



fundación  
miguelcaballero

## “Regions of Europe with sport”

**First international summer camp**

### **DESCRIPTION:**

The summer camp “Regions of Europe with sport” will be the first of many others ending in the creation of the high performance center (Regions of Europe with sport) for practicing of all kind of mountain sports. The Cambron’s mountain is a cultural reference for its ancestral customs, for its characteristic architecture, for its role throughout the history with great cultural heritage difficult to find in other sites. For many reasons this area is a unique place to leave outdoor and also to get closer to its streets its people and its amazing landscapes. A few meters away you can find the Natural Park of “Sierra Espuña”(<http://www.murcianatural.carm.es/web/guest>) which offers the best of spectacular scenery, where you can see a small villages built at the foot of its mountain and its own life, an encounter with the typical animals that inhabit it and its typical vegetation colors.

## WHO CAN PARTICIPATE:

People of both sexes between 18 and 25 years old.

If stakeholders have some physical problems (diabetic, celiac, disabled and others) should be informed beforehand.

**Clothing:** footwear, sportswear, overalls, work gloves, bedclothes, swimsuit, towels.

**Camping equipment:** tent, backpack and sleeping bag / mat.

**Useful tool:** smartphone, laptop, tablet.

## IMPORTANT:

All participants will need to have a **European Health Insurance Card**.

All participants will volunteer status and they are covered by voluntary insurance of Miguel Caballero Foundation ( you can find our policy in the following: [www.fundacionmiguelcaballero.org](http://www.fundacionmiguelcaballero.org)).

## ACCOMMODATION:

The participants will stay in the village of Zarzadilla Totana -Lorca (<http://www.lorca.es/>) a few Km of Murcia in the North -West of Spain, they will overnight in Hostels, rural houses, tents or others sites, according to the activities of the camp. The camp also features a team, ready to develop our programs, teaching our values and satisfying the basic needs of all participants, our team will look after and care the communication between the people, the health, the learning, the safety, the xperimentación and especially not forgetting that we take care of people and always making an effort to integrate all the participants and cover their emotional and personal needs during their stay. We offer a full program of activities: nature, culture, adventure, tourism, animation, spots, learning and all this will be completely opened by proposals of the participants, both in relation to the activities and in relation to the distribution of the time and the specific objectives.

**OUR FACILITIES:** Farmhouse, Municipal Pavilion, rural house, football field.

**ACTIVITIES:**

Every day we will have a meeting with the participants sharing functions, methods and activities: hiking, cleaning and recovery paths, organization of some days of hiking with the neighboring populations, archery in nature, rehabilitation of spaces for the organization of cultural and sporting events, collaboration in farming tasks, organic garden, swimming pool, pick up season fruits (almonds) visits to farming and livestock facilities, care and maintenance of horses and their facilities, cooperation with other entities in organizing sports events such as: cycling, hiking, trail running, archery, orienteering and other. Cultural visits to the nearby cities: Lorca, Caravaca de la Cruz -Holy City ( <http://www.caravaca.org/>) and the coast of Aguilas beach (<http://www.ayuntamientodeaguilas.org/>) (40 minutes of distance from the hamlet).

Also we will impart classes of Spanish language to involve the participants with the surrounding and, in this way, they will be able to collaborate with us in drafting reports for the conservation and valorisation of recovery project of the area and further they will participate in the social networking for the dissemination and promotion of the first International summer camp of the Miguel Caballero Foundation. They also will implement other activities to promote the Foundation and its goals such as the participation in the work of the kitchen under the tutelage of professional cooks (all volunteers will participate in a rotative turns for the preparation of a meal) the menus will consist of typical local dishes of the Mediterranean cuisine such as: typical paella of rabbit, chicken, fish, stews, roasts, soups, pastas, meats, fruits and vegetables from the garden of Murcia (seasonal). Besides they will cooperate in the

preparation of the typical pork sausages of the area such as: morcón sausages, imperial sausages, spicy sausages, patés etc..

They will carry out other kind of activities such as the reforestation (oak, chestnut, walnut, acacia, olive etc..) task of forest nursery as seeds selection, workshops food processing, preparation of jams, biscuits, pizzas etc.. craft-work with esparto grass; stargazing, walking under the moon, night games and mountain activities in general. As artistic workshops they will implement and learn stagings, dramatization, theater, gym, dances, parties, songs and much more!

### **ZARZADILLA DE TOTANA VILLAGE**

Zarzadilla de Totana is a small hamlet within the districts of Lorca (city of the sun) a few Km of the Autonomous Community of Murcia, situated at South-West of Spain. Zarzadilla de Totana is populated of 400 inhabitants, more or less, and is located at the foot of the Cambron's mountain with an amazing landscape with flora and other species such as almond, olive, oak, fig trees, poplars, ferns (up to 40 different varieties of trees ),you can find also rosemary, thyme, marjoram, chamomile, fennel, arnica etc.. furthermore you can see a precious source of water that comes directly from the mountain, the old laundry where people still hand wash, you can appreciate the centenary olive trees, inner tracks for the movement of vehicles, trails etc....

**THE INSTANCE INCLUDES:** Accommodation full pension (breakfast, lunch, snack and dinner). Elected activities under the proposed in the general program. The team of monitors throughout the period of stay.ç

**BOOKING TERMS:** To confirm a reservation you must make a donation on behalf of the Miguel Caballero Foundation Look the policy in the following: [www.fundacionmiguelcaballero.org](http://www.fundacionmiguelcaballero.org)

**METHOD FOR BOOKING:** when entering the money in the account the concept has to be: **donation for participating in summer camp called "Regions of Europe with sport" created by Fundación Miguel Caballero and attach jpeg file with a photo ( as passport photo).**

MODEL N° 1	Donation of 300€	15 days of instance
MODEL N° 2	Donation of 500€	1 month of instance
MODEL N° 3	Donation of 900€	2 months of instance

**Booking Account of** Miguel Caballero Foundation to account number: IBAN: ES85 0133 -1713-0342 0000 1247 **Bank: La Caixa**

**IMPORTANT:** Specify well, at the time to deposit money in the account, all your personal data necessary to complete the document that certifying your donation. Then you have to finalize your booking with a confirmation email to [fundacionmiguelcaballero@gmail.com](mailto:fundacionmiguelcaballero@gmail.com) with a copy of bank statement and income. Please report which is the date (ex: from 15 of july to 15 of August etc..) and mode of participation ( ex: model n°1, n°2 etc..) and the Subject of the Email: **reservation summer camp 2014 Regions of Europe with sport.** Upon receiving the confirmation email the organization will contact with the participants.

**Time limit for registration:** On 15 of July or until complete places.

**Duration of the camp:** From 15 July to 15 September 2014.

**In case of suspension of the summer camp:**

By the Organization will be returned entirely the donation if requested by the donor.

## **¡TAKE PART!**

**Besides enjoy yourself you'll be part of a unique experience and in starting up of this great project!!!**

**We are waiting for you with open arms.**

### **CONTACT:**

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