

PORTUGAL
EQUESTRIAN

The complete equestrian experience ®



EQUESTRIAN CAMP

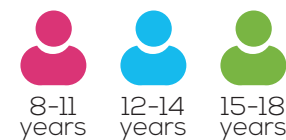
A LIFETIME EXPERIENCE

EQUESTRIAN CAMP

INTERNATIONAL EQUESTRIAN CAMP

2 weeks

8 to 18 years old



CAS WEEK

1 week

10 to 18 years old



INTERNATIONAL EQUESTRIAN CAMP

Equestrian

Horse Care

Grooming
Equipment
Preparation

Lessons

Show Jumping
Dressage
Combined

Leisure & Education

Trail Rides
Workshops
Paint my Horse

Therapy

Trail Rides
Workshops
Paint my Horse

Other Activities

Sport

Fencing
Archery
Golf
Canoeing
Surf

Recreation

Paintball
Team Building
Treasure Hunt
Hiking
Traditional Games

Night

Camp Fire
Night Games
Karaoke
Fashion Design
Disco



Key Feelings

- friendship
- experience

- communication
- adaptation

- team work
- happiness

RIDING SKILLS - Level that describes your riding

Level 1 Beginner

No experience, only the desire to learn and the promise to enjoy!

Level 2 Novice

You have had some lessons and will be competent at walk, trot and canter within an arena. You will also have had some hacking experience.

Level 3 Intermediate

You might own or have owned your own horse, maybe done some local competitions. You will be capable of riding your horse in the company of other horses. You will have the ability to ride confidently in walk, trot, canter and jump small obstacles.

Level 4 Experience Intermediate

You probably have your own horse or are riding several times a week. You have competed or hunted. You have experience and can control a horse confidently at all paces.

Level 5 Advanced

You have had many years working with horses, riding on a daily basis or competing at National or International level. If you selected Experienced, in which discipline you choose the Riding Clinics: Show jumping / Dressage / Combined.



NOTE: Each equestrian level is certified with a final exam

RIDING OBJECTIVES & CERTIFICATION METHODS

Level 1 Beginner

Vaulting
Movements: walk, trot and canter
Main Objectives: balance, connection to movement, mobility exercises, rider position and seat.
Certification Method: Practical vaulting

Level 2 Novice

Autonomous saddle examination / Movements: walk, trot and canter
Main Objectives: Free walk (across diagonal or loop), working trot (sitting, rising, circle, changing hand across the diagonal, stretch circle), working canter (circles, transitions to trot on diagonal).
Certification Method: Simplified Dressage Course + Horse Care

Level 3 Intermediate

Pre-competitive skills
Main Objectives: Basic theoretical knowledge, preparation of the horse for training, dressage and show jumping course.
Certification Method: Theoretical Test + Horse Care + Dressage P1 + Jumping: 50cm

Level 4 Experience Intermediate

Competitive skills
Main Objectives: Technical theoretical knowledge, preparation of the horse for competition, performance in dressage and jumping course.
Certification Method: Theoretical Test + Horse Care + Dressage P3 + Jumping: 1.00m

Level 5 Advanced

Competitive skills - 2
Main Objectives: In-depth theoretical knowledge, horse management for competition, performance in dressage and jumping course.
Certification Method: Theoretical Test + Horse Care + Dressage E1 + Jumping: 1.10m

NOTE: Each Equestrian level is certified by a final exam (optional - If the rider is able to perform it).
The equestrian course format is planned to achieve the objectives of each equestrian level.
Riding helmet and all horse equipment is included.

INTERNATIONAL EQUESTRIAN CAMP SCHEDULE

First Week

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--------|-------------------------------|-------------------------|-----------------|--------------------------------|-----------------------|------------------------------|--|
| 09.30h | Pick Up Airport | Horse Grooming | Horse Equipment | Preparing Horses: Mane to Tail | Horse Riding | Horse Trail Along the River | Workshop: The Horse as sport, rehabilitation, tourism and education |
| 11.00h | | Horse Riding | Horse Riding | Horse Riding | | | |
| 12.30h | | | | | | | |
| 14.30h | Pick Up Airport | Paintball | Fencing | Golf | Canoeing or Boat Trip | Portuguese Traditional Games | Hiking |
| 16.00h | Introduction to the programme | Treasure Hunt | Archery | Hiking | Surf or Kite Surf | Jumping Special Contest | Free Time |
| Night | Camp Fire | Mechanical Bull Contest | Free Time | Karaoke | Camping Out | Disco | Night Games |

