

UNITED LISBON

SUMMER CAMP



SUMMER CAMP 2023
UNITED LISBON INTERNATIONAL SCHOOL



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SUMMER CAMP ACROBATIC GYMNASTICS



AGES

Group 3-5

PRICE 600€ per student*

DURATION

3rd - 14th July
From 9AM - 5PM

Field Trip on Wednesdays

*5% discount for ULIS students and 5% discount for enrollment of additional family members. These discounts are not cumulative.

ACROBATIC GYMNASTICS

Gymnasts work in partnership, forming female, male or mixed pairs, female groups (3 gymnasts) and male groups (4 gymnasts). They perform Balance exercises (static elements of strength and flexibility) Dynamic exercises (jumps, pirouettes, flips) and Combined (balance and dynamic elements) always choreographed with musical accompaniment.

The result is an harmonious combination of difficulty, technical and artistic execution that amazes judges and the audience. Training Acrobatic Gymnastics requires discipline, confidence, teamwork, coordination and body language.

The classes from the age of 3 follow a philosophy of Fun, Physical Fitness, Fundamentals, Friendship. They consist of games and challenges, development of physical skills, patterns of gymnastics movement and beginning of group work, taking alternate positions of Top and Base.

ABOUT ADCPN



Associação Desportiva Parque das Nações - ADCPN was founded in 2017. Since its Foundation it has won several titles in acrobatic gymnastics, at all levels of competition. From which stand out several titles of national Champions, having this course culminated with the conquest of four medals in the European championship, in September 2021 in Italy.

Partner teacher Mariana Vieira has a degree in Physical Education from the Faculty of Human Motricity. Grade III coach of Acrobatic Gymnastics for the Portuguese Gymnastics Federation, she has been a coach for the National Team since 2005 and a trainer for the National Plan of Coaches since 2013. Mariana was also an acrobatic gymnast between 1990-2004, having won several titles in both national and international competitions.

SUMMER CAMP DANCE

**AGES**

Groups 3-5

PRICE 600€ per student*

DURATION

3rd - 14th July
From 9AM - 5PM

Field Trip on Wednesdays

*5% discount for ULIS students and 5% discount for enrollment of additional family members. These discounts are not cumulative.

DANCE

Dance is a tool that allows children to grow up happier, working on their energy and innate curiosity from an early age. Starting with plays and activities that appeal to rhythmic movement, dance stimulates brain activity and develops body expression. Over time, this process of individual discovery gives way to collective knowledge, with the social side being highly valued during pre-adolescence and adolescence years.

The classes are carefully thought-out, and all the work is developed according to each age group, with the objective of acquiring dance skills that will increase the learner's confidence and help to develop autonomy in the studio as well as on stage.

ABOUT JAZZY DANCE STUDIOS



Founded in 2011, Jazzy Dance Studios is today one of the most influential dance school in our country, with schools in Lisbon and Porto.

With some of the best and most experienced teachers, Jazzy created a class program capable of working the creative, artistic, emotional and social aspects, through a plurality of styles designed for each age group: Creative Dance, Contemporary, Pop Dance, Ballet.

SUMMER CAMP SWIMMING



AGES

Groups 3-5 and 6-12

PRICE 600€ per student*

DURATION

3rd - 14th July
From 9AM - 5PM

Field Trip on Wednesdays

*5% discount for ULIS students and 5% discount for enrollment of additional family members. These discounts are not cumulative.

SWIMMING

In Swimming, children learn through observation and socialisation to develop autonomy in water. The stimulus received in lessons contribute to a good physical, mental and emotional development, preparing children for a more complex cognitive reasoning.

At United Lisbon International School's Summer Camp, swimming will be carried out according to a model of "Recreational Play". This is an adjustable and versatile method in which adaptation to the aquatic environment (for beginners) and elementary learning is developed in a playful and recreational perspective, working very well for small or medium sized groups.

This activity takes place in the swimming pool of Sporting Clube de Portugal. Student transportation is included in the activity price.

