

ASSOCIAÇÃO

PROJECTO NOVAS DESCOBERTAS

SUMMER CAMP ORGANIZER REGISTRATION NO. 12-2013-DRALGARVE



PROJECTO NOVAS DESCOBERTAS
associação educativa e recreativa sem fins lucrativos

EDUCATIONAL AND ENTERTAINMENT PROJECT

P.N.D. SUMMER CAMPS

With the support of:





*To enrich, empower and inspire, in a profound way and for life, young people and young at heart.
A magical learning experience for life and a creative response to need
human discovery...*

1 INTRODUCTION

The main aim of the "Holiday Camps" run by the Projecto Novas Descobertas (PND) association is to involve young people between the ages of 6 and 17 with the natural environment and the countryside, using it as a factor that fosters learning, unique experiences, the development of self-learning skills, the development of reflection on civic, social and personal problems, developing a critical, innovative and creative spirit in solving all kinds of problems in the lives of young people and adults, learning to respect nature and the rural history of the space they occupy, social learning about human sustainability and awakening to alternative techniques of social subsistence, learning to live in a group as such, respecting others and their physical and psychological freedom. All this learning is the aim of our summer camps for the young people who take part in them, in a fun, natural way and through lots of educational activities and games, always using the tool of non-formal education as the privileged one in our summer camps.

The summer camps designed, organized and run by the PND are characterized by a strong educational, training, pedagogical, recreational, integrative, social, innovative, diversified and multidisciplinary component, always focusing on quality in each of these areas. They also offer moments of adventure and recreation, culminating in learning experiences and psycho-pedagogical and social development.

This is an educational and recreational experience based on practical, non-formal learning with nature, for young people and young at heart, with a special focus on individual and collective empowerment and eco-social regeneration.

The PND summer camp program includes training activities (camping techniques, first aid, hygiene, respect for nature, healthy use of the surrounding natural space, reuse of materials, refurbishment of destroyed or damaged areas and objects/buildings, group development activities, team activities...), activities to organize our daily lives (during the camp young people learn to carry out everyday tasks, actively participating in tidying, cleaning, hygiene... activities), games and the development of group dynamics, adventure sports and nature exploration activities, craft and artistic activities, promoting teamwork in camping activities, encouraging sharing and opinions...), games and the development of group dynamics, adventure sports and nature exploration activities, activities linked to the environment, craft and artistic activities, the promotion of teamwork in camping activities, the encouragement of sharing opinions and exchanging experiences in assemblies/group discussions in order to promote an improvement in communication and individual and inter-group skills, as well as to foresee problems of human action in relation to the environment and the countryside, to project solutions and alternatives for behavior, to establish the importance of looking for sustainable ways of solving social, civic and environmental problems.

The activities are designed and carried out to provide fun and a relaxed atmosphere where participants can increase their self-esteem and self-confidence, learn to make decisions and develop civic, social and environmental awareness.

2. OBJECTIVES

1. To enable participants to get in touch with the environment and the surrounding countryside in a balanced way.
2. To provide a range of activities that, as far as possible, reflect and respond to the intrinsic and extrinsic motivations of children and young people, providing them with individual and collective activities that are appropriate to the different age groups and levels of development.
3. Promote increased self-esteem and behavioral changes associated with healthy living habits, respect for the environment, human sustainability and the discovery of oneself as part of a society that respects others and the environment.
4. Promoting physical activity and an active lifestyle, as well as an active way of being in the world.
5. Developing respect and appreciation for nature and the environment.
6. Developing autonomy, responsibility and respect for others, as individuals equal to each one of us and as part of a society, in the context of promoting civic education and respect for differences.
7. Developing inter-relational and social skills in group interaction with other young people, learning to be in a group and to be authentic, making the most of each person's characteristics in order to act in a positive way in a group. Cooperation, mutual help and team spirit;
8. Full development of young people;
9. Solidarity among the participants;
10. Encourage the discovery of new cultures and values
11. Autonomy, initiative and creativity;
12. Raising awareness of environmental issues;
13. Captivate and raise awareness of cultural activities;
14. Raising awareness of safeguarding Portugal's historical and natural heritage;
15. Encourage the development of creative skills through direct contact with nature.
16. Development of critical and innovative thinking
17. Promoting Intergenerationality in its activities
18. Learning from experience
19. Non-formal, life-long and lifelong education
20. Integrated and participatory training
21. Development of social and civic skills
22. Individual empowerment work

