



AmeriSpan Teen Study Abroad in Spain

Sample Schedule

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Spain Summer Camp Schedule and Activity Information

Barcelona, Madrid, Marbella, Salamanca, & Valencia

Sample Schedule

Time	Activity
08:15-08:30	Wake-up
08:30-09:15	Breakfast
09:15-09:30	Group meeting with counselor
09:30-10:15	First Spanish class of the day
10:15-11:00	Second Spanish class of the day
11:00-11:30	Break
11:30-12:15	Third Spanish class of the day
12:15-13:00	Fourth Spanish class of the day
13:00-14:00	Swimming, sports, or other activities
14:00-15:15	Lunch
15:15-16:00	Rest-Free time: table games or other competitions available
16:00-18:30	Cultural Workshops
18:30-20:00	Sports practice & competitions
20:00-21:00	End of day (shower time)
21:00-21:45	Dinner
21:45-23:00	Party time, talent nights, activities, etc
23:30*	Bed-time & lights out! (*Younger students will go to bed at 22:30)

Sample Menu*

Breakfast: Cereals, chocolate milk, juice served each day. Other meals may include one of the following: pastries and cold cuts, scrambled eggs with bacon, cookies, bread with butter and marmalade, churros

Lunch***: Main dishes and sides include: Spaghetti or macaroni with sauce, pork tenderloin of pork with potatoes, gazpacho, roast chicken with French fries, paella, fried calamari, gazpacho, meat stew, potatoes and beans, fish filets, or a picnic menu of Serrano ham, sandwich, chocolate, & fruit; Desserts may include: fresh fruit, flan and pineapple in syrup, ice cream, custard, and cake.

Dinner: Main dishes and sides include: Spanish potato omelet, Noodle soup, croquettes, meat pies, cold cuts, hamburgers and French fries, creamed vegetables, San Jacobo meat sandwich, chicken cutlets with potatoes. Fresh fruit or fruit salad are served with each meal.

***Salad bar will be provided daily at lunch and dinner.**

****Special diets:** Please let us know if your child has any special dietary needs (vegetarian, food allergies, etc) so the kitchen and camp staff can be notified and prepared in advance.

*****Note:** The mid-day meal is the principle meal in Spain and is eaten later in the day as compared to some other countries. Dinner is much lighter in Spain.

Sample Activities & Excursions

Recreational Activities:

Games:

Introduction Games,
"La Oca" & other board games,
Contests,
Scavenger Hunts

Theme Days:

Cowboys and Indians
Circus
Lord of the Rings
Time Machine
Medieval times

Evening Activities:

Camp Discos / Dances
Costume Party
Murder Mystery Night
Pajama Party
Dinner on the Beach

Workshops

Workshops are participatory and each student may select those workshops they enjoy and are interested in. Cultural workshops are arranged for on-site and will vary based on camp location, facilities and age groups. Workshops could include the following:

Outdoors Workshop: Students will explore and learn about various aspects related to the natural environment, trekking and hiking on ecological trails, knot-making, camping, etc

Journalism Workshop: Provides an opportunity for students to have fun and take part in the creation of a biweekly newspaper that encompasses camp news, opinions, etc.

Music & Percussion Workshop: Students learn how to use the bongos, the flamenco cajón (a special box for creating flamenco rhythms), the guitar, the maracas and other instruments.

Theatre Workshop: Campers will create their own plays and perform them and recreate famous works. They will do everything from selecting the play and acting to doing make-up, creating costumes and designing the set.

Juggling Workshop: In this workshop, our students learn to master juggling, spinning plates, devil sticks, diabolos, etc.

Lifesaving Workshop: Students will learn various lifesaving techniques, including lifeguarding and CPR.

Handicrafts Workshop: Participants will create handicrafts using a variety of materials, such as clay, paper, yarn, beads, threads, toothpicks, recycled materials (cans, bottle tops) and more.

Cooking Workshop: Students will discover the culinary arts and learn more about the multicultural backgrounds of other campers through food! They will make truffles, chocolate cake, and of course typical Spanish dishes like the tortilla de patatas (potato omelets)!

Flamenco and Sevillanas Workshop: For students who don't know how to dance flamenco, this is the ideal opportunity to start!