ABOUT SPORTING CLUBE DE PORTUGAL



The swimming section of Sporting Clube de Portugal (SCP) was created in May 1921. The SCP Water Games is an activity developed by the Club, adjusted to the ages and level of adaptation to the aquatic environment of children and young people, developed in a playful and recreational perspective.

The teachers: Vítor Joaquim Celestino Aldeias, swimming teacher at Sporting since 2006 and with a vast experience in teaching swimming to children. Andreia Catarina Silva Martins, Sporting swimming teacher since 2005, with a vast experience in teaching swimming to children.

SUMMER CAMP DRAMA



AGES

Groups 6-8 and 9-12

PRICE 700€ per student*

DURATION

3rd - 14th July
From 9AM - 5PM

Field Trip on Wednesdays

*5% discount for ULIS students and 5% discount for enrollment of additional family members. These discounts are not cumulative.

DRAMA

In this two-week workshop, students will be experimenting with theater in its fundamental state: as a game we play. The first week will be centered on the bases of communication, the body, and the voice. They'll experiment speaking with the body and how to move with the voice. In the second week, through a theater play, they'll build their dramaturgy and prepare a show or scene constructed and thought of not only as actors and actresses but also as scenographers, stylists, and directors of their play.

THE TEACHERS



Nuno Pinheiro

Graduated in Acting from Escola Superior de Teatro de Cinema and with a Master in Community Theatre from the same school, Mr. Pinheiro has been working as an actor since 2008 in theatre, cinema, and TV projects. Parallel to his acting life, he's also a teacher since 2013, teaching at schools, cultural centers as well as in a university.

As an actor he's represented by "Lobo Mau Produções" Agency
<https://www.lobomau-producoes.pt/actores/nuno-pinheiro>

Carolina Araújo Salles

It's a Portuguese actress. She graduated from the Actor Training Course at the Escola Superior de Teatro e Cinema. Ms. Salles starts working with the company Primeiros Sintomas in 2012, with the show "Salomé". This was followed by "The Portrait of Dorian Gray", "Cyrano de Bergerac" (2013-2014), "Pinocchio" (2016) and has never stopped. Besides Theater, she also does Television (movies, soap operas and series). She also voices many characters from video games, foreign series and dubbed animated films (Portuguese version): Harry Potter (Luna Lovegood), Barbie movies (Barbie's friends), Finding Nemo (the Perola), Despicable me (Margo), etc.



SUMMER CAMP ART LAB



AGES

Groups 3-5 and 6-12

PRICE 750€ per student*

DURATION

3rd - 14th July
From 9AM - 5PM

Field Trip on Wednesdays

*5% discount for ULIS students and 5% discount for enrollment of additional family members. These discounts are not cumulative.

ART LAB

In this space FREEDOM reigns!

Here the children can let their creativity and imagination flow: in an installation prepared to be transformed by them, an area of lights and shadows, a table with a giant toy to paint, several areas inspired by well-known artists that will invite all to create art, many tables full of projects and the Pollock area, where gesture commands art and the stains that remain on their clothes will be those that will mark each soul with happy memories!

ABOUT RITA ROVISCO

Rita's journey through Art begins, unintentionally, in a house full of art books, where she was a babysitter. Rita slowly began to feel a strong connection with the works, the artists and the environment that influenced them, knowing the influence that the Plastic Arts have on the development of the Human Being, she decided to attend the Masters in Artistic Education at ESELx, to take Artistic Education to children and the whole school community, in a conscious and congruent way with the needs of childhood: to explore and play.



SUMMER CAMP ROLLER SKATING



AGES

Groups 6-12

PRICE 600€ per student*

DURATION

3th - 14th July
From 9AM - 5PM

*5% discount for ULIS students and 5% discount for enrollment of additional family members. These discounts are not cumulative.

Field Trip on Wednesdays

ROLLER SKATING

The main benefits of Roller Skating is the increase of resistance and muscular strength, the development of agility, balance, reaction capacity and motor coordination. In addition to these physical benefits, roller skating strengthens the self-esteem and self-confidence of children and young people, with the first approaches, the acquisition of static and dynamic balance and the correct placement of supports.

