



# FREEDOM STATION

## INTERNATIONAL MEDITERRANEAN SUMMER CAMP

**It is Freedom Station, first step on the road to overcome constraints beliefs that hinder the growth and evolution towards a full welfare state.**

**Here the participant will walk away from the safe and known to venture into the world of the unexplored.**

**The program will propose actions that will face him with fears, doubts and insecurities that must be overcome throughout their stay.**

**Will contact unknown yet own resources, develop their potential, live new situations and start working own's generative capacity.**

**Will give the first steps in the correct management of emotions, one's own and environment's, will develop skills of emotional learning will begin to develop skills in the art of communication, increase the ability to think and understand.**

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## Progressive Training Program

Our main goal is getting in the short term, during the summer, and through motivational techniques an excellent result with the participants, where they will strengthen their language skills (English and Spanish) through the interaction with people from different countries, achieving a continue oral practice in Spanish or English.

The program is designed for boys and girls between 7 and 16 years old. It is based in wide variety of themed days, in which all the activities are connected between them and progressively are related with the daily theme. This continue stage by, offers amusing scripts for the participants. It will be a motivation for the continuing improvement of the language through, acting, motivation and creativity.

## International Camp

Every year we receive students from Spain, Russia, France, Italy or USA

We enhance creativity, imagination, sensibility and self confidence skills between the kids.

**P**ROGRESSIVE  
**T**RAINING  
**P**ROGRAM



# FREEDOM STATION



## Location and facilities

Alicante, 15 Km away from City Centre and close to Altet International airport, next to Elche and surrounded by beautiful clear Mediterranean beaches and typical white villages

70.000 Square metres orchard, next to the Sea. Facilities include

- Wooden cabins with private bath and air conditioning
- Dining with lake views
- Nursery
- Cinema and playground areas
- Sport pitches
- Swimming pool with lifeguard
- A 3000 Square metres artificial lake for aquatic sports like kayaking, rowing and canoeing. It also has rock climbing, bow and arrow, zip line, etc..



## Activities : Action Starts

In order to get the stay in the Summer Camp to become a space of challenge and personal growing, we have organized a complete program of animation and funny activities, all of them considered for the participants to strengthen their skills, to socialize, dance, sing, act, dress up, compete and find out their limits

- Create your own NGO
- Blind date
- Celebrity Night
- BBQ night
- Pirate Island (treasure quest)
- Airport and Airbus experience
- Terror night
- World Expo Guest
- Burger night
- Gala dinner
- Create your own company
- Feeling and emotions
- Black and white night
- Water fun
- Advertising. Make an advert
- Fashion Show models
- Talent Show
- Miss and Mr Camp
- Farewell party

And many more surprises



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## Sports:

Some activities involve certain difficulty. That is why we have a team of Spanish monitors with the right knowledge and equipment for every activity to be perfectly safe.

Facilities have a reliable inside team qualified for maintenance, feeding, with exquisite hygiene measures.

Swimming pool has a high qualified lifeguard.

## Acting:

Let's not forget the strong point of PTP, acting, bring on stage everything we have learnt!

## SPORTS

**In the pool:**  
Aquagym,  
Swimming  
Volley-ball

**At the lake**  
Kayaking-canoeing  
Rowing

Soccer and basketball  
Bow and arrow  
Rock climbing  
Zip line  
Tibetan bridge  
Team Competitions

## WORKSHOPS

Theatre and acting  
Body language  
Breathing Techniques  
Movement  
Plastic arts  
Mime  
Dress up  
Music and Dance  
Photography  
Nature  
School Farm  
Working team & leadership  
Socializing & interacting  
Emotional Intelligence

## Trips and excursions:

- Full day at Theme Park  
Terra Mitica  
- Catamaran Cruise to Tabarca Island, Beach and Visit to Sta Barbara Castle.

Once a week we will do full day trip to the mentioned places in a private coach, meals and tickets included accompanied by all the coaches and monitors.





