



Adventure in Nature

At “El Ambroz Valley” Camp (Hervás)

1-4 October 2019

Sponsored by Parents' Association AMPA “Enrique Ginestal”



My Name: My English Teacher's Name:

Programme of Activities

1 October		
8.30	Depart from school gate	
10.00	Visit to Monfragüe National Park	
14.30	Lunch on the way to Cáparra site (<u>picnic to be brought from home</u>)*	
16.00	Visit to Roman Cáparra archeological site	
17.30	Visit to Hervás. Jewish quarter.	
19.00	Arrival at the camp. Monitors' introduction and facilities instructions. Accommodation in the cabins.	
20.00	Shower and prepare for dinner.	
21.00	Dinner.	
22.30	Evening camp-fire activities.	
23.45	Mobile-phone collection.	
0.00	Silence and sleep.	
2 October		
9.00	Wake up and get dressed.	
9.30	Breakfast.	
10.00	Maintenance.	
10.30	Trail to "La Chorrera" (waterfall) and "Charcas Verdes".	
14.30	Lunch.	
15.30	Free time and rest.	
16.30	Multiadventure activities. Group 1: Rock climbing wall. Group 2: Zip-line. Group 3: Archery. Group 4: Tibetan bridge.	
18.00	Kiosk.	
18.30	Multiadventure activities. Group 1: Abseiling. Group 2: Rock climbing wall. Group 3: Zip-line. Group 4: Archery.	
20.00	Shower and prepare for dinner.	
21.00	Dinner.	
22.30	Evening camp fire activities.	
23.45	Mobile-phone collection.	

0.00	Silence and sleep.	
3 October		
9.00	Wake up and get dressed.	
9.30	Breakfast.	
10.00	Maintenance .	
10.30	Multiadventure activities. Group 1: Free rappelling. Group 2: Abseiling. Group 3: Rock climbing wall. Group 4: Zip-line. Multiadventure activities. Group 1: Tibetan bridge. Group 2: Free rappelling. Group 3: Abseiling. Group 4: Rock climbing wall.	
14.30	Lunch.	
15.30	Free time and rest.	
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18.00	Kiosk.	
18.30	Multiadventure activities. Group 1: Zip-line. Group 2: Archery. Group 3: Tibetan bridge. Group 4: Free rappelling.	
20.00	Shower and prepare for dinner.	
21.00	Dinner.	
22.30	Evening camp-fire activities.	
23.45	Mobile-phone collection.	
0.00	Silence and sleep.	

4 October		
8.00	Wake up and get dressed.	
8.30	Breakfast.	
10.00	Visit to Granadilla and kayaking at “Gabriel y Galán” reservoir.	
15.00	Lunch. Picnic provided by the camp. Depart for Talavera.	

**The lunch for the first day, 1 October, will not be provided by the camp, so every student must carry a mid-morning snack, a full lunch picnic, including some fruit, and enough water for the day.*

What will I need?

Health card (tarjeta sanitaria)

ID card

sleeping bag

rubber mat

bath towel

swimming towel

walking shoes/boots

sunblock lotion

cap

torch

swimming garments

toiletries

flip flops

insect repellent

3 sets of comfortable clothes and a

sweatshirt

raincoat

water bottle

sugary treats

biscuits

medicines (if necessary)

SUMMER CAMP VOCABULARY

SUMMER CLOTHES AND EQUIPMENT

backpack — mochila

binoculars - prismáticos

canteen **or** water bottle – cantimplora,
botella de agua

compass – brújula

first-aid kit – botiquín

flash light — linterna
(USA). torch —
linterna (UK)