Ballroom Dancing Workshop: Students are encouraged to develop their personal sense of rhythm and movement through music and traditional ballroom dance steps such as salsa, twist, tango...

Sports

One of the best times to improve and develop athletic skills is during the summer. For that very reason we offer different sports program types:

1) There are sports regularly planned during the afternoon for the entire camp, in which all students can participate. Some of the regularly planned sports are:

Basketball	Football/Soccer	Baseball
Aerobics	Capoeira	Archery
Bowling	Hockey	Indiaka
Volleyball	Handball	Water polo
Olympics	Swimming	Badminton
Darts	Frisbee	Rock-Climbing*

*Offered only in Marbella

2) The optional sports, which must be booked and paid for in advance, take place in addition to the sports program followed by the rest of the camp and are at an additional cost.

Optional activities available at additional cost are:

- ✓ **Horseback riding:** 9 hours per two-week period are scheduled. The riding lessons are normally scheduled for 45-minutes each, totaling 9 hrs in 2 weeks. Depending on the level of the student (beginning, intermediate or advanced), s/he will be taught various riding techniques such as mounting, galloping, trotting and other skills.
- ✓ **Tennis:** 10 hours per two-week period are scheduled. The course is designed for students ranging from beginner to advanced levels. Each tennis lesson is 50 minutes long.
- ✓ **Golf:** 10 hours of lessons are scheduled for each two-week period. This activity is good for those who would like begin playing or improve their current skills. The equipment (clubs and balls) is provided.
- ✓ **Swimming:** The program consists of 8 hours per two-week period (1 hour/4 days per week). This activity is for those students who want to learn how to swim or perfect swimming styles.
- ✓ **Sailing:** 16 hours of lessons are schedule per 2-week period. For students who want to learn and practice various sailing techniques, they can participate in four 4-hour sessions of sailing per two-week period with professional instructors.
- ✓ **Paddleball:** 10 hours per two-week period are scheduled. The sport of paddleball has arrived in Spain fairly recently and it has grown in popularity with such speed that it is now one of the preferred activities of young Spaniards. There is a maximum of four students per class.

For optional activities, it is important to note that...

- Due to scheduling conflicts, students who enroll in optional sports lessons may not always be able to participate in all of the other camp activities. You can't always do it all!
- Spaces are limited, so we encourage and advise parents to register their child as soon as possible to reserve a spot.
- You must book and pay for these optional sports at least 2 weeks prior to the start of the program your child has chosen; once the program has started, booking and payment will not be accepted.
- Campers can only take 1 optional sport per two-week period.
- Once the camp program has started, you cannot join nor cancel an optional sports program.

Sample Excursions

Barcelona:

Afternoon and half-day trips:

Park Guell, Sagrada Familia, Tibadabo Amusement Park, Pueblo Espanol

Weekend full-day trips:

Sitges, Tarragona

Madrid:

Afternoon and half-day trips:

El Escorial, Aquopolis Aquapark, Madrid City Tour, Prado Museum, La Pedriza, Acala de Henares, Aranjuez

Weekend full-day trips:

Toledo, Avila, Segovia or Salamanca

Marbella:

Afternoon and half-day trips:

Puerto Banus, Mijas, Sierra de las Nieves, Marbella City Tour, Aqualand

Weekend full-day trips:

Sevilla, Granada, Tarifa, Ronda, Nerja

Salamanca:

Afternoon and half-day trips:

Salamanca City Tour (includes Cathedral, University and Casa de las Conchas), Ciudad Rodrigo, Alba de Tormes, Sierra de Francia

Weekend full-day trips:

Avila, Segovia, Ciudad Rodrigo, Madrid

Valencia:

Afternoon and half-day trips: Valencia City Tour, City of Arts and Sciences

Weekend full-day trips: Alicante, Beaches in the Valencia Community (Benidorm, Peñiscola, Gandía, Játiva, Sagunto, Alicante, Albufera

**A minimum of one all day and two half-day excursions are taken during each two week camp period.

****PLEASE NOTE ACTIVITIES, CULTURAL WORKSHOPS AND EXCURSIONS SUBJECT TO CHANGE**