion of a specified number of accredited courses, students will be awarded a Certificate in Consciousness Science. To qualify, they must accumulate 120 points from the core courses and 120 points from the non-core courses for a total of 240 points. The points must be accumulated within a four-year timeframe.

**Research Campus**

The IAC Research Campus is nestled among 250,000m² of cork and oak tree groves near the town of Evaromonte, in the bucolic Alentejo region of Portugal. The center is dedicated to conducting consciousness research using a blend of traditional and multidimensional methodologies, and presenting and debating findings.

It provides an optimized infrastructure for scientific symposia and conferences, for major educational events and workshops, and also for personal experimentation by individuals wishing to have parapsychic experiences and increase their multidimensional self-awareness.
A key feature of the complex is its innovative, leading-edge consciential laboratories, each designed to provide an ideal environment for self-experimentation and research on a specific theme. **Consciential laboratories may facilitate parapsychic experiences even for individuals with no history of such experiences.**

Self-experimentation engages the individual as the study's subject matter, and also as its researcher, observing and analyzing their own parapsychic experiences. Hence, this approach to experimentation is in line with the consciential paradigm, which establishes that direct experience is the best way to study consciousness, especially due to the lack of instruments to investigate elements that are not physical.

Many of the laboratories feature spherical architectural designs that have proven ideal for activities involving energies and multidimensional phenomena.

A specialized energetic-informational field is established within each laboratory that reinforces the laboratory's theme or objective. That field is further reinforced with each incremental experimentation session, thus enhancing outcomes over time.

A noteworthy laboratory is the **Projectarium**, a remarkable spherical building with a diameter of 9 meters (30 feet) that is dedicated to facilitating out-of-body experiences.

As one of several distinctive design elements incorporated into the Projectarium to enhance experiential outcomes, self-experimenters will lies on a suspended platform in the center of the sphere, giving them the sense of being in a void. Results to date have been very encouraging.
In addition, the Campus features the Cosmoconscientiarium, dedicated to producing expansion of lucidity and cosmoconsciousness experiences (nirvana, samadhi), which is a sensorially isolated semi-sphere 8 meters (26 feet) in diameter, equipped with supporting devices, such as a miniplanetarium that projects the sky onto the dome aimed at aiding the experimenter to disconnect from day-to-day terrestrial and physical matters.

Beyond the above, a number of other consciential laboratories are available, all focusing on topics that help catalyze the individual's awareness and evolution via firsthand experience of the multidimensional reality.

Examples include the Phytolab, a wooden structure built on a tree aimed at facilitating direct experiences with phytoenergy, the natural immanent energy of plants. These laboratories are the first of their type in the world.
CHAPTER EIGHT

FURTHER RESOURCES
Chapter 8

Further Resources

“The IAC conducts both formal and informal research on psychic experiences and phenomena”

Free introductory lecture
uk.iacworld.org/iac-free-seminars

Astral Projection videos
uk.iacworld.org/astral-projection-videos

Journal of Consciousness Science
www.iacworld.org/journal-consciousness

Astral projection Q&A
uk.iacworld.org/the-obe-magazine-qas

Bookstore
uk.iacworld.org/bookstore
CHAPTER NINE
GLOBAL DIRECTORY
Chapter 9

Global Directory

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