flip-flops - chanclas



goggles — gafas de natación o de bucear

hiking boots — botas para caminar

penknife - navaja

sunglasses — gafas de sol

swimsuit, swimming costume, bathing
suit— bañador

swimming trunks — bañador de hombre

sleeping bag — saco de dormir

thermos (flask) - termo



SUMMER CAMP ACTIVITIES

Activities

abseil or rappel – hacer rápel

abseiling or rappelling – rápel

archery – tiro con arco

backpacking — viajar con mochila

bird-watching — observar a los pájaros

canoeing — montar en canoa



do arts and crafts activities — realizar
actividades de artesanía

go on an outing — salir de excursión

hiking — marcha, caminar

hit the target – dar en la diana, dar en el
blanco, bull's eye –diana

rock climbing wall - rocódromo

rowing — remar

sailing – navegar

Tools and parts of the equipment

arrow – flecha

bow – arco

buckle – hebilla

carabiner – mosquetón

grip – asidero, agarradero

Tibetan bridge – puente tibetano

zip-line – tirolina

harness – arnés

oar – remo

paddle – pala de remar

rope – cuerda

**descender – descendedor (dispositivo
asegurador usado en escalada)**



SUMMER CAMP ANIMALS

ant - hormiga

bear — oso

bee — abeja

beetle – escarabajo

bug - insecto, sobre todo si es molesto

butterfly - mariposa

crayfish — cangrejo de río

deer – ciervo

eagle - águila

fly - mosca

frog — rana

insect — insecto

mosquito — mosquito

snake - serpiente

spider — araña

stork – cigüeña

tadpole – renacuajo

toad - sapo

vulture – buitre

wasp — avispa

worm – gusano



PERSONNEL AT THE CAMP

Camp Coordinator — Coordinador/a,

Camp Director — Director del campamento

camp monitor — monitor del campamento

lifeguard — socorrista

SUNBATHING

aftersun lotion — loción para después de
tomar el sol

get a tan - broncearse

sunbath - baño de sol

sunbathe - darse un baño al sol

sunscreen — bronceador con filtro solar

tan — bronceado

AT CAMP

bunk — litera

cabin — cabaña

camp —
campamento

campfire —
fogata, hoguera

camping ground
or camping site
— camping

evening campfire - velada nocturna

facilities - instalaciones

firewood - leña

forest — bosque



grass - hierba

hike — caminata, hacer una caminata

lake — lago

log cabin — cabaña hecha con troncos
de árboles

river - río

stream - arroyo

swimming pool - piscina

tent — tienda de campaña

the woods — el bosque (suele ser más
pequeño que forest)

trail - senda, sendero

AT MONFRAGÜE NATIONAL PARK

ash tree - fresno

beech - haya

battlements - almenas

castle - castillo

chestnut tree - castaño

cork tree - alcornoque

holm oak - encina

landscape - paisaje

oak - roble

**drawbridge - puente
levadizo**

pit - foso

place **or** spot - paraje

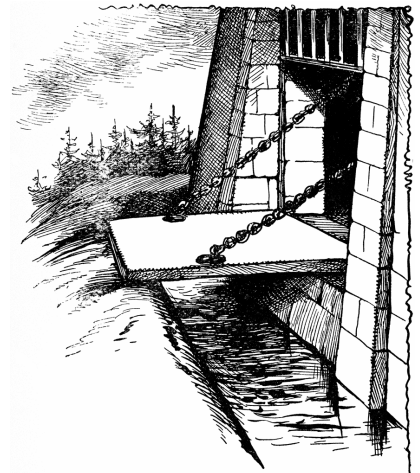
scrubland - matorral

turret - torreón

visitor center - centro
de interpretación

walnut tree - nogal

and words shown in the sections of
Summer camp animals and ***At camp***



ACTIVITY NOTEBOOK

Pay attention during the visits, answer the questions and complete the information:

AT MONFRAGÜE NATIONAL PARK

- **History and features**

- Where is the park located? In which region and province?
- How big is the park? How many hectares does it have?
- When was the park declared as a national biological reserve?
- What building is the most important feature of the park? Why?



- **Environmental education**

- What are the names of the two rivers that cross through the park?
- Which two birds are the most important in the park?
- What is the name of the most representative tree in the park?

- **Hiking Routes**

- What kind of sports can you practice when you visit the park?
- How many routes are there to visit the park?
- Have you liked the visit? Write what you like most about the park.

AT CÁPARRA ROMAN ARCHAEOLOGICAL SITE

1. This Roman village was considered a municipality after year.....

When the emperor..... gave the IUS LATII to most cities inside

2. The most remarkable object is the Arch, a monument devoted to
3. This element is in the central point of the Roman cities, where the crossing of D.....and the C..... , the two main streets
4. In Cáparra, the D..... is the main road from Hispalis (Seville) to Asturica (Astorga), known as the Vía de la
5. Close there was the F....., or main square, including a Basilica, and three T.....
6. To relax themselves, roman used the T....., similar to our nowadays SPAs
7. SPA comes from the latin words S..... P..... A.....
8. The city was fortified, with three to access
9. The place to have fun watching fighting shows was the A..... ,as seems two theatres together, one facing the other

AT THE JEWISH QUARTER

1. The specific name for the Jews living in Spain was as the word in Hebrew for Spain was
2. Most houses were made in style of building.
3. Streets names connected with the Jewish past:
4. The period of use by the Jewish population was from the
5. The expulsion of the Jews was in, when the Kings, &
6. These <new Christians> made their own group, the
7. In 1514, as some of them were supposed to continue practising their Jewish religion, some were even as the Inquisition was controlling them
8. But before this tragic event, there were attacks to these quarters, known as the most remarkable in
9. Symbols to remember this period are the, a 7 arms candle
10. Food prepared in accordance to the law is called

AT THE TRAIL TO “LAS CHORRERAS” AND “CHARCAS VERDES”

- What is the name of the river we are walking next to most of the hike?
- What is the name and the altitude of the highest peak we can watch during the whole route?
- What is the officially approved name of the trail?

ABOUT MY MULTIADVENTURE ACTIVITIES

1. What's the difference between an oar and a paddle?
2. Which activity did you find scarier?
3. Which activity did you like best? Why?
4. Which element is used to attach the rope and the descenders?
5. If your hands are sweaty while rock climbing, what should you use to get a better grip?

AT GRANADILLA VILLAGE AND THE RESERVOIR

1. What is the name of the reservoir?
.....
2. The person mentioned above was a teacher and a landowner. But he is well-known for being a
3. What year did the last inhabitants leave Granadilla?
.....
4. When was Granadilla declared a historic-artistic complex?
.....
5. Mention three important monuments of the village?
.....



Teacher's evaluation and comments:
