



# Across the Sahara



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# NATURÁVILA

## LOCATION

The Naturávila complex is located an hour away from Madrid and only three kilometres away from Ávila, near Gredos. There some of the most beautiful natural pools of the country's central region can be found.

Historically, this house was part of an agrarian complex owned by the provincial council of Ávila. Slowly, it has transformed into a leisure centre with modern facilities which completely integrate with the natural environment.



The Naturávila complex is located about 5 km from the city of Ávila and can be reached by the AV-503 road.

Once in front of the complex, you will have to use the turning lanes to change direction and enter as if you are coming from Ávila.

From there you will find signs indicating the house and Cool Off.

Once you go through the entrance gate you will find a parking area where you can leave your car.

You will have to walk a few metres to the check-in area.



## FACILITIES

The house has various buildings and well-lit rooms, diaphanous bathrooms, classrooms used to carry out workshops, and multipurpose rooms where one can do many activities and practice a wide range of sports.

In addition, around the house, there is a shaded leisure area, football fields, basketball and paddle courts, a swimming pool, and a climbing wall on the shores of a small lake, which is slightly away from the main buildings but it still belongs to the complex.



## ACTIVITIES

During the Cool Offs we will carry out different activities linked to a theme: workshops, water games, night games, activities to improve English, among others.

08:00	The <i>good morning</i> song is played and we all get out of bed
08:15	We play a quick game to wake us up
08:30	We wash our faces and get dressed
08:45	We have breakfast
09:30	We tidy our bedrooms and carry out our daily tasks by playing a competitive game that we repeat throughout the week
10:00	Inside Out (we practise our vocabulary and grammar using the Travel Guides)
11:00	We play some outdoor games or go on a morning trip (duration: 2 hours)
12:00	Time for a dip in the pool!
13:00	We rehearse the song and dance we have prepared
13:30	We have lunch
14:30	Free time
16:00	We play some outdoor games and make some craft
17:00	Snack time
17:30	We play some outdoor games and make some craft
18:30	We rehearse songs and dances in groups
19:30	We get showered + free time
20:30	We have dinner
21:30	Staff Performance (theatre)
22:00	We play some nighttime games
22:30/23:00	Bedtime!

## EXCURSIONS

During the Cool Offs we will carry out all sorts of activities: workshops, water games, night games, activities to improve English... and we will also do excursions!

This year, we will spend a whole day at an adventure park (Parque de Aventuras La Riberita). There, the more daring will be able to explore the heights with the zip lines that surround the forest, among other activities, and play games to make the most of the rural environment at any time of the day. To make the most of the magnificent house's environment, we will go on the early expedition to the above-mentioned lake where we will race with canoes!



## PRICES AND WEEKS

### **Naturávila – €770 each week**

- Week 1: 22-28 June
- Week 2: 29 June - 5 July
- Week 3: 6-12 July
- Week 4: 13-19 July
- Week 5: 20-26 July

## FREQUENTLY ASKED QUESTIONS

### What are the check-in and pick-up times?

Sunday is arrival day at the summer camps. The check-in time will be from 5:00 p.m. to 6:00 p.m. The check-in will be done in alphabetical order of the first surname of the participants.

- Surnames beginning with A-F: 17:00
- Surnames beginning with G-N: 17:20
- Surnames beginning with O-Z: 17:40

Saturday will be the day of departure from the summer camps. We will be expecting you at the house between 16:30 and 17:00.

Families are responsible for bringing and collecting their children to and from the summer camp. We assign you turns for the check-in to avoid unnecessary waiting time during the check-in process, but not for the departure, because... we are going to be having a farewell party!

### Do I need to bring any documentation with me on the first day of the summer camp?

Yes, on the first day you must bring:

- Original healthcare card (this cannot be a photocopy)
- Authorisation for the administration of medication (if necessary)

This documentation must be submitted at the time of the check-in.

### Will we be able to meet our child's monitor?

After checking in your child, you can accompany them to the meeting point with their group. There you will meet their monitor and you can have a brief exchange of views - in English, of course!

The team of monitors has express orders not to speak in any language other than English. If you have difficulty communicating in English and need to tell the monitor something important, you can contact the summer camp management, who will pass on your comments to the team of monitors.

### Will we be able to see the house?

As the team spends the hours before your arrival preparing the house with the necessary material for the games that will take place just after you leave, you will not be able to visit the inside of the house. However, we invite you to take the virtual tour which you can find on the [Naturávila website](#).