Second Week

| | DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 |
|--------|-------------------------|---------------------------------|--|--------------------------------------|--|--------------------|
| 09.30h | Cultural Visit to Porto | How to run an Equestrian Center | Workshop: Horse Legacy to Civilization (history, art, military, transport, agriculture, languages, monetary system) | Therapy Session: A social experience | Horse Riding | Horse Forest Trail |
| 11.00h | | Horse Riding | | Horse Riding | | |
| 12.30h | | | | | | |
| 14.30h | | Painting my Horse | Fencing | Bike Trail | Certification Exam of Equestrian Level Closing Ceremony | Drop Off Airport |
| 16.00h | | Team Building Team Games | Archery | Hiking | | |
| Night | Free Time | Night Games | Free Time | Camp Fire | Camp Meeting | |

FACILITIES



HORSE CENTER & INDUSTRY

- Indoor Arena
- Outdoor Arena
- Horse Stables
- Automatic Horse Walker
- Circular Ring
- Offices
- Residential area

REABILITATION ACADEMY

- Manipulation rooms
- Veterinary Clinic
- Horse Treadmill
- Therapy track
- Treatment zone
- Padocks Pasture

HIGH PERFORMANCE CENTER

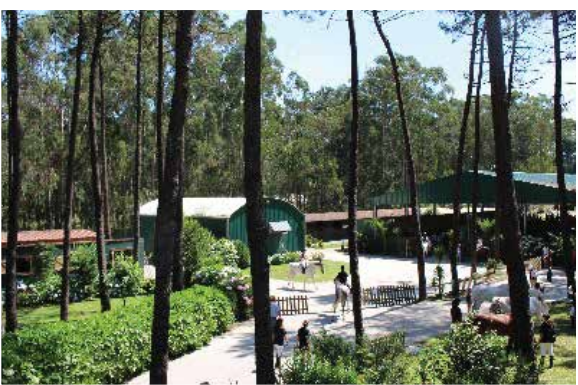
- Warm Up Arena
- Outdoor Stadium Complex
- Discipline Courses
- Removable Horse Stables zone
- Technical Room Conference
- Media Center
- Restaurant
- Parking & Heli Park

TOURISM & LEISURE

- Bar & Restaurant
- Circuits for Horse and Carriage Rides
- Recreation Areas
- Exhibitors
- Equestrian shop
- Museum







CAS stands for:

C = Creativity (the arts, learning new skills, creating projects and activities)

A = Activity (physical activity, breaking a sweat (not just because it's hot!))

S = Service (doing something for others that they cannot do for themselves, cannot access or cannot afford)

Why have a CAS Week?

The Equestrian Camp recognize the pressure that students are under to complete all that is required of them in the rigorous International Baccalaureate Diploma Programme. We create the opportunity to try something new and challenging in a concentrated time period.

CAS must...