23. Development of innovative problem-solving skills
24. Promoting individual resilience in community life
25. Promoting creativity, discipline, energy, optimism and passion for living as a social and ecological being
26. Empowerment of the individual and their contextualized action
27. Communicating the association's mission/vision
28. Anticipate and identify problems, finding in themselves, in nature and in the earth the models for creative and innovative, efficient and viable solutions.
29. Generate wealth (social, ecological and individual)
30. Generate innovative thinking that stands out from the traditional view
31. Adapt your action to the scale of your needs
32. Being alert to new discoveries and opportunities
33. Strive to be critical, active, optimistic, responsible and driving force in their lives and in solving the problems neglected by society.
34. Study and look for sustainable dynamics in the three spheres of your life (social, ecological and economic)
35. Apply and exploit social entrepreneurship skills
36. Seeking a culture of lifelong learning
37. Become more active in their productive lives
38. Create social and individual dynamics with a positive impact on their lives and those around them
39. Acting on the importance of passing on individual and social skills to new generations

3. TARGET AUDIENCE

Children and young people aged between 6 and 17, divided into different camps: Initiates (youngest) - from 6 to 10 years old; Juniors (from 11 to 14 years old); Seniors (15 to 17 years old).

4. GENERAL ORGANIZATION

Participants are divided into age groups, which in turn are organized into sub-groups called "families" (according to their age).

Groups aged between 6 and 11 are made up of six settlers and a group monitor in charge; groups aged between 12 and 13 are made up of eight settlers and a group monitor in charge; finally, groups aged between 14 and 17 are made up of ten settlers and a group monitor in charge.

Each summer camp has a general guiding program that includes several mini-programs adapted and developed with and for each of the "family" sub-groups. These mini-programs are presented to the entire camp group, after an initial exchange between the members of each "family" in which different aspects of the sub-group's dynamics are outlined, such as: number of participants, age group distribution, individual and group profile, logos and group name...

In order for each summer camp to run smoothly and the participants to get the best out of it, the "family" sub-groups must be respected. However, the monitors are attentive to the different needs of each young participant. There is therefore openness and flexibility, where adjustments are made to aspects of organization, the objectives of the camp, the number of participants, the homogeneity of each subgroup/family, the maturity and adaptation/integration of the settlers.

The age limits may not be respected if one or more of the following situations occur:

- . Low number of CF registrants;
- . Adjustments to the homogeneity of each subgroup/family;
- . Psychological development of each individual;
- . It is important for the balance of each young person and the countryside in general to keep siblings and/or friends together, or on the contrary, to separate them;
- . Adaptation/Integration of participants.

5. EVALUATION OF SUMMER CAMPS

The summer camps are evaluated by distributing a questionnaire to the participants and the technical team (Annex 1).

6. PROGRAM

The main program is guided by the objectives previously defined in point two of this pedagogical plan and also includes the idealization of a field theme that will always be present in the different activities and gatherings that the program includes.

In order to meet the needs of each participant and take into account the differences and characteristics of the various age groups, more specific programs are developed within each summer camp. These are the result of adapting the main program to the objectives/needs of each age group.

Finally, mini-programs are drawn up for each sub-group/family. These programs are the result of the influence of the personal characteristics of the subgroup (settlers and group monitor together), in relation to the specific program for their age group, aligned with the camp's general program. It is these three programs (general, specific and the subgroup/family mini-program) that guide all the monitors'/ animators' actions and decisions when planning the entire dynamics of the camp.