Roller Skating also favors the development of skills that can prepare children and young people for mastering other disciplines such as snow skiing, water skiing, windsurfing and others where balance is present.



ABOUT SPORTING CLUBE DE PORTUGAL



Sporting C. P.'s skating section is one of the most historic, with more national and international titles.

Among Sporting's team in this modality is Ms. Mariana Mateus who comes to ULIS to teach our students to roller skate. At the age of 4 Ms. Mateus started practicing Artistic Skating, then quickly moved to a competitive context and later to the high-competition National Team. Besides the international participations, she was eight times national champion and ten times district champion.



SUMMER CAMP FENCING



AGES

Groups 6-12

PRICE 600€ per student*

DURATION

3rd - 14th July
From 9AM - 5PM

Field Trip on Wednesdays

*5% discount for ULIS students and 5% discount for enrollment of additional family members. These discounts are not cumulative.

FENCING

Fencing is an elegant modern sport practiced by people around the world since the Middle Ages. It's a physical and tactical challenge, a combat sport between two athletes using weapons called foil, epee, and saber. It is one of the fastest and most elegant Olympic sports. An opposition sport that strives for respect and cordiality towards the opponent. The manipulation of a fencing weapon gives the student great responsibility and self-control. Fencing is an innovative, pedagogically rich sport that performs a cross-cutting and interdisciplinary work, contributing to greater reaction speed, more flexibility, development of general and specific coordination and favouring lateralization.

THE TEACHER

Ana Cabral

Ms. Ana Cabral holds a degree in Physical Education from the Faculty of Human Motricity. Master of Fencing at the 3 Weapons by the Italian Academy of Masters of Arms of Naples.

Ana was a high-competition fencing athlete between 1995 and 2010 and was an Athlete of the Olympic Project - Athens 2004, participant in the European and World Fencing Championships representing the National Team, medaled in National and International Championships. She is a Coach of Fencing - Grade II, having been coach, among others of the Athletes of the Olympic Hopes Project of Portugal and Trainer in Training Actions for Teachers and Coaches.



SUMMER CAMP

ART LITTLE STORIES



AGES

Groups 6-12

PRICE 700€ per student*

DURATION

3rd - 14th July
From 9AM - 5PM

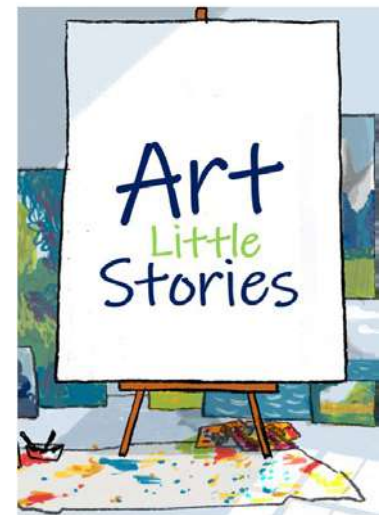
Field Trip on Wednesdays

*5% discount for ULIS students and 5% discount for enrollment of additional family members. These discounts are not cumulative.

ART LITTLE STORIES

In this Summer Camp, this project will develop creativity through exploring different art themes, which the team like to call, “little stories”, and artistic projects, using different materials and techniques.

This year, we are inviting Chelsea Fuss to join us for a special morning workshop on “Nature and Art” and Eleanor McKeown for an amazing photography activity with the cyanotype technique, using different leaves. Let’s create a relaxed, fun and stimulating space for creation, where the child will work individually, as well as in group projects.



ABOUT ART LITTLE STORIES PROJECT

They are an educational project that has a method and values aligned with “Projecto Darte”, through which the team were certified. The sessions are guided by two Facilitators using various tools, and objectives: Creativity as a vehicle for finding solutions, critical thinking skills, positive communication, practical dynamics, and group sharing. They work with young people, from 6 to 12 years old, and aim to develop their artistic learning, creativity, curiosity, self-confidence, as well as their social skills.

SUMMER CAMP THE INVENTORS



AGES 6-12

PRICE 750€ per student*

DURATION

3rd - 14th July
From 9AM - 5PM

Field Trip on Wednesdays

*5% discount for ULIS students and 5% discount for enrollment of additional family members. These discounts are not cumulative.