be challenging

be meaningful

involve personal goal-setting and reflection

not be repetitive, passive or simple



PREPARING A BETTER FUTURE

CAS APPROACH

DECIDE

COMMIT

SUCCEED

Performance

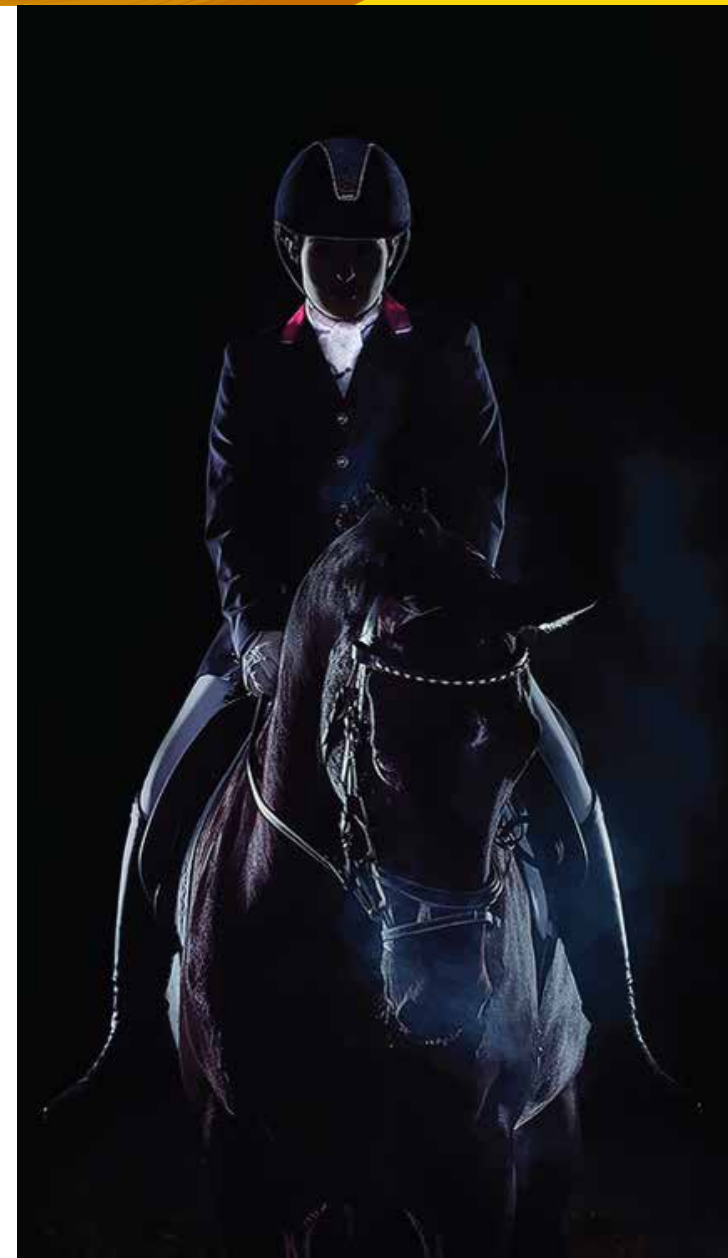
Achieving goals with high-end performance coaches
We share this mindset to create commitment for any success.

The Fundamentals

During the 7 sessions we create a commitment to act instead of known how to act. Within these three hours interactive horse activities we will use a current “problem” for every student that will reflect the behavior of decision-making to act on it for the whole group.

Mindset for Success

It will be introduced to skills of mindset. They are not soft or hard skills, but a foundation on which all other skills are built. They are vital for individual and business performance. Leadership will be the determining factor that will make or break the future of an enterprise, but also the future of a person’s life.