Each subgroup/family should have a group representative who is elected by their group partners and the respective monitor at the start of the camp.

The summer camp's daily program is divided into different moments: rest, meals, personal hygiene, activities and free time.

The amount of time allocated to each of these daily moments varies according to the objectives of the summer camp and the different needs of the participants' age groups. For example, younger participants need more rest, eating and hygiene time and less free time, while older participants need a greater number of activities and more free time.

The summer camp's program of activities is based on guidelines that are guided by different objectives:

1. Didactic - In which the activities are aimed at learning information about topics such as Ecology, Environment, Alternative Energies, Health, Culture, Sociology...
2. Integrative - In which activities promote the development of social and inter-group skills (group dynamics), acceptance, respect for differences, be they personality, racial, religious, physical, geographical or/and others.

3. Conceptual - In which the activities promote critical reflection, the spirit of constructive discussion about contemporary social, environmental and educational problems and where spaces for debate are created.
4. Arts and crafts - In which activities develop a taste for arts and crafts, as well as instilling skills and competences in this area.
5. Practical - activities that contribute to the formation and strengthening of different practical aspects of the personality: Debating and speaking in assemblies, camping techniques, First aid and pre-hospital emergency techniques.
6. Sports - In which the activities are aimed at learning and practicing sports and motor development.
7. Recreational and Playful - In which the activities aim to entertain the participants and develop the settler/settler and settler/monitor relationship, creating a cheerful, relaxed and cooperative atmosphere.

Depending on the characteristics of the participants, the CF activity program can focus predominantly on one guideline and its more specific objectives.

7. ACTIVITIES

The PND summer camp activities are divided into different groups, according to the program guidelines and objectives. The time set aside for each group of activities varies depending on the characteristics of the camp (duration, objectives, characteristics of the space, participants and human resources).

In the program of activities, there are compulsory activities (requiring the participation of all settlers) and optional activities (individual choice). This division allows the program to be as tailored as possible to the tastes and needs of the participants, without losing the group spirit that is fundamental in a CF. In this way the program becomes more personalized and flexible without becoming individualized and anarchic.

During the CF, occasional changes to the program may be made if necessary. These changes may be proposed by the monitors or/and settlers or due to different constraints, such as weather or other changes.

We have various activities:

- 1) *Of adventure and exploration of (and with) nature:*

Examples Climbing, nature walks and gymkhanas, treasure hunts, peddy-papers, environmental exploration games, night exploration games, work in the vegetable gardens...

2) Group work and community development (where primitive social processes are explored with close links to traditional experiences and social responsibility):

Examples: Teamwork, trust and team-building games, rope systems, practical application of permaculture principles, group decision-making, group reflection circles, cooking, cooperative and team strategy games, traditional Portuguese games.

3) Creativity and the exploration of innovative thinking:

Examples: Ecological constructions, Land Art, handicrafts and plastic expression, theater, music, dance, building instruments with natural materials, creative writing, story circles.

4) The development of individual skills:

Examples: Individual reflection games, theaters and conflict and emotion management, themed activities to express individual skills (*on talent show nights*), themed days...

The activities to be carried out, according to the specific programs, can also be grouped as follows:

Sports activities:

Soccer, volleyball, basketball, ping-pong, running, hiking, surfing, mountain biking, archery and more.

Recreational activities:

Popular and traditional games, board and table games, human table football, night games, animation/recreation games, track games, group dynamics, body coordination games, confidence games, treasure hunts, night stargazing, beach games, gymkhanas and others.

Adventure activities and extreme sports:

Climbing, rappelling, adventure courses (rope games, slides, bridges, elevators), mountain biking, orienteering, hiking, **canoeing**, body-boarding, water games, archery, rifle shooting and others.

Thematic workshops:

Environmental

Environmental games on various themes, such as Water, Renewable Energy, Composting, 3 Rs, Trees, Aromatic and Medicinal Plants, Ecological Detergents, Sustainability, etc.

