

Summer Sem Camp Espiga

sep 2nd to 7th
Almoçageme, Sintra
Portugal



Meant for young coeliacs, their family and friends

Location Praia Grande - Almoçageme - Sintra
Portugal

Days september 2nd to 7th, 2012

Ages from 8 to 18 years old

Price 250€ *

*More information please send
an email to* dietista@celiacos.org.pt

** The price includes stay, meals, activities, insurance for the
six days of the camp and transfer from/to airport.*

For more information, please contact
dietista@celiacos.org.pt.

+351 91 8139511 / +351 21 7530193



Organization

APC

Avenida Júlio Dinis, 23, 1^oesq.
1050-130 Lisboa / 21 753 01 93
(junto ao celeirodieta Av. da República)
www.celiacos.org.pt
apc@celiacos.org.pt



FILLING RULES

TABLE 1 – EVENT INFORMATION

RODA VIVA SUMMER CAMP FACILITIES IN ALMOÇAGEME, SINTRA, PORTUGAL.

THE RECEPTION OF THE PARTICIPANTS STARTS ON SUNDAY, SEPTEMBER 2ND, AT 09 AM.

THE PARTING IS SCHEDULED TO FRIDAY, SEPTEMBER 7TH, AT 06:30 PM.

THE AGES OF THE PARTICIPANTS ARE BETWEEN 8 AND 18.

TABLE 2 – PRICES

THE PRICE INCLUDES STAY, MEALS, ACTIVITIES, INSURANCE FOR THE SIX DAYS OF THE CAMP AND TRANSFER FROM AND TO THE AIRPORT.

TABLE 3 – PAYMENT

PAYMENT SHOULD BE MADE PREFERABLY THROUGH BANK TRANSFER TO THE APC ACCOUNT:

IBAN: PT50 0010 0000 4277 9160 0019 1

THE PROOF OF PAYMENT MUST BE SEND TO APC'S E-MAIL: DIETISTA@CELIACOS.ORG.PT.

YOU CAN CHOOSE TO PAY THE ENTIRE VALUE DURING THE ACT OF REGISTRATION, OR IN 4 MONTHLY INSTALLMENTS.

THE REGISTRATION IS ONLY VALID WHEN SENT WITH THE PAYMENT PROOF.

PLEASE NOTE THAT IN CASE OF WANTING TO WITHDRAW THE REGISTRATION, THE VALUE OF PAYMENT WILL ONLY BE RETURNED IN CASE THE CAMP IS CANCELLED.

TABLE 4 – IDENTIFICATION OF THE PARTICIPANT

PLEASE INDICATE ALL THE REQUIRED DATA, ESPECIALLY HEALTH CARE PROBLEMS OTHER THAN COELIAC DISEASE, OR OTHER COMMENT YOU CONSIDER NECESSARY.

TABLE 5 – IDENTIFICATION OF THE RESPONSIBLE PERSON (PARENT OR OTHER CARE TAKER IN CHARGE)

PLEASE INDICATE ALL THE REQUIRED DATA ABOUT THE ADULT WHO IS RESPONSIBLE FOR THE PARTICIPANT.

INDICATING THE TAX IDENTIFICATION NUMBER IS IMPORTANT TO HAVE A PAYMENT RECEIPT.

YOU NEED TO FILL A REGISTRATION FORM FOR EACH PARTICIPANT AND SEND IT BY E-MAIL TO DIETISTA@CELIACOS.ORG.PT OR BY MAIL TO APC'S OFFICE:

AV. JÚLIO DINIS, N.º 23, 1.º ESQ.
1050-130 LISBOA.

FOR ANY QUESTION, PLEASE CONTACT APC'S DIETITIAN, RITA JORGE, USING THE FOLLOWING PHONE NUMBERS:
(+351) 21 753 01 93 OR (+351) 91 813 95 11.

INFORMATION FOR PARENTS OR OTHER CARE TAKERS

Location: Praia Grande – Almocageme, Sintra, Portugal.

Only 45 minutes away from Lisbon and a few minutes walk from the beach, very close to Sintra and surrounded by a vast group of traditional villages rich in heritage and curiosities, this summer camp house is located in one hectare of pine wood forest and allows developing a great number of outdoor activities.

The house was designed to receive children during the vacations period, so the spaces are vast and its decoration is joyful and welcoming, creating a good, vibrant atmosphere.

The youngsters will stay in bedrooms of 2 to 6 bunk beds, divided by age and genre.

The facilities have bathrooms, cafeteria, activities room with several games, a soccer field and lots of open space.