5 STEPS OF CAS WEEK

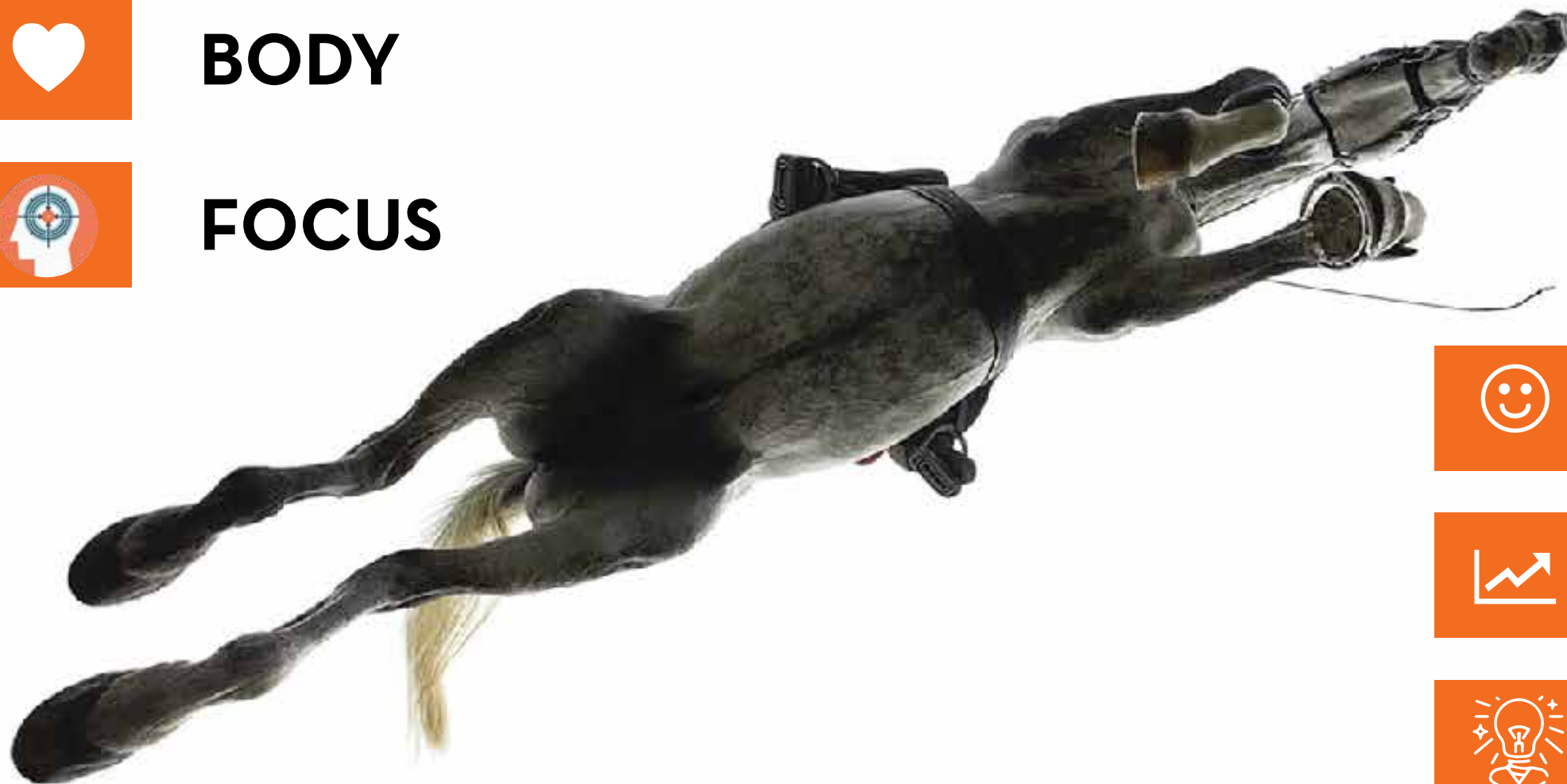
STEP 1 IDENTIFY STEP 2 ANALYZE STEP 3 INSPIRE STEP 4 FACILITATE STEP 5 ACCELERATE = RESULT



BODY



FOCUS



BEING



LEARNING



CREATING

CAS Week Themes

Equine Assisted Therapy: participate in therapy sessions in order to raise social awareness and provide the students with skills, objectives and tasks aiming towards a better understanding of disadvantaged groups.

Horse Life Style: Care, Groom, Prepare and Work the horses for several purposes such as sport, therapy, education and tourism.

Horseback Riding: a lifetime experience from beginners to advanced riders.

CAS Week General Information:

Creativity, Activity and Service are an integral part of the Educational Programme and of life at School. It is expected that students will be involved in approximately three to four hours of CAS each day during one week.

Please note that every effort is made to offer a variety of meaningful CAS activities around the 3 themes, and issues relating to safety and costs are taken into consideration.

This promises to be an enriching experience for the students and we look forward to seeing them challenge themselves in a variety of settings.



EQUESTRIAN CAMP COACHES

SENIOR COACHES



Bruno Barros

National Team Athlete
Master in Sports Science
Equestrian Coach & Rider
Youth Olympic Games National Team Coach



João Barros

8 National Titles as Coach
+100 International Competitions
Equestrian Coach & Rider



Sílvia Teixeira

Professional Rider
+200 International Competitions
Former Brazilian Army



António Carneiro

2 Times National Champion
2 Nations Cup
+200 International Competitions
Equestrian Coach & Rider

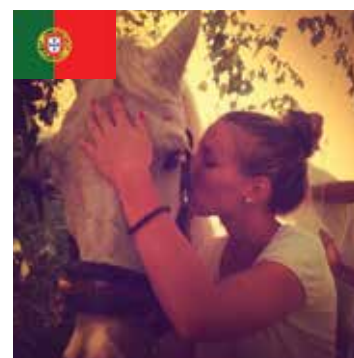
COACHES



Margarida Silva



Catarina Barnstorf



Noémia Monteiro



Mia Skrede



David Ferreira



Anna Lindberg



Ricardo Pina

ACCOMMODATION FACILITES



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