



ROLAR  
CAMPS

# THE BEST SUMMER OF YOUR LIFE!

## SUMMER OF SEA AND MOUNTAIN

As every year, our main goal is to Foster personal development through activities that promote values. In addition to all the activities we have prepared, campers who wish to do so can receive English reinforcement.



Shifts from June the 22nd to July the 20th.

**Check dates and book your place.**

[www.rolar360.com](http://www.rolar360.com)





## Campers from 8 to 14 years old

SHIFT	DATE	PRIZE
1st	from june 22 to june 29	495,00 €
2nd	from june 29 to july 6	525,00 €
3rd	from july 6 to july 13	525,00 €

- Full board regime (breakfast, lunch, afternoon snack and dinner).
- Accomodation in bunk beds. Bottom sheet and pillow included.
- Every mentioned activities.
- Coordinator and certified monitors.
- Camp T-Shirt.

Check transport from different cities.

\*The organisation reserves its right to cancel a shift if the minimum number of places is not cover.

\*This discounts cannot be accumulated.

All shifts are open to exchange campers from any other countries.

### Discounts!

- \* Booking before march 30
- \* If you are a former camper
- \* Groups of five or more campers

## Values:

The teams are made up by kids from different ages, promoting interpersonal relationships, cooperation, respect and tolerance.

ROLAR CAMP's methodology starts through sport and multidisciplinary activities with the main goal of improving on each camper its most developed capacities, and training its weakest points.

Activities such as:

Imitation games

Group dynamics

Attention games



# METHODOLOGY



**You'll practice surfing with the best Surf Schools in Spain (2 hour classes),  
Visit the Chufin's Cave while doing paddlesurf or canoing.  
We will take a walk as authentic speleologists!**



In addition to a wide range of activities and sports.  
All of them guided by our experienced and titled monitors of  
leisure and free time.

### SPORTS

Swimming  
Canoing  
Archery  
Volleyball  
Football  
Basket

### WORKSHOPS

First aid  
Nature studies  
Metheorological station  
Horticulture  
Plaster and ceramic  
Jewelry and makeup  
T-Shirt painting  
Confectionery



**ACTIVITIES - SPORTS - WORKSHOPS**



The hostel is located on a 10.000km<sup>2</sup> property surrounded bay forests and mountains in Riclones, Cantabria.



**ROLAR-CANTABRIA HOSTEL**

The residence is in little houses of two romos for eight campers each, in bunk beds with bedding and complete bathrooms.



It has a main house with:

- Dinning room
- Workshop classroom
- Game room



**FACILITIES**

# A DAY AT THE ROLAR CAMP:

## General timetable

8:30	WAKE-UP TIME
9:00	BREAKFAST
9:30	PICK UP ROOMS
10:00	ACTIVITIES
11:30	FREE TIME
12:00	ACTIVITIES
13:45	SET THE TABLE
14:00	LUNCH
14:40	FREE TIME
15:30	ACTIVITIES
17:15	SNACK
17:45	ACTIVITIES
20:30	SET THE TABLE
20:45	DINNER
21:25	NIGHT GATHERING
23:00	GOOD NIGHT



SET TIMETABLE



The food that is served is prepared with organic products sourced from nearby farms.



Our menus are prepared and thought to maintain a balanced and healthy diet, taking into account the activity that our campers will carry out on each moment. Our kitchen team make specific menus, taking allergies and intolerances into account. They manage this with absolute precision.



**FOOD**





# SET MENU

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
<b>LUNCH</b>		Carrot cream soup Roast chicken Fruit	PIC-NIC	Pumpkin cream soup Steak with fries Fruit	Country salad Mountain stew Ice-Cream	PIC-NIC
<b>DINNER</b>	Peas with ham Pork loin fillets Fruit	Fish burger Fries Ice-Cream	Salad Frankfurt sausages Fruit	Green beans Breaded and fried stuffed ham and cheese Yogurt	Russian salad Chicken steaks Macedonia	Tuna salad Bacalao à brás Fruit
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	
<b>LUNCH</b>	Mixed salad Bolognese spaguetti Yogurt	PIC-NIC	Gazpacho Ham stew Fruit	Zucchini cream soup Roast chicken and fries Macedonia	PIC-NIC	
<b>DINNER</b>	Vegetables medley, croquettes and turnovers Custard	Rice Meatballs in sauce Fruit	Mixed salad Calamari rings and nuggets Yogurt	Complete burgers with fries Farewell cake		

\* Set menu subject to the availability of products at any given time.