The youngsters are monitored by a team of 1 monitor for each group of 6 to 8 participants, 1 to 2 activities coordinators and 1 director. Roda Viva's team is carefully selected and composed of young, responsible, fun, dynamic and committed people, mostly university students, with ages between 18 and 26. All have specific training to assure the success of all activities and to guarantee the best possible vacation to the participants.

Roda Viva has insurance for personal and group accidents, needed for the permit by the Portuguese Youth Institute.

Several members of APC, the Portuguese Coeliac Association, will also be present during the camp.

You can see some pictures of Roda Viva camp in:

http://www.rodaviva.web.pt/online/gal_inst_almocageme/gal_almocageme.html

WHAT TO BRING? CLOTHES AND PERSONAL HYGIENE

- Comfortable clothes/Sports clothes
- Sleepers for the locker room and for the pool
- Comfortable shoes and socks – sneakers
- Sun screen and cap or hat
- Bath towels and beach/pool towels
- Rubber band to hold glasses (of permanent use)
- Swim suit
- Ear plugs (if necessary)
- Warm coat – the nights are cold in the area

Meals

- It's not necessary to bring gluten free food, it will be provided for the entire week.

Other objects

- Polar (or other) blanket.
- Small backpack for the outside activities.

Other Situations:

The participants should not bring valuable objects such as necklaces, rings, electronic games, etc. The use of any cutting/sharp objects which may lead to aggressive/violent behavior is strictly forbidden.

In case the participant is medicated, all information about the pills/treatment must be transmitted to the field coordinator, especial if the participant is very young.

Phone calls – participants and monitors

Contact period: 07 PM to 08 PM

These periods should also be respect by the participants that use mobile phone and by care takers.

Parents or care taker's visits to the camp:

The organization doesn't advice the parent or care taker to visit the participant, especially if it is the first time he/she attends a summer camp. However, if the parent wishes to visit, the camp should be informed.

WHAT ARE SUMMER CAMPS?

These camps take place mostly during the summer, normally for one or two weeks. The participants stay in shared bedrooms and are pedagogically accompanied; the stay in the camp includes meals, material, and personal accidents and civil responsibility insurance. The registration is done by the parents and participants are placed within the proper age group, between ages 8 and 18.

The monitors/coordinators are always present and are responsible for the participants care and well being, providing a friendly environment.

How will our Summer Camp work?

The participants are divided by age groups and by type of activities, being placed in two groups:

- Bedroom group, which gathers children/youngsters of the same sex and with the same age (or very close) in the camp, meals and hygiene, always looked after by a monitor.
- Activity group, which gathers children/youngsters of the same age group and of both sexes for the participation in activities, with a second monitor.

All pedagogical teams are composed of two group monitors by bedroom/activity, lead by coordinators.

SECURITY AND MEALS

Security

Roda Viva has a preventive attitude in its actions, following the motto «Safe Fun and Adventure».

The spaces are safe and well equipped due to a careful planning adjusted to the features of the services rendered.

The participants are always accompanied by a pedagogic team of monitors with different trainings in sports, tourism, entertainment and first aid.

Roda Viva celebrates a personal accident insurance for each participant.

The facilities are equipped with vigilance mechanisms, fenced area, fire control and intrusion systems, firefighting, and emergency signage. It also has an Emergency Evacuation Plan.

All activities take place (mostly inside the Camp and in planed outings) with a security plan.

The safety equipments and the developing of the activities are in great conditions, quality and quantity (there's a maintenance and verification plan).

Meals

Food preparation is certified by HACCP (Hazard Analysis and Critical Control Points).

The menu is made of five meals per day (breakfast, lunch, afternoon snack, dinner and supper).

The menu is planned in collaboration with APC (Portuguese Coeliacs Association).

The menu is diversified and safely gluten free.

TRANSPORTATION

APC provides transportation from and to Lisbon airport; the service is included in the final price.

Transportation related with the planned activities is also included.

Transportation is carried out with high quality and safety standards, with the constant presence of monitors.

MEDICAL CARE AND MEDICAL EMERGENCY

Roda Viva camp is close to a health center and to a hospital.

In case of illness or accident, and according with the severity, participants are accompanied by a member of the pedagogical team to the hospital, getting specialized treatment. Parents or other care takers are always informed about the health condition of the participants.

In some cases and after a careful analysis by Roda Viva's technical team, participants with special health care needs are accepted. In these cases, their medication should be delivered to the Camp coordinator with the respective identification and needed indications, allowing correct storage and dosage. The description of the treatment must be indicated on the registration form, as well as a copy of the medical indications.

The registration form must contain all indications parents or other care takers consider relevant. The registration form is confidential and it will be very useful for the participant and for the technical team, that based on their experience and sensibility may help solve several questions and/or adaptation problems.

Roda Viva's teams have a preventive attitude towards safety questions and are trained in first aid.