



# JUNIOR CAMP PORTUGAL

INTERNATIONAL SURFCAMP







# PACKING LIST



## CLOTHING

- 2 sweaters
- 7 T-shirts / Tops
- 2 Comfortable trousers
- 7 Underwear
- Sandals/ Flip flops
- Running shoes
- 1 Hat
- 1 Rain jacket
- Pyjamas
- Shorts / Capris
- Swimwear

## NOTE

All equipment needed related to all activities will be provided by us.

## YOU DON'T NEED TO BRING THE FOLLOWING

- Bed sheets
- Pillows
- Shower towel

## GENERAL

- Passport / ID
- European Insurance medical card
- Medication needed
- Small backpack
- Water bottle
- Watch

## TOILETRIES

- Toothbrush and toothpaste
- Shampoo
- Soap
- Personal hygiene items
- Beach towel
- Water resistant sunscreen



# OUR ACCOMMODATION

Our camp is located just 15 minutes away from Lisbon city center, south of the river, where you will find the authentic and charming fishing village of Costa da Caparica. The surf spot is one of the most consistent beach breaks in all of Portugal, offering the perfect waves for surfers of all levels in a safe and supportive environment.

**BEACH ADDRESS:** Miradouro da Praia do Inatel



# OUR ACCOMMODATION

Just a few minutes walk from the beach in the beautiful and calm neighborhood of São João da Caparica. The surf camp rooms are spacious with comfortable beds for a well deserved rest after a long day of summer camp activities. Alongside our spacious garden we have a pool which makes it the perfect playground for your kids to have the best holiday ever.

CAMP ADDRESS: R. Bernardo Santareno 3, 2825-446 Costa da Caparica





# SURF LESSONS



**“The best surfer out there is the one having the most fun”**

Surfing is all about fun, and in our surf lessons, we ensure that everyone improves their skills while having the most enjoyable experience on the waves.

Our beach offers waves suitable for all skill levels, and our surf instructors will ensure that your child catches the waves of their life.

## **What is included:**

- 15 hours surf course
- 1 theory lesson
- All the equipment is included (board and wetsuit)
- Big variety of surfboards
- Surf lessons adapted for all surf levels (beginner and intermediate)
- All surf lessons will be conducted in English





# ACTIVITIES

## A week full of activities



As you're aware, we spend our days surfing, and after hitting the waves, we offer a plethora of exciting activities. Your child won't experience any moments of boredom during our camp. Our daytime activities include paintball, tree climbing, water games in our garden and pool and volleyball on the beach while enjoying the breathtaking sunset.

After dinner, we ensure that they continue to have a blast. We host a movie night in our garden with a large screen, organize a talent show for them to show their skills, a karaoke night and many more. Throughout the week, we also plan a day for an excursion to Lisbon, introducing them to the Portuguese culture. On the last night, we throw a big goodbye party.

Our week is packed with surfing and delightful activities.





# ADDITIONAL INFORMATION



## Check in and Check out

Saturday is a busy day at our camp, with various check-ins and check-outs for the children. Since each child will have different flight times, we ensure that they are being entertained throughout the day.

**Check-in:** Rooms are ready at 4:00PM, but if your child arrives before this time, it's not a problem. We have a luggage room available for them to store their belongings and join the other kids at the pool.

**Check-out:** For those checking out, they need to retrieve their luggage from their rooms and store everything in our designated luggage room. Afterward, they can participate in the day's activities until their transfer.

## Pocket Money



We recommend that your child brings around 100€ to 150€ to cover expenses, such as one lunch and one dinner when dining out, purchasing souvenirs to remember this incredible experience, and perhaps even picking up some cool camp merchandise. They will also have the opportunity to buy snacks on the beach where they'll be surfing, and we visit the supermarket on Monday in case they need to purchase anything for themselves. The kids are entirely responsible for their own money, and we always advise them to keep it safe in the locker we provide.



# FOOD IN THE CAMP



## Food preferences, allergies and meals

All meals at our camp are prepared by our professional catering, offering a diverse selection throughout the week to ensure your child has ample energy for all activities. We feature both fish and meat dishes daily.

For those following **vegetarian or vegan diets**, we provide dedicated options at every meal.

If your child has any **food allergies**, please inform us during the booking process so we can adequately prepare for each meal.

We supply healthy snacks and water throughout the day, ensuring your child never goes hungry.

**During the Lisbon tour day, we won't provide lunch and dinner at the camp.** However, we carefully select restaurants that can accommodate all food allergies and preferences. Please ensure your child has money for these two meals outside the camp.



# **RULES AND POLICIES AT OUR CAMP**



## **24 hours supervision**

Our camp provides 24-hour supervision. On the first day of camp, we explain all the rules, and the first rule is that participants cannot leave camp without notifying one of the camp monitors. During the night, we always have a staff member at the camp reception, and the monitors sleep in the same building. After lights-out, the monitors do a check to ensure all campers are in bed. If a camper attempts to leave camp after this check, we will send them home at the parents' expense.