THE INVENTORS

An educational, fun, and absolutely unforgettable experience where young inventors can explore various areas such as physics, mechanics, electronics, and the arts through different materials and techniques.

Embarking on this adventure becomes even more exciting when inventors bring their creations home and continue their journey into the world of inventions.

Discover the activities and come travel the world of engineering, arts, and creativity with us.

The skill The INVENTORS help to develop:

Logical Thinking and Problem Solving

Critical and Creative Thinking

Passion, Dedication, Curiosity and Confidence

Written and Oral Communication

Group Work, Autonomy and Learning to Learn

ABOUT THE INVENTORS



The Inventors is a Portuguese company dedicated to the development of activities in the areas of Engineering, Arts and Creativity. It has already collaborated with more than 200 schools in Portugal and the United Kingdom and has more than 2700 students per week in its extracurricular classes. They're are one of the main laboratories for educational activities at European level.

SUMMER CAMP 2D DIGITAL ANIMATION



AGES 12+

PRICE 750€ per student*

DURATION

3rd - 14th July
From 9AM - 5PM

Field Trip on Wednesdays

Digital drawing device
included

*5% discount for ULIS students and 5% discount for enrollment of additional family members. These discounts are not cumulative.

2D DIGITAL ANIMATION

The Introduction to 2D Digital Animation course is designed for aspiring digital artists who wish to gain the essential skills in developing 2D animation. In the delivery of this course, Krita is the preferred free open-source software used by many professionals to create 2D animation, therefore we are confident that Krita will provide students with all the necessary tools they require to start their journey into 2D digital animation. Students will have access to Krita long after the summer school to continue developing their skills in 2D animation.

The Introduction to 2D Digital Animation course will be presented over eight days and consists of four key components:

- Krita Software and Drawing Tablet
- Character Design
- Color Theory
- 2D Animation

ABOUT THE ANIMATION SCHOOL



The Animation School is South Africa's leading provider of higher education in the field of animation. The Animation School consistently produces award-winning graduates who are employed by top companies globally. Our dynamic team of teachers are committed to promoting student success by offering a high quality, vocationally oriented learning experience that integrates technology and innovative teaching methods, learning and assessment practices. They prepare graduates with animation production skills so that artists go on to secure employment in the entertainment industries worldwide in areas including; animated feature films production, series animation, animated shorts, visual effects production, games development and any other industries that require computer generated images, VFX or animation. Currently The Animation School is ranked 11th worldwide and offers the best animation education in Africa and is currently establishing facilities here in Lisbon, Portugal.

SUMMER CAMP

COURSE COMPONENTS

KRITA SOFTWARE AND DRAWING TABLET

The students will be introduced to Krita, learning basic navigation and the tools of the software. They will simultaneously develop skills on how to draw digitally, utilizing their Wacom Intuos drawing devices. Through the guidance of the instructor, the students will also learn how to perform different tasks such as creating a scene, customizing brushes, understanding color, working in layers and animating within a timeline. These technical tools will be covered through a series of practical exercises to allow the students to become familiar with the software and comfortable drawing digitally.

CHARACTER DESIGN

This component of the course will introduce the students to the world of character design. The students will learn how to design their own characters by learning the fundamentals of designing an appealing character that will also be used in an animation. A series of practical exercises will be conducted for the students to successfully explore and absorb knowledge on creating appealing characters.

COLOR THEORY

Color Theory will play an important role in this course. The students will be introduced to characteristics of color which include light and color, color schemes, temperatures and color psychology. These topics will develop the students' understanding and build a solid foundation in applying the use and manipulation of color to influence character and environment designs.