Creative Arts

Painting, palm crafts, parrots, masks, puppets, shadows and more.

Representative **Arts**

Theater, drama, dance, circus arts...

Health Promotion and Education

According to the age level of the participants, various topics are proposed and developed in a dynamic and active way, namely: Personal and Social Skills, Social Prevention and Risk Behavior, Food/Nutrition, Education for Affections, Risk Analysis, Group Dynamics, Healthy Lifestyles and others.

The program can also include a day at a water park.

8. TECHNICAL TEAM

The PND summer camp is coordinated by a Camp Director/Coordinator, who is responsible for the entire running of the camp, and is in charge of the technical, pedagogical and administrative supervision of all the activities carried out, both at a logistical level (accommodation, food, transport, maintenance, insurance) and at a level of stimulation/idealization and organization of the planned activities (the camp director coordinates and supervises the plan of activities and the monitors, coordinating his action with that of the technical coordinator) and maintains permanent contact with those responsible for the project.

Technical staff are recruited through a thorough assessment of their personal, academic and professional CVs, as well as an individual interview to assess their motivation and personal experience in working with young people. Preference will be given to candidates who have set out to train as summer camp animators and at PND.

The technical coordinator is responsible for operationalizing the planned activities and coordinating the work of the technical team, liaising with the field director.

The activity monitors/animators are responsible for keeping the coordinator informed about the organization of all the activities to be carried out, ensuring that they are carried out with the specific equipment needed and the safety conditions required in each situation.

Group monitors are responsible for the permanent supervision of their group, both during the activities and during meal, leisure and rest periods, providing them with all the support and assistance they need. They ensure that all participants comply with health, hygiene and safety regulations.

All the technical staff are trained in first aid. However, a first-aid technician with advanced training in this area is permanently present at the camp.

All the members of the technical team also have specific training, knowledge and experience in their roles.

9. ACCOMMODATION

The accommodation for the participants will be in tents, in groups of 2 or 3 participants (of the same gender) per tent. The tents of the young men are divided from those of the young women and the monitors sleep in tents of their respective gender (never with participants, but with other monitors of the same gender, interspersed in the tents of the participants of the same gender).

10. FOOD

There will be five meals a day: breakfast, lunch, snack, dinner and supper. The menu for each meal will be defined "a priori", seeking a balance between healthy eating and the tastes of the participants.

11. SITE

The PND summer camps will take place at Quinta do Vale da Lama (Odiáxere parish), on premises provided by the association. As part of the different activities, there are times to go outside the CF space, such as trips to the beach, swimming pool, Monchique, Lagos, themed visits...

The CF's facilities consist of: a kitchen, a dining and social room, men's and women's toilets, men's and women's showers, a storage house, an *indoor* activity room (with appropriate wooden flooring), two swimming pools, an organic vegetable garden, an artificial pond, a giant Indian tent, a climbing wall and slide, an open-air craft pavilion, a cycling track, volleyball courts, a soccer field, a large space for contact with nature with various trees and walking paths, a beach one kilometer away...

In the end...

To feel the child in each of us talk about what they've discovered, to see the light in their eyes when they release that experience and to notice the depth of that feeling when they know we've given them a treasure to keep forever.

Chairman of the Board of the ASSOCIAÇÃO PROJECTO NOVAS DESCOBERTAS

Delfina Marques Barroca

General Coordinator:

Andreia Maria Gonçalves Tavares Rodrigues

Pedagogical Coordinator:

Patrícia Russo Pereira and Rachel Clare Marsden

ANNEX 1

QUESTIONNAIRE TO THE TECHNICAL TEAM

It is very important for the **PND** to know how the Summer Camp that is now coming to an end went. That's why your suggestions, criticisms or comments are essential for our improvement. We want to improve every year. We count on your precious help. It helps us to evaluate how this Summer Camp went.