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## Human Resources

Our responsible staff is Spanish native, or English bilingual. They are high qualified, with a strong cultural background and their experience with children and teenagers. We have psychologists, philologists, teachers, biologists, actors, doctors, journalists, etc... They are all DBS checked, and they all pass a training program before the camp. Like every year, camp direction will have a constant presence

## TELEPHONE

There will be a 24 hours emergency phone

## LAUNDRY SERVICES

During the stay there will be 2 washing of personal clothes and bedding, daily cleaning of the cabins and facilities (kids must make their own bed and keep their personal belongings tidy) Daily prizes for the best cabins

## !!!!HAPPY BIRTHDAY!!!!

Every Student turning years during the program will have a special happy birthday party!



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## **A DAY AT FREEDOM STATION** **P.T.P. (PROGRESSIVE TRAINING PROGRAM)**

<b>08.30 - 09.00</b>	<b>Time to Get up</b>
<b>09.00 - 09.30</b>	<b>Breakfast Buffet (Juice, Milk, toasts, Cold cuts, fresh fruit, cereal...)</b>
<b>09.30 - 10.00</b>	<b>Musical activation class, rythmic gymnastics, breathing and movement exercises</b>
<b>10.00 - 13.00</b>	<b>*P.T.P - (Workshops ). Different daily theme In Spanish or English with continuous oral practice</b>
<b>13.00 - 14.00</b>	<b>Pool and free time</b>
<b>14.00 - 15.00</b>	<b>Lunch time</b>
<b>15.00 - 16.00</b>	<b>Free time, resting (bank, ice cream, Shopping, movies, games, etc...)</b>
<b>16.00 - 17.30</b>	<b>* P.T.P (WorkShops-Group dynamics)</b>
<b>17.30 - 18.00</b>	<b>Snack time</b>
<b>18.00 - 19.30</b>	<b>Sports, dance, coreographies and competitions</b>
<b>19.30 - 20.30</b>	<b>Shower and Free time</b>
<b>20.30 - 21.30</b>	<b>Dinner by the lake</b>
<b>21.30 - 23.30</b>	<b>Evening parties, Shows Disco, Theatre, Reflexion tales and feedback ....</b>
<b>23.30 - 24.00</b>	<b>Bed time</b>





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## **MEALS:**

**Prepared daily with nutritive, healthy and fresh products.**

**We are lucky to have a great chef with a menu based on "Mediterranean Diet" that includes fresh fruits and vegetables, olive oil, fresh fish and meat, paella, gazpacho).**

**-Breakfast Buffet (fresh fruit, cereals, milk, juices, toasts, cold cuts, bakery)**

**-Lunch (two main courses plus homemade fresh pudding).**

**-Snack time (Sandwiches, juices, milk, fresh fruits)**

**-Dinner outdoor (Grilled BBQ, Burger nights, Pizza & Ice cream parties)**

**Special menu for gluten intolerant, vegans, diabetics (give full details)**

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## **24 HOURS AROUND THE CLOCK**

Participants will be monitored every time by our Staff, inside the camp but also at trips and excursions. There will be nightly surveillance staff in case they are needed.

## **MEDICAL SERVICE**

There will be daily medical care at the camp. In case of emergency, kids will be moved into near hospitals. Alicante and Elche have some great medical facilities and paediatric specialists.



## **TRANSPORT AND TRANSFERS**

Flights not included. We recommend arriving to Alicante International Airport. There will be transfer included from this airport. If you are arriving from a different airport, we can arrange a private transfer for an additional cost.



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## **PRICE INCLUDES:**

- Full board accommodation in cabins
- Continue oral practice
- Activities and Sports program
- Water activities in the lake.
- Multi-adventure towers
- Constant surveillance by staff
- Night watch
- Medical care
- Daily spare time activities
- Parties, cinema, theatre, festivals. Dance, contests and night games
- Day trips once a week with packed lunch to:

### **TERRA MÍTICA y Tabarca Island**

Private coach to all excursión, with staff accompanying.

- Material, prizes, diploma and t-shirt
- Weekly laundry

Compleat pre-departure dossier: (luggage tips, activity program, classes and workshops, menús and Camp rules)

- Insurance



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# UNIVERSAL CITIZEN



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