## **Damage to property**

It is crucial that children take proper care of all the equipment that we use in the activities and also from our property. Any damages caused by negligence, even if unintended, will be charged to the parents or guardians. As part of the booking agreement, they consent to this provision. Where individual culpability cannot be determined, the costs will be shared among those responsible and billed to the families accordingly.

## **Rooms and showers access**

For organizational and safety reasons, bedrooms remain locked during the day until shower time at 6:00 PM, or when participants need to change for specific activities like paintball, tree climbing, or Lisbon tours. Each room has a checklist to help campers prepare their backpacks properly every morning. If something is needed during the day, they can always ask a staff member to unlock the room. After the first surf session, campers can use the outdoor shower near the pool to rinse off salt and sand.



# **RULES AND POLICIES AT OUR CAMP**



## **Possession or use of illegal drugs**

Should your child possess or use any drugs at camp, other than those prescribed for medical reasons, he/she will be sent home immediately at your expense. We reserve the right to also notify the police given the seriousness of this matter.

## **Smoking and drinking alcohol**

At all of our camps, we uphold a stringent policy prohibiting the use of tobacco and alcohol by children. This policy is communicated explicitly to all campers on their first evening at camp. It applies uniformly to every child attending camp, regardless of their usual practices at home or their legal age for smoking and drinking in the camp's country.

If, during their time at camp, your child is found to be smoking or consuming alcohol, our camp director will promptly contact you to discuss the appropriate course of action based on the specific circumstances. In the case of alcohol consumption, the established procedure is to arrange for your child to be sent home at your expense as soon as is reasonably feasible. When it comes to smoking, the camp director may opt for a stern warning as the initial response, with the understanding that a second breach of the rule will result in your child being sent home once again, at your expense. In such an event, the camp director will seek your support and request that you have a clear, candid conversation with your child via phone to ensure there is no room for misunderstanding.

It is of paramount importance that you have a thorough discussion about this policy with your child before they embark on their journey to camp, so they can fully grasp the implications of smoking or consuming alcohol while at camp.



# RULES AND POLICIES AT OUR CAMP

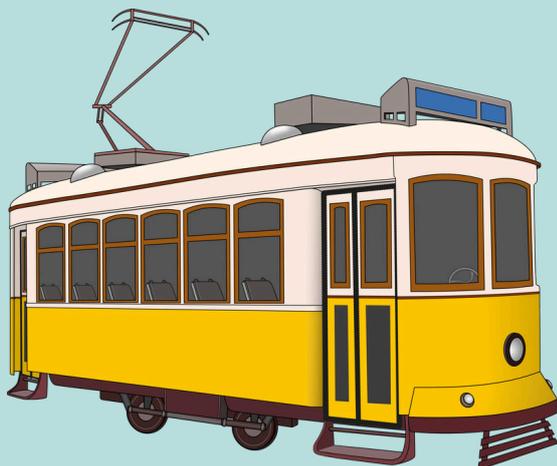


## Free time

During the day, your child will be very busy with all the activities and surf sessions, but we offer some free time each day for them to relax. During this free time, they will be supervised at our camp, and we will always have activities running so they don't get bored.

## Excursion to Lisbon

During the week, we will organize a trip to the amazing city of Lisbon, Portugal. They will have the opportunity during the free time to visit beautiful monuments, buy souvenirs, try the famous Portuguese custard tart "Pastel de Nata," and soak in Portuguese culture. All of them will have emergency numbers and be on our WhatsApp number to share their live location. We will have meeting points during the excursion where everyone must be on time. If you prefer your child not to have free time, they can simply stay with our monitors.



# COMMUNICATION WITH YOUR CHILD



## Homesickness

If it's your child's first time attending our camp, and they are away from their parents, it's entirely normal for them to miss home. If you receive a phone call or a message from your child expressing these feelings or if they need some time to adjust to camp life, please don't hesitate to contact us. We will ensure that our monitors provide special attention and encourage them to engage in activities and make new friends.

Our camp hosts children from all over the world, and for some kids, it can be challenging to establish new friendships and become comfortable with this multicultural experience. Based on our experience, most children usually need around **two days** to feel at ease with everyone. We always advise parents to encourage their children to give it a try, and if anything seems amiss, they can communicate directly with the monitors.

If this doesn't resolve the situation, please reach out to the camp coordinator, and we will work together to find the best solution.



# COMMUNICATION WITH YOUR CHILD



## Calling your child

Your child will be kept quite busy throughout the day, engaging in surfing and various other activities. However, we ensure that they have access to a phone after lunch, typically around 14:00, and we take them back around 19:00. We recommend that parents reach out to their children between 6:00PM and 7:00PM, as this is when they typically have some free time, and we encourage them to call their parents during this period.

## Visiting your child

You are more than welcome to visit your child, but it is very important to inform us in advance so that your visit does not disrupt any of our activities. As you know, your child will be very busy throughout the day, so we will let you know the best time to visit them.



