

# La Espuela

## summer camp



### INFORMATION Start of Camp

**2026**



# What is La Espuela?

La Espuela is [Liceo Europeo's](#) summer camp for children aged 6 to 13, **from June 28 to July 26**.

## Enrollment options:

- **First fortnight (non-divisible)**
- **Three weeks**
- **Full month**
- **Third or fourth week individually**

A summer in the **Sierra de Ávila** full of adventure: sports, outdoor activities, and experiences adapted to each age group.

Learn, play, and discover as if traveling to another world... just a few kilometers from Madrid!

## activities

Get ready to enjoy **activities such as:** geocaching, orienteering races, hiking, rope park, diverging bridge, paddle surfing, canoeing, archery, football, basketball, hockey, table tennis, badminton, tennis, volleyball, spikeball, swimming, aquagym, cross training, mini golf, baseball, ultimate frisbee, buggies, paintball, arts and crafts, traditional games, themed nights, bivouac, the house game...



\*Activities subject to availability and weather conditions..

# Dates

**From June 28 to July 26.**

Families who prefer may take their children directly to the camp and pick them up from the same location.

## Included in the trip

- Full board (breakfast, lunch, afternoon snack, and dinner)
- Accommodation in cabins
- Children are accompanied at all times by school teachers and camp counselors
- Accident and Civil Liability insurance
- Nursing service at the camp
- Mandatory before departure: Social Security health card (can be submitted to the school office in the weeks prior to departure)



## Daily activities

- Sports activities: tennis, volleyball, spikeball, paintball, bubble football, horse riding (once per week), geocaching, hiking, archery
- Multi-adventure activities: zip line, climbing, Tibetan bridge...
- Leisure activities: themed nights, gymkhanas, traditional games, the house game, etc.

### Accommodation

Cabins with all the comforts.

Grouped by age and gender.



# Equestrian module

During the La Espuela camp, **families can optionally add a full equestrian program** focused on direct contact with horses and nature.

Participants will not only learn to ride but also **how to bond with the animal, gain confidence, develop responsibility, and enjoy an activity that combines sport, balance, and trust.**

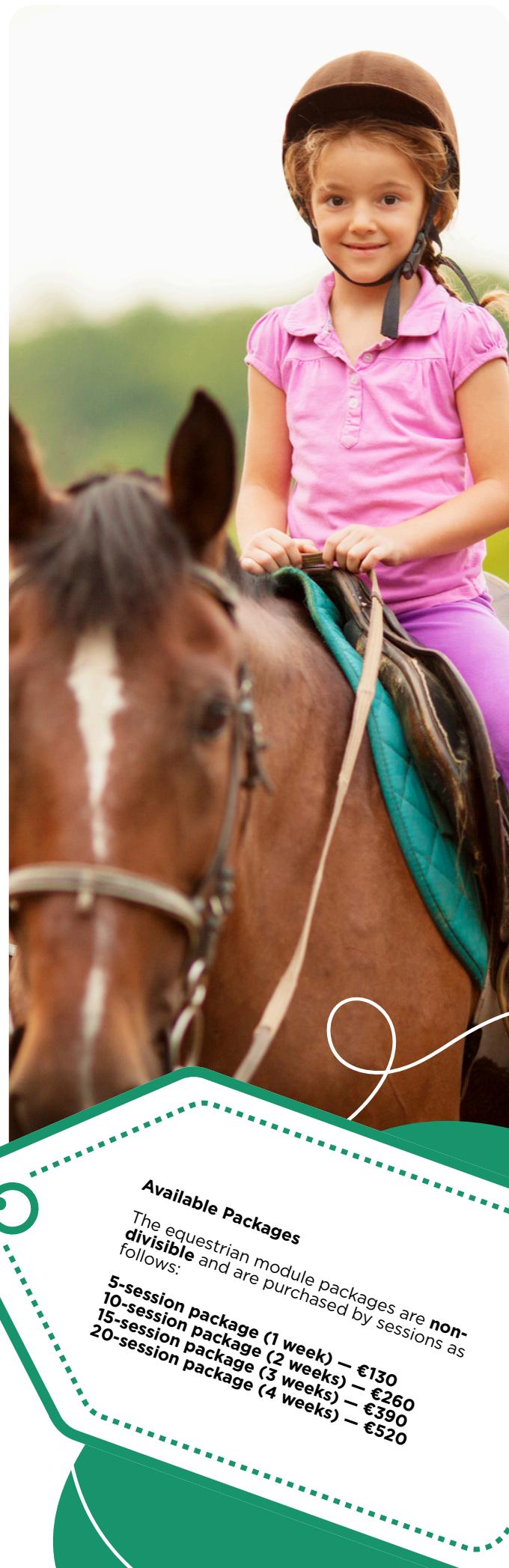
The sessions are designed **for all levels**, from beginners to students with prior experience, and take place in a **safe environment, guided by specialized instructors** who accompany participants at all times.