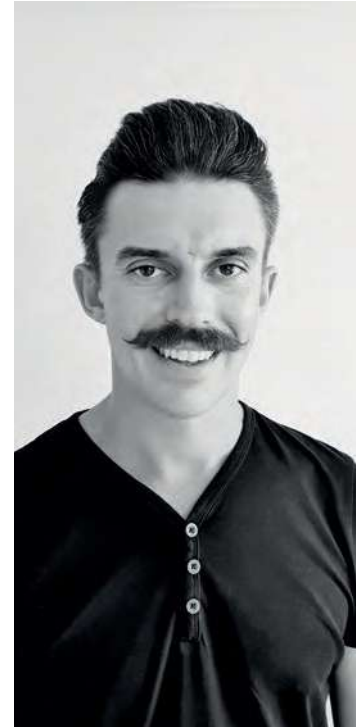
2D ANIMATION

The animation component will introduce the students to the 12 principles of animation and how each principle can be used in order to create believable and appealing animation. Additionally, the students will learn the basics of how we see animation and how we use frames to create the illusion of movement. Students will be exposed to different types of animation and workflows before diving into practical exercises that will develop the fundamentals of animating frame by frame. This will be the part of the course where the students will create their animated greeting card, utilizing all of their newfound knowledge from all of the key components of the introductory course.

THE INSTRUCTOR

NICK WELCH is a South African animator who completed a Diploma in Digital Animation at The Animation School and a postgraduate degree with a Bachelor of Arts specializing in Interaction Design at CTCA. He has dominated the South African animation industry with over 10 years industry experience with a focus on 2D and 3D digital animation. Nick has contributed to both local and international studios, producing work for international brands such as Disney Junior UK, Nickelodeon, Cookie Jar and Mike Scott Animation. These include kids TV series like “Florrie’s Dragons” (animator), “Caillou” (background artist and animator), “Nick Jr - Noggin” (animator). He also produced “Beatboxing Dave - The Forbidden Dance” (project manager, storyboard artist, animator) which was featured at the Cape Town International Animation Festival (CTIAF) in 2018.

Nick decided to share his industry experience with students and joined The Animation School in 2012, today he heads up the first year academic programme with a team of lecturers and students. Nick’s students produce some of the best work in the country and go on to win top prizes in both local and international awards. Sharing his passion and inspiring young artists is what drives Nick to be in education, he has delivered animation classes globally and strives to keep educating through this amazing medium called animation.



All students will need a digital drawing device to take the course. It’s provided by us, it’s included in the price and each student can keep it in the end.



SUMMER CAMP EXTERNAL PROGRAMS



SUMMER CAMP CAMPO AVENTURA



AGES 6-18

PRICE 485€ per student
Includes: Accommodation +
Food + Activities + Insurance
**Transportation to the site: not
included**

DURATION

7 days
(from among the months: July,
August, September)

Subject to availability

CAMPO AVENTURA - WWW.CAMPOAVENTURA.PT

With a single and innovative concept in Europe, Campo Aventura brings together LEARN & FUN, in a back-to-basics model.

It's increasingly important to have experiences that allow the younger ones to have contact with nature, so that their overall motor skills are stimulated. A space of entertainment, but also a space for learning in the area of sustainability: a negative ecological footprint and a zero waste program. The camps take place during the summer months: July, August & September for a 7-day period. The programs are designed according to the respective age groups 6-9, 10-12, 13-15 and 16-18 years and each age group is accompanied by a specialized and dedicated team.

During the period they are in the camp, participants will carry out our modules: Built, Energy, Land, Food & Aqua, and at the same time lots of different activities: slide, climbing, canoeing, High Ropes.

ABOUT CAMPO AVENTURA

Campo Aventura[®] 
For Tomorrow 

Location: Olho Marinho - Óbidos
EN - How to reach us - Campo Aventura

Meet the Founders: Ana & Luís Reis
EN - Who we are - Campo Aventura



SUMMER CAMP SURF CLINIC



AGES 6-18

PRICE

225€* per student / week
70€ per student / day
(from among the months: July
and August)
Includes: Surfboard + Surf suit +
Activities + Insurance

Transport available
ULIS - Beach - ULIS
70€ / WEEK
15€ / DAY

*5% discount for second and additional siblings and extra
10% discount on the 2nd week

SURF CLINIC - PRAIA DE CARCAVELOS | PRAIA DA PRINCESA

From Monday to Friday, or just for a few days, the surf clinics aim to teach surfing in a more intensified way. The weekly program includes 2 surf lessons a day, awareness-raising sessions on protecting the environment, the sea, the dunes and training on the analysis and assessment of sea conditions, as well as other water activities. Wave Point's Surf camp is committed to creating the best conditions to provide the best surfing experience, with a certified team that excels in the availability of top equipment in privileged locations.

