

## ABOUT THE CAMP AT COLEGIO MONTEGRANDE

Colegio Montegrando is a well known primary and secondary school in Galicia, Spain, which has organized summer camps for children and teenagers since 2000. Taking advantage of the excellent facilities of the school, they develop all kinds of sport and cultural activities according to the different age groups.

Fun and games are a main focus of the activities and workshops at the camp. The development of interpersonal relationships and a commitment to learn respect for the people and the environment, characterize the way of life in our camp.

The magnificent surroundings of the school -forest and mountains-, the facilities and the experienced and qualified staff provide a wide range of possibilities to the camp. The summer camp is designed for children and teenagers who want to enjoy different experiences in direct contact with nature, including time for leisure and relaxation.

The general structure of our camp is as follows:

**08:00-10:00** Breakfast and free activities until 10am.

**10:00-11:30** Soccer or Dance activities, chosen by the student.

**11:30-12:00** Snack.

**12:00-13:00** Participants are divided into four groups to participate in a different activity each day from the following:

- Activities in the water (games in the pool and on the beach).
- Activities in the nature (hiking, zip lines games, kites competitions, etc.).
- Sport activities (handball, volleyball, basketball, sport games, etc.).
- Workshop crafts (painting, drawing, games and instruments making, decorating, mask making, origami).

**13:30 a 15:00** Lunch and free time.

**15:00 a 17:45** Group games (gymkhana, Great Games, sports competitions, etc.).

In addition to this, there will be two nights where the participants will take part in different activities organized by the camp: magical bonfire, night games, choreography and jokes competitions, etc. On these occasions, the participants will sleep in tents in the school under the supervision of the camp instructors. Tents will be provided by the school.

Participants will also enjoy several excursions: Cerceda waterpark, beach and Mount San Pedro, where our Treasure Hunt game will take place. Besides this, we will celebrate a traditional Spanish day with food, popular games, costumes, music and dance.

Some more facts about our camp:

- 95% of the participants are Spanish, aged 6-16.
- Meals are provided by school's professional cooks.
- Camp hours: 10 am to 6 pm. Choice of breakfast at 8am on campus.
- Colegio Montegrando (Montegrando School): <http://www.colegiomontegrando.es>
- A Coruña: <http://www.turismocoruna.com/web/>
- Santiago de Compostela:  
<http://www.santiagodecompostela.org/turismo/index.php?txt=turismo&lg=gal>