

# PROGRAMME TIMETABLE



## LISBON & PORTO CAMP

1ST WEEK

time/day	day 1	day 2	day 3	day 4	day 5	day 6	day 7	
07:30 — 08:00	Arrival of new students	Wake up						
08:15 — 08:45		Breakfast						Breakfast
08:45 — 09:00		Prepare for Cultural Activity						
09:00 — 12:30		Guided tour Lisbon	Discover history of Lisbon walk	Bus and Boat tour	Cascais - Estoril trip	Check out/transfer to Aveiro-Venice of the north	Climbing/ Crazy Carts	
13:00 — 13:30		Lunch						Lunch at Camp Site
13:30 — 14:30		Rest at the Residences						
15:00 — 19:00		Rest at Hotel (16:00-17:30)	Trip to Sintra/ Beach time	Lisbon shopping experience	Monasterio de Jeronimos	Oceanarium visit	Adventure Park/ Canyoning Fun	Alpine Coaster E-Mountain Biking Adventure tree Challenge
19:00 — 19:45		Walk in Old Lisbon district	Prepare for dinner					
19:45 — 20:30		Dinner						
20:30 — 22:30		Fun/Relax Cultural Activities						
22:30 — 23:00	Bed time							

other
  fun activities
  culture activities
  food time
  lessons
  wake up/bed time

## LISBON & PORTO CAMP

2ND WEEK

time/day	day 8	day 9	day 10	day 11	day 12	day 13	day 14	
07:30 — 08:00	Wake up							
08:20 — 08:30	Pack for departure to Porto	Transfer to School					Check out/ End of programme/ Departure	Prepare for Next Session
08:30 — 09:00	Breakfast at Camping	Breakfast						
09:00 — 13:30	Fantasticable/ Paintball	Lessons						
13:30 — 14:00	Lunch							
14:00 — 15:00	Transfer back to Porto	Rest at Residences		Bridge climbing/ Shopping	Rest at Residences			
16:00 — 18:30		Beach time	Boat tour 6 Briges		Beach/Surf			
18:30 — 19:30	Prepare for dinner							
19:30 — 20:30	Dinner							
20:30 — 21:00	Intro walk Old Porto	Scavenger Hunt	Fun on campus	Fun activities on Beach				
21:00 — 22:30								
22:30 — 23:00	Bed time							

other
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