Answer the following questions with a score of a1 4		1= Bad 2= Mediocre 3= Good 4= Excellent
1	How would you classify summer camps?	
2	How would you rate each of the following aspects?	
2.a	• Summer camp activities	
2.b	• Activities outside the Summer Camp	
2.c	• Organization	
2.d	• Installations	
2.e	• Food	
2.f	• Coordinator involvement	
3	What is your opinion of the PND 's facilities? Rate each of the following aspects:	
3.a	• Space for camping	
3.b	• General cleaning	
3.c	• Equipment	
3.d	• Changing rooms	
4	How would you rate the following aspects of the summer camp meals?	
4.a	• Quantity	
4.b	• Quality	
4.c	• Variety of dishes	
4.d	• Schedule	
5	We would like you to evaluate the commitment of the PND team that accompanied and organized the Summer Camp. Give each criterion a score:	
5.a	• Professionalism	
5.b	• Sympathy	
5.c	• Education	

Answer the following questions with a score of a1 4		1= Bad 2= Mediocre 3= Good 4= Excellent
5.d	<ul style="list-style-type: none"> Interpersonal relationships 	
5.e	<ul style="list-style-type: none"> Relationship with participants 	
6	How do you rate the relationship between all the participants?	
7	How would you rate your participation?	

8. Do you suggest any new Summer Camp activities?

9. What aspects would you like to see improved regarding the organization of the Summer Camp?

10. Would you like to change something about the Summer Camp menu? Submit your suggestions:

11. What went best and what went worst at the Summer Camp (indicate only one)?

12. What would you personally like to improve for the next Summer Camp?

13. Other comments/suggestions about the Summer Camp:

<p>Name (optional):</p> <hr/>

QUESTIONNAIRE FOR PARTICIPANTS

It is very important for the **PND to** know how the Summer Camp that is now coming to an end went. That's why your suggestions, criticisms or comments are essential for our improvement. We want to improve every year. We count on your precious help. It helps us to evaluate how this Summer Camp went.

Answer the following questions with a score of a1 4		1= Bad 2= Mediocre 3= Good 4= Excellent
1	How would you classify summer camps?	
2	How would you rate each of the following aspects?	
2.a	<ul style="list-style-type: none"> • Summer camp activities 	
2.b	<ul style="list-style-type: none"> • Activities outside the Summer Camp 	
2.c	<ul style="list-style-type: none"> • Organization 	
2.d	<ul style="list-style-type: none"> • Installations 	
2.e	<ul style="list-style-type: none"> • Food 	
2.f	<ul style="list-style-type: none"> • Responsible Team 	
3	What is your opinion of the PND's facilities? Rate each of the following aspects:	
3.a	<ul style="list-style-type: none"> • Space for camping 	
3.b	<ul style="list-style-type: none"> • General cleaning 	
3.c	<ul style="list-style-type: none"> • Equipment 	
3.d	<ul style="list-style-type: none"> • Changing rooms 	
4	How would you rate the following aspects of the summer camp meals?	
4.a	<ul style="list-style-type: none"> • Quantity 	
4.b	<ul style="list-style-type: none"> • Quality 	
4.c	<ul style="list-style-type: none"> • Variety of dishes 	
4.d	<ul style="list-style-type: none"> • Schedule 	
5	We would like you to evaluate the PND team that accompanied and organized the Summer Camp. Give each criterion a score:	
5.a	<ul style="list-style-type: none"> • Professionalism 	
5.b	<ul style="list-style-type: none"> • Sympathy 	
5.c	<ul style="list-style-type: none"> • Education 	
6	How do you rate the relationship between all the participants?	

7. If you could suggest new Activities, what suggestions would you make?

7.a - Activity I enjoyed the most _____

7.b - Activity I liked least _____

8. What aspects would you like to see improved about the way the Summer Camp was organized?

9. Would you like to change something about the Summer Camp menu? Submit your comments:

10. Other comments/suggestions about the Summer Camp:

<p>Name (optional):</p> <hr/>
