



## **INTERCULTURAL SUMMER CAMP 2026**

**Residential Camps (24h)**

**WEEKS**  
**01 to 08 august 2026**  
**08 to 15 august 2026**

	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Morning</b>	Arrival and welcome at the accommodation with Presentation Games	Praia Grande (Beach)- Sintra Water Games	Praia Grande (Beach) Sintra SURF	Praia Grande (Beach) Sintra SURF	Praia das Maçãs Swimming Pool	Praia Grande (Beach)Sintra SURF	Praia das Maçãs (Beach) Sintra Sport Games	Lisbon (main attractions)
<b>Lunch</b>	Camping	Camping	Camping	Picnic	Picnic	Camping	Camping	lunch on the go
<b>Afternoon</b>	Sports games	Paintball	Visit to the town of Sintra (includes monuments)	Visit Azenhas do Mar	Praia das Maçãs Swimming Pool	Cascais Village	Visit to the town of Sintra (includes monuments)	Lisbon (main attractions)
<b>Dinner</b>	Camping	Camping	Camping	Camping	Camping	Camping	Camping	Farewell
<b>Night</b>	Hawaiian party At the campsite	K-Pop Party At the campsite	Karaoke At the campsite	Intercultural Exchanges At the campsite	Cinema At the campsite	Disco Party At the campsite	Memory Wall	

<b>ACTIVITIES</b>	Surfing course
	Paintball
	Swimming Pool all day
	Sports and water games
	Cultural visits to Sintra, Azenhas do Mar, Cascais and Lisbon
	Ride on the traditional Sintra tram
	Hawaiian, K-Pop, Disco and Karaoke Party
	Cinema
	Friendships forever

<b>LOCATION</b>	<b>Lisbon, Sintra and Cascais</b>
<b>AGE</b>	<b>14-18 years old</b>
<b>NUMBER OF PARTICIPANTS</b>	<b>12 for class /week</b>
<b>SCHEDULES</b>	Das 8h00 - Waking up
	Das 8h30 to 9h15 – Hygiene and Breakfast
	09h30 – Activities
	12h30 – 14h00 – Lunch break
	14h00 – Activities
	19h30 – Hygiene
	20h00 - Dinner
	21h00 – Activities
	23h00 – Supper and rest
<b>SKILLS</b>	Autonomy and responsibility
	Communication and interpersonal relations
	Practising English
	Understanding the importance of interculturality and cultural diversity
	Teamwork
	Critical thinking and discovering new skills
	Understanding the importance of outdoor sports and environmental protection
	Understanding the importance of heritage
Civic responsibility	
<b>PRICE PER PARTICIPANT</b>	<b>€ 850</b>
<b>PAYMENT</b>	15% upon registration; 75% up to 15 days before the start of the Holiday Camps;
<b>INCLUDED</b>	Transportation from airport to Sintra
	Meals: Breakfast; mid-morning snack: fruit; lunch: main course + drink + bread + dessert; afternoon snack: sandwich + juice/milk; dinner: main course + drink + bread + dessert and supper: biscuit + juice/milk) will be distributed by a catering company in individual, sealed, high-quality portions.

	Fruit and water at your discretion
	Insurance
	Monitors
	Entrance fees to activity venues, water parks, and other attractions that require payment
<b>NOT INCLUDED</b>	Flights and/or travel to Sintra
<b>TEAM</b>	1 Field Director (not present) and two monitors. The monitors will be with the participants 24 hours a day.
	All monitors have specific training in holiday camps and first aid;
	All monitors have an up-to-date criminal record check at the time of the Summer Camp;
	A preliminary meeting will be held at the beginning of each Summer Camp with the participants, parents and guardians. Given the diversity of nationalities among the participants, this meeting will be held online, in Portuguese and English.
	Programmes may be subject to changes necessary for their smooth running (changes to schedules and itineraries or replacement of planned accommodation with other accommodation of a similar standard).
	Company licensed by the IPDJ