### How long can we stay at the house?

When you have handed in the documents and said goodbye to your child, you must go to the exit and leave the house. The best way to help the children adapt properly is a short and positive

farewell so that they can immediately plunge into the atmosphere of the summer camps and start making new friends.

## **MEDICAL PROTOCOL**

### **If the participant needs to take any medication during the summer camps, what needs to be done?**

During the registration process, we offered you the chance to fill in the authorisation to administer medication as part of the legal terms and conditions of participation in the Cool Off summer camps. If you were unable to send these documents in at the time, we will provide you with a copy of this authorisation for you to fill in when you do the check-in. On this sheet you need to indicate the frequency of administration and the dosage of the medication, and it must be signed by the child's guardian. The original medical prescription must also be enclosed.

On the first day of the summer camp, you can hand in the medication (labelled with the child's name) to management, who will take care of storing and dispensing it according to your instructions. Under no circumstances may participants keep medication in their backpacks and bedrooms, for health and safety reasons.

### **What is the procedure if a participant feels ill or gets sick at camp?**

In such cases, we take the participant to the doctor and call their family to inform them of the situation.

### **HEALTH CENTRES: NATURÁVILA**

Located less than 5 km from the house is a health centre, Nuestra Señora de Sonsoles Hospital and the Santa Teresa clinic, so there is always an option with a 24-hour service.

Once we have been seen, we will let you know what the doctor has said and whether any medication has been prescribed.

### **What the Cool Off team needs to be informed of?**

It is very important that the team of monitors and Cool Off management are informed about anything related to the day-to-day life of the participants (intolerances, allergies, habits, illnesses, social quirks, etc.). It is important to tell us about these things to ensure the children are comfortable and so that we can take extra precautions and be more vigilant if necessary.

Families should mention these things when registering their child, or they can inform the school's management directly. This will allow the team and management to deal with the situation in a more personalised way, to take appropriate action and to react if necessary.



## COMMUNICATION PROTOCOL

### Will we receive news about how the summer camps are going and how our children are doing?

**BLOG:** Every day, each group will set aside some time to write a post on the Cool Off blog. In addition, the management team will also upload comments. In this section you will be able to see photographs and comments on the activities carried out in the house, as well as other information of interest.

At the end of the first day of the summer camps, you will receive an email with the link to the blog and your username and password, although the publications will start on the second day.

As users, you will be able to comment on any of the publications that are updated on a daily basis, always specifying the name and surname of the participant in order to be able to read their comments easily. Once the Cool Off team has done this, your comment will be published, so you will know that your child has already read it.

**EMAIL:** From that night onwards and every day, when all the children have gone to bed and the management has held the first follow-up meeting with the team of monitors, you will receive an email informing you of everything our children have done that day and a link to the private folder of photos and videos we have taken during the day.

**INSTAGRAM:** But that's not all! You can also see what our intrepid participants are up to in Instagram posts and stories, while you wait for your email of the day to arrive. Rest assured that if you did not authorise the use of images on social media, no photos or videos of your child will be published.

Follow us on Instagram! Our account is @cooloffbykidsandus

### Can we call the house?

If you want to contact the house, you can do so from 12:30 to 13:30 by calling 602 25 62 67 (the telephone number of Cool Off summer camp management). Please note that if we are unable to answer your call at that time, it will be because we are involved in an activity or dealing with a situation. We will always call you back once we are available.

If for any reason you need to contact the house urgently, you can call that same telephone number 24 hours a day.

However, if you would like to know more about what your children are doing and how they are getting on, you can check out the camp blog.

Similarly, if the management has something to ask you, they will contact you by text or audio message; if it is a more urgent query, they will call you directly.

### **Will we be able to talk to our child on the phone?**

Telephone communication between participants and families is not planned. We believe it is not that long a time and that telephone calls could in fact cause homesickness for the children and distress for their families. Moreover, talking on the phone means they are not participating in the activity being carried out and they are interrupting the group dynamics.

## **ADAPTATION ISSUES**

### **What happens if a participant does not adapt to the summer camps?**

In principle, the programme is designed so that all children can integrate and adapt to the group. In fact, on the first few days there are several activities specifically dedicated to group cohesion. Some participants may find it more difficult to integrate than others, especially if it is their first time at a summer camp. This is completely normal. The team of monitors will monitor everything related to adaptation to these summer camps and will pass on their comments every night to management, who will assess the situation and use all the resources at their disposal to make all the children feel comfortable and at ease as soon as possible.

