

	Molí de la Riera	Naturávila	IrriSarri Land
			
<b>Location</b>	Sant Pere de Torelló (Barcelona)	El Fresnillo (Ávila)	Igantzi (Navarra)
<b>Price</b>	€795	€795	€875
<b>Description</b>	Country house surrounded by forest and greenery next to the River Ges, ideal for enjoying nature and cooling off in summer.	Modern complex nestled in the heart of nature, just a few minutes from Ávila, with extensive leisure and activity facilities.	An old palace converted into an adventure park with spectacular views and all the facilities necessary for a unique experience.
<b>Facilities</b>	<ul style="list-style-type: none"> <li>• Swimming pool</li> <li>• Football pitch</li> <li>• Basketball court</li> <li>• Forest and hill area</li> <li>• Esplanade</li> <li>• River and shaded area</li> <li>• Indoor multipurpose rooms</li> </ul>	<ul style="list-style-type: none"> <li>• Workshops</li> <li>• Indoor multipurpose rooms</li> <li>• Sports centre</li> <li>• Play area</li> <li>• Private lake</li> <li>• Rock climbing</li> <li>• Swimming pool</li> </ul>	<ul style="list-style-type: none"> <li>• Outdoor play areas</li> <li>• Rock climbing</li> <li>• Water play area</li> <li>• Tibetan bridge</li> <li>• Zipline park</li> <li>• Canopy circuit</li> </ul>
<b>Arrivals:</b>	Sunday from 17:00 to 18:00	Sunday from 17:00 to 18:00	Sunday from 17:00 to 18:00
<b>Departures</b>	Saturday from 17:00 to 17:30	Saturday from 16:30 to 17:00	Saturday from 16:30 to 17:00



# Cool Off 2026 – Route 66

Activities..... 4

Frequently asked questions ..... 5

Medical protocol..... 6

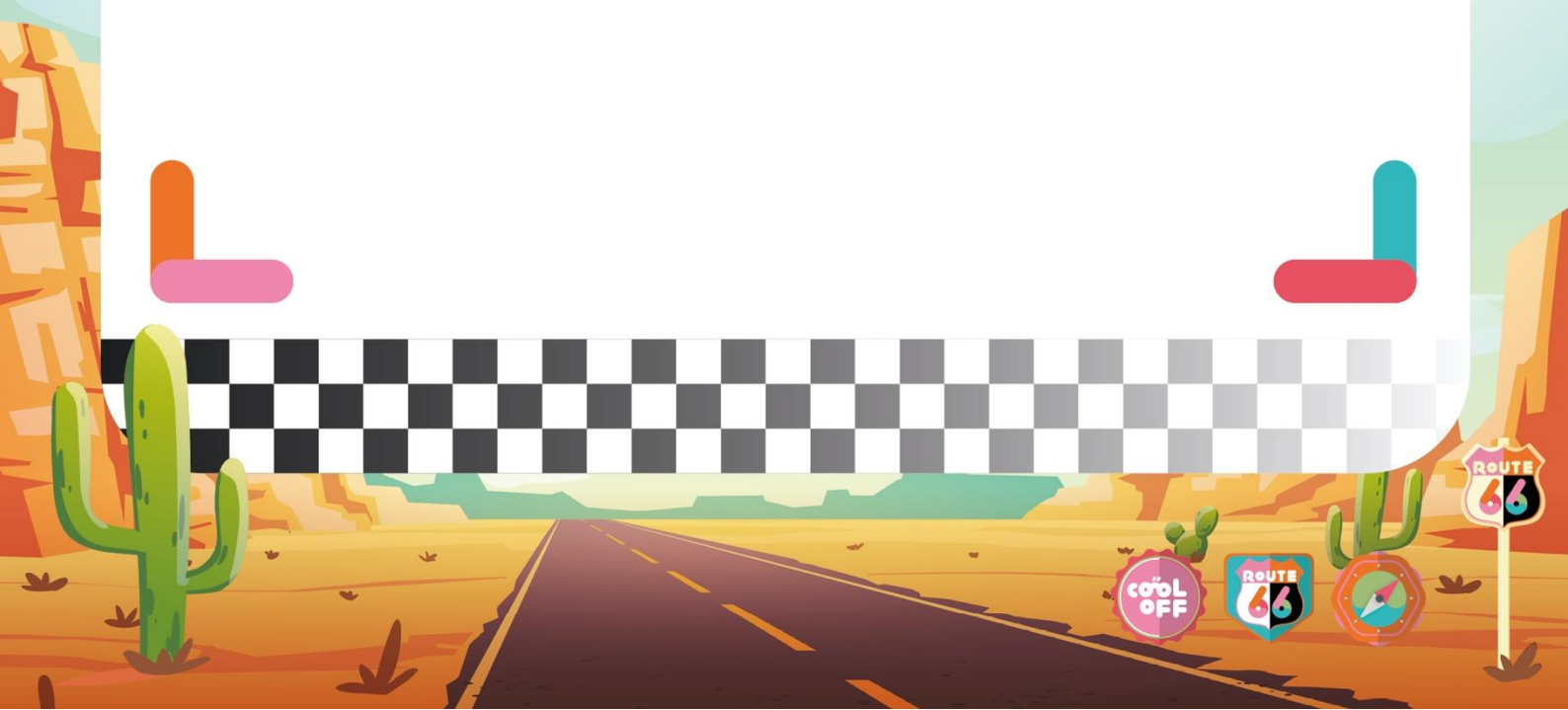
Communication protocol ..... 7

Adaptation issues ..... 9

Groups..... 9

Packing your rucksack.....10

Contact..... 12