👉 It is recommended to wear **comfortable, durable clothing** (long sports pants or similar).

## What does the module include?

- ✓ Practical riding lessons adapted to the student's level
- ✓ Learning to saddle, care for, and handle the horse
- ✓ Full equipment included (helmet and boots)
- ✓ Continuous supervision by camp instructors
- ✓ Accident insurance
- ✓ Progressive organization of sessions throughout the stay

\*The equestrian module involves an additional cost.



### Available Packages

The equestrian module packages are **non-divisible** and are purchased by sessions as follows:

5-session package (1 week) – €130
10-session package (2 weeks) – €260
15-session package (3 weeks) – €390
20-session package (4 weeks) – €520



# Meals

- **Breakfast**

Milk/Cola-Cao  
Juice  
Cereals  
Cookies  
Toast  
Jam  
Fruit

- **Lunch and Dinner**

Cafeteria-style menu.

- **Afternoon Snack**

Fruit  
Juice  
Snack



## Sample menu | weekly

### Lunches

**MONDAY** Pasta with tomato, Spanish omelette with salad, and fruit

**TUESDAY** Stewed lentils, beef patties with fries, and dairy

**WEDNESDAY** Rice with tomato, fried eggs with potatoes, and fruit

**THURSDAY** Macaroni with tomato, chicken breast with salad, and dairy

**FRIDAY** Stewed beans, lamb stew with potatoes, and fruit

### Dinners

**MONDAY** Country-style salad, breaded ham & cheese (sanjacobo) with fries, and dairy

**TUESDAY** Alphabet soup, breaded sole with salad, and fruit

**WEDNESDAY** Gazpacho and lasagna with salad, and dairy

**THURSDAY** Fish soup, sausages with fries, and fruit

**FRIDAY** Pasta salad, croquettes with salad, and dairy

# Typical Daily Schedule

09:30	Breakfast and cabin tidying
11:00	Sports activities
12:15	Multi-adventure activities
13:30	Lunch
14:15	Free time
15:30	Workshops
17:00	Swimming
18:00	Afternoon Snack
18:30	The House Game
20:00	Showers
20:45	Assambly
21:00	Dinner
22:00	Night activity

## Chaperones and Call Days

Students will be accompanied at all times by several teachers and camp counselors who will be present daily during classes, excursions, and activities, and will maintain constant contact with families.

In the weeks leading up to the camp, the designated days for making calls to family members will be communicated.

\* Camp coverage is limited.

Contact with accompanying teachers:  
**Víctor M. +34 663 78 14 83**



## What to Pack?

\*Clothing should be comfortable and labeled with the child's name.



- T-shirts for each day
- 2 extra white cotton T-shirts (for tie-dye in creative workshops)
- Shorts and long sweatpants
- A lightweight long-sleeve T-shirt
- A thick sweater or fleece
- Raincoat
- Underwear and socks for each day
- 2 swimsuits (a one-piece swimsuit is recommended over a bikini)
- 1 pool towel
- 2 pajamas
- Bag for dirty clothes
- 2 pairs of sports shoes
- Pool sandals and other sturdy shoes suitable for water activities
- Sunscreen and lip protection
- Hat or cap
- Small backpack for the pool
- Bath towel and toiletries
- Sleeping bag
- Water bottle and flashlight



## Can They Bring Electronic Devices?

Children cannot bring gaming consoles or any other electronic devices or valuables. Students may bring a mobile phone to communicate with their families, which will be kept by the camp counselors.

## How much money should they bring?

The counselors will monitor the money each child brings and spends, as well as their mobile phones. It is recommended not to bring more than €30 for 15 days (no more than €15 for 7 days).

## Family Visits

Family visits to the camp, even if well-intentioned, disrupt the natural flow of activities and the group dynamics.

For any administrative matters, the Liceo Europeo office remains open during July from 8:00 a.m. to 6:00 p.m.

In case of emergency, a telephone emergency service will be available in Madrid.



# Communications During the Trip

Daily **WhatsApp** messages will be sent to inform families about the day's activities. Families enrolled in the La Espuela camp will be included in a **WhatsApp broadcast list managed by Liceo Europeo** (in compliance with GDPR regulations). To receive notifications, they will need to add a number, which we will provide shortly, to their contacts.

In case of any concerns, please contact [privacidad@liceo-europeo.edu.es](mailto:privacidad@liceo-europeo.edu.es).

In the days prior to the camp, a test message will be sent; if it is not received, please contact the school office.

## SOCIAL MEDIA

Updated information will be provided through social media:

[Instagram](#)  
[Facebook](#)  
[Youtube](#)  
[TikTok](#)

Additionally, a folder of images will be updated daily, which we will share shortly before the camp, containing photos of the participants.



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Let's  
have a  
*great  
summer!*