

Portugal Camps Timetable 2019

葡萄牙夏令營時間表2019

Monday to Friday

Mornings	07:30 - 08:00	Wake Up
	08:00 - 09:00	Breakfast
	09:00 - 10:30	Period A - Speciality Programmes
	10:45 - 12:15	Period B - Speciality Programmes
Afternoons	12:15 - 13:30	Lunch
	13:30 - 14:00	All camp meeting
	14:00 - 15:30	Period C - Sign-up Activities
	15:45 - 17:15	Period D - Sign-up Activities
	17:15 - 18:15	Free time
Evenings	18:15 - 19:30	Dinner
	19:30 - 21:30	Evening Programme
	22:00	Lights Out - (10-12 years old)
	22:30	Lights Out - (13-14 years old)
	23:00	Lights Out - (15 and older)
Saturday	Excursion Day	
Sunday	Morning: Late wake up call, breakfast and relaxed morning	

Sample Activity Lists

活動列表



Sports & Relaxation

運動及娛樂

- Abseiling 繩降
- Archery 射擊
- Beach Volleyball 沙灘排球
- Body boarding 水上趴板
- Cliff walks 懸崖步道
- Football 足球
- Kayaking 皮划艇
- Mountain Biking 山地單車
- Paintball 漆彈射擊
- Rock Climbing 攀岩
- Ropes Course 繩索課程
- Sailing 帆船
- Softball 壘球
- Stand Up Paddling 站立划槳
- Surfing 滑浪
- Swimming 游泳
- Table Tennis 乒乓球
- Tennis 網球
- Trampolining 彈床
- Tree top ropes course 樹上繩索課程
- Visiting caves and speleology 探洞
- Volleyball 排球
- Windsurfing 風帆

Sample Excursions 短途旅行



Obidos
奧比度斯

A charming, walled medieval city and one of the acclaimed "7 Wonders of Portugal".

這是一個迷人充滿不同圍牆的中世紀城市，也是備受讚譽的“葡萄牙7大奇蹟”之一的景點。



Setubal
塞圖巴爾

A real highlight day starting with embarkation on a sailing catamaran to spot the indigenous Sado Dolphins.

學生會登上船隻，親身探索及見到當地的Sado海豚。



Lisbon
里斯本

Sightseeing to oceanarium, the pasteis de Belem bakery and the Belem tower with some free time as well.

觀光到海洋水族館，有名的糕餅店和貝倫塔，學生還會得到一些自由時間。