In this experience, students will:

- Be familiarized with the material; Adapt to the aquatic environment; Have knowledge of safety and rule in the sea; Do the take-off; Catch waves with and without coach help; Cut the waves for left and right.

What student's need to bring:

- Bathing suit; Slippers; Towel; Sunscreen; Hat; Lunch / snacks; Water.

ABOUT THE WAVE POINT

THE PORTUGUESE SURF EXPERIENCE



Wave Point cherishes the value of learning, community, and nature conservation. They encourage personal challenge and achievement, as well as the promotion of physical and mental well-being. Wave Point has certified level I and II coaches, which enables them to plan and teach surfing to adults and children.

The manager of the school is Marcelino Barros, AKA Bizuka. He found his passion for surfing more than 30 years ago. He began competing in 1994, was regional champion for under-14 under-16 and under-18 during the 90's, and represented the Portuguese national team in European competitions. Majored in Early Childhood Education and Psychology in High Competition Sports, he has developed several projects with surf schools, and is currently Vice President of surfing in the Angolan Federation of Nautical Sports.

SUMMER CAMP

UK Program - InvestIN Ambition Beyond Education - InvestIN Education

SBC - Summer Boarding Courses

InvestIN Ambition Beyond Education - InvestIN Education

AGES 12-14 and 15-18

PRICE

Upon request

DURATION

Up to 15 days this summer

Subject to availability

SBC - Summer Boarding Courses

AGES 6-17

PRICE

Upon request

DURATION

According to the activity

Subject to availability



United Lisbon International School is a member of the Dukes Education family, sharing a common set of values, vision, and purpose to work together in our commitment to helping students maximize their potential.

In this vacation break students will have the opportunity to join Dukes member Summer Camps in UK and at a discounted rate.

Please read the attached messages in the e-mail and see the programs and conditions. If you decide to apply for this type of program, the InvestIN / SBC teams will be delighted to provide you with all the information and arrangements to enroll your child(ren).

ULIS Summer Camp 2023 Guidelines

Included:

-Enrollment on ULIS Summer Camp for 2 weeks: the activity/course chosen, afternoon activities, transport to activities, 2 Field Trips, Meal Plan, T-shirt and Cap, School Insurance.

- Access to the outside ULIS programs: Surf Clinic, Campo Aventura, InvestIN, SBC. These programs are self-planned, managed by the entities that promote them.

Schedule:

2 weeks: 3rd - 14th July 2023 | Monday to Friday | 9:00 am to 5:00 pm. Mandatory registration for the two weeks. Subject to availability.

The Activities/Courses will take place during the morning between 9 am and 12 pm.

In the afternoons, between 2 pm and 5 pm there will be playful activities.

On Wednesday, all the participants will leave the school for Field Trips.

Outside ULIS Activities: the programs for Surf Clinic, Campo Aventura, InvestIN and SBC are the responsibility of the partners that promote them, each one has its own structure.

Location:

All morning Activities/Courses except for Swimming and Art Lab take place at ULIS.

Wednesdays are Field Trip Day outside of school. The Field Trip will be all day and at distances not exceeding 150 km.

Outside ULIS Activities:

Campo Aventura: Óbidos

Surf Clinic: Praia de Carcavelos - Lisbon or Praia da Princesa - Costa da Caparica

InvestIN and SBC: UK Boarding Programs

Participants per activity:

Age groups: 3 - 5 / 6- 11 / 12+

Each activity is targeted at a specific age group (or more than one) and must have a minimum number of students enrolled to open. Our Summer Camp is not exclusive to ULIS students.

Registrations are guaranteed on a first come, first served basis.

Primary language of Summer Camp - Communication / Teaching: English



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