# MEDICAL INFORMATION



## Insurance procedures and Medical Assistance

In case of an accident during your child's time at our Junior Surfcamp, your child has the right to use our insurance, which will cover any accident-related costs. In case of accidents, we will transport the child to Hospital Garcia de Horta, located just 10 minutes from the camp. Parents will be promptly contacted in such situations.

## MEDICATIONS



If your child requires any medication, please ensure that it is labeled with your child's name and includes clear instructions on how to administer it. If they require medication for which they have a prescription, please make sure they have it on hand in case they need to purchase a refill. All medication can be safely stored by the camp monitors.



# TRAVELING INFORMATION



It's crucial for us to know how your child will be arriving at our camp. To facilitate this, we require detailed information about their travel arrangements. On the booking process, you can provide their flight details, including the date, time, airline, and flight number. We offer airport transfer as an additional service, so having this information in detail is essential. When your child arrives at the airport in Lisbon, he will find a designated meeting point located next to the Starbucks store. One of our monitors will always be present there to ensure that your child safely boards our transport.

If you choose not to use this service, please ensure you inform us about how your child will be arriving at our camp. It's important for us to be aware of each child's arrival method.

If you want to personally drop off your child in our camp you are more than welcome and one of our staff will make sure that you have a tour of our camp.



## Passports and Visas

Please ensure that your child possesses a valid passport and, if necessary, the appropriate visa for Portugal. Refunds will not be provided for delays in obtaining the required passports or visas. Upon arrival at our camp, our staff will collect all passports, and they will be returned at the time of departure.

## Low Coast Airlines

If you are booking a flight with a low-cost airline, please ensure that you check their age policy to confirm that your child meets the minimum age requirement for the flight.





# WHAT IS INCLUDED IN YOUR PACKAGE

- ✓ 24 hour supervision
- ✓ Camp will be conducted in English
- ✓ 7 night accommodation in shared and dorm rooms divided by genders
- ✓ Shared bathroom divided by genders
- ✓ Full Board: breakfast, snacks during the day, lunch, and dinner
- ✓ Surf course - 15 hours - practical lessons
- ✓ Big variety of surfboards
- ✓ 4.3 mm wetsuits
- ✓ Daily activities including tree climbing, water games, paint-ball, swimming pool, karaoke night, beach games and much more!
- ✓ All the material needed for the activities
- ✓ Lisbon city excursion
- ✓ Free wi-fi in our accommodation



## What is **NOT** included on your package:

- ✗ 1 lunch out in Lisbon
- ✗ Dinner out in the beach bar (the menu is 23€, drinks included)
- ✗ Transfer from the airport (check our prices on the next slide)
- ✗ Gota Dagua merchandising

# PRICE LIST

## Rooms (per person)

	20 Jun till 3 Jul   08 till 29 Aug	4 Jul till 07 Aug
8/9 shared room	699€	729€
4/5 shared room	729€	759€
Triple shared room**	749€	779€
Twin shared room**	799€	829€

\*all rooms are divided by gender.

\*\*Single room supplement 300€.

## Transfers from the airport

We offer an additional service of airport transfers to and from our camp. Upon arrival, your child will find **Starbucks Store**, where one of our staff members will be waiting with all the other kids and guide your child to our bus. This service is available **from 8:00 AM to 8:00 PM**. We will do the same during drop-off, ensuring that your child is safely guided to the departure door and makes it to their flight on time.

Rest assured that **your child will never be alone at the airport**. If your flight is outside of our standard schedule, an additional charge may apply for this service.

To ensure your child arrives at the airport on time for their flight, we strongly recommend **departing the camp 3 hours before their scheduled departure time**. Shuttle service from the camp to the airport will operate from 7:00 AM to 7:30 PM, and shuttle service from the airport to the camp will operate from 8:00 AM to 8:00 PM. Please note that transportation outside of these scheduled hours will require arranging private transportation or booking a private transfer through our website.

SHUTTLE SERVICES	
CAMP - AIRPORT	7:00AM to 7:30PM
AIRPORT - CAMP	8:00AM to 8:00PM

SERVICE	PRICE
SHUTTLE (ONE WAY)*	30€
SHUTTLE (BOTH WAYS)*	60€
PRIVATE TRANSFER (ONE WAY)*	70€
PRIVATE TRANSFER (BOTH WAYS)*	140€



\*Per person

# LOCATION

## Camp adress

Caparica Sun Centre  
R. Bernardo Santareno 3, 2825-446,  
Costa da Caparica



## Beach adress

Miradouro da Praia do Inatel



## Weeks available

2026	
WEEK 1	20/06 - 27/06
WEEK 2	27/06 - 4/07
WEEK 3	4/07 - 11/07
WEEK 4	11/07 - 18/07
WEEK 5	18/07 - 25/07
WEEK 6	25/07 - 1/08
WEEK 7	1/08 - 8/08
WEEK 8	8/08 - 15/08
WEEK 9	15/08 - 22/08
WEEK 10	22/08 - 29/08

See you soon  
'Até já'