- Breakfast will consist of: milk, cacao, cereals, bread with butter or pastries.
- At snack time, fruit or a variety of sandwiches will be available.
- Pic-Nics will consist of sándwiches and fruit.

## Clothing

- 8 T-shirts
- 2 Short pants
- 2 Sport pants
- Long sleeve t-shirt
- Cap
- Underwear, one for each day
- Summer shocks, some pairs. One pair for a cold day.
- Raincoat
- Sweatshirt, or similar for the nights.
- Mountain shoes
- Sport trainers
- Pajamas



## OTHERS

- A Little bag for the excursions.
- Sleeping bag
- Flashlight, preferably headlamp.
- Canteen, never glass bottles.
- Personal hygiene
- Shower towel.
- Sun protection.
- Two swimsuits.
- Beach-Swimming pool towel
- Flip-Flops or similiar.
- Reading books, painting books, etc.

\*It is not necessary to bring specific material for each activity, it will be always given.

\*It is highly recommended that they bring all their clothing and materials clearly labeled.



**A set of rules is established with the goal of facilitating coexistence during the camp, ensuring a smooth adaptation of the campers, and making the most of the activities.**

**To achieve this, the collaboration of the families in adhering to these rules is essential.**

- Calls outside the designated days and times will be avoided. The first call will be made starting on the third day, in order to ensure a smooth adaptation to the camp. Parents will be able to communicate with the camp whenever they wish, using the numbers that will be provided to them.
- To avoid disrupting the flow of activities, visits to the campers will not be allowed during the course of the camp.
- At all times, a spirit of good coexistence and respect for others will be maintained: fellow campers, monitors, and other staff members, as well as anyone we encounter during camp outings.
- It is important to take care of the environment in which we will be living, keeping our things in order: room, belongings, etc.; and making good use of the facilities. Respect for the nature around us and the environment we find ourselves in at all times is crucial.
- To ensure that everyone can equally enjoy all the scheduled activities, it is very important to be punctual with the designated times.



## **Coexistence Rules**



- Campers should never carry the medications or drugs they need with them. If necessary, they will be handed over to the camp management, and the person responsible for the first aid kit will administer the doses prescribed by the doctor.
- Due to the fact that participants will receive the appropriate nutritional and caloric intake for the proper development of the activities and exercises they will be engaging in, the consumption of food or beverages brought from outside the camp will not be allowed, except for those purchased under the supervision of the monitors during outings, or in cases justified by a special diet. Any consumption that, in the judgment of the camp coordinator, may cause a lack of appetite during scheduled meals or could lead to any kind of dietary problems will be immediately confiscated.
- Campers will not handle cash. A 'Camp Book' can be opened for them upon registration. The responsible monitor will be in charge of giving them the amounts they need during outings or other occasions when they may use it, but never within the camp premises or affiliated facilities.
- The use of mobile phones will not be allowed outside the established times for calling parents. Therefore, phones will be collected upon arrival at the camp. During the designated times for calls, they will be returned, and once the calls are made, they will be collected again.
- Since the purpose of this camp is coexistence and human relationships, it is discouraged for campers to bring video game consoles, video games, music players, computers, tablets, and other electronic devices that may interfere with the flow of activities. As their use is not permitted at the camp, the coordinator will be authorized to confiscate them.

**THANK YOU!  
FOR TRUSTING ON OUR TEAM!**



**ROLAR  
CAMPS**

**Ask for more!**



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**Visit our website [www.rolar360.com](http://www.rolar360.com)**