However, if for some reason any of the participants should feel particularly homesick, the team will do everything possible to help them. If, after a reasonable period of time, the situation does not improve, the team will contact the family to jointly assess the situation.

### **Will there be someone who speaks Spanish?**

As mentioned above, the team of monitors can only speak English. In fact, the children should not know whether they understand or speak another language. Even so, they all have the necessary experience to guide the participants to express themselves as best they can according to their level. In addition, there will be a person you can contact who will be able to speak in Spanish if necessary: the director.

This person will serve as an intermediary in the event that the monitors need to inform the children about an important issue, as well as whenever they want to make sure that their instructions have been understood perfectly (safety or other vital issues).

## **PACKING OUR RUCKSACK**

### **What needs to be put into the backpack?**

Taking into account everything that could be useful during the summer camps, we have prepared a list of what we consider necessary for day-to-day life at the house. Please consult the "Preparing your backpack" document that we sent you in the last email.

### **Can they bring a camera?**

Cameras are not allowed. The Cool Off team has cameras with which they will record a sample of the day-to-day life of the boys and girls. On a daily basis, we will collect all the photos taken during the day, send them by email and post some of them on the blog.

### **Is there a laundry service?**

At the house there is no laundry service. So it's important that you take into account the recommendations we make in this section.

### **Do they need to bring money?**

The participants cannot bring along money. The organisation provides everything necessary for the children to enjoy the summer camps without having to buy food or drinks.

### **Can they bring food or sweets?**

No food or sweets may be carried in the backpacks. If a participant has a specific need (still hungry, thirsty, etc.), they can go to their monitor, who in turn will consult the director.

### **Can they bring along phones, tablets or MP3 players etc.?**

Electronic devices may not be brought. The summer camps are designed to encourage communication and coexistence between everyone, and we believe that this type of device does not encourage this and can even be a source of conflict. If a monitor finds such a device, it will be handed over to the management, who will return it to the family on the day they collect their child.

### **Can they bring medication?**

Participants are not allowed to carry or store any medication in their backpacks. If you think that the child should have some kind of medication on hand in case they need it at some time during the summer camps, you must inform management, who will take charge of the situation, informing and instructing the assigned monitor to store and administer the medication if necessary.

## **GROUPS**

### **How will the groups be formed?**

As we explained at the beginning of the registration process, groups are formed by age, friends and level of English, in that order. Once we have collected all the information from the participants signed up for a given week, we will review each registration to create balanced groups of up to 10 boys and girls. Each group will live together as a family, carrying out daily activities together, such as meals, games and excursions.

### **Will they be able to mix with other groups?**

Yes. Participants will be constantly sharing spaces and activities with the rest of the children from other groups. In fact, once the small groups of 10 participants have been created, they will be grouped together to play the games with their group or their two closest groups in terms of age, with whom they can also meet up in the bedrooms, depending on their capacity. This will help to reinforce the team feeling that will be nurtured throughout the week.

In addition, at certain times of the day they will be able to spend free time with all the children from the other groups participating in that week.

## **OTHER MATTERS OF INTEREST**

### **How are places in the bedroom allocated?**

The distribution in the bedrooms is made by age, by group and according to the number of places in each room, without differentiating between boys and girls. In the case of older groups, rooms will be divided between boys and girls.

When it is time to shower, all groups will be divided into boys and girls and there will be a monitor in the washroom area to ensure that there are no incidents.

### **Is there a lifeguard at the swimming pool?**

The facilities have a lifeguard on duty and the monitors will also do shifts of exclusive supervision from outside the pool area. For safety reasons, the pool is also fenced off. Children may only enter the pool accompanied by their monitor and will therefore always be under the supervision of an adult who will watch over the pool while there are participants in it.

## **CONTACT**

For any questions or queries, you can contact the management of that week directly by email ([cooloffcentro@kidsandus.es](mailto:cooloffcentro@kidsandus.es)) or by telephone (602 25 62 67).

If you have any more general questions regarding the summer camps, you can contact the organisation personally by email ([admin.cooloff@kidsandus.es](mailto:admin.cooloff@kidsandus.es)) or by phone (629 161 149, Vanessa or 602 253 214, Frankie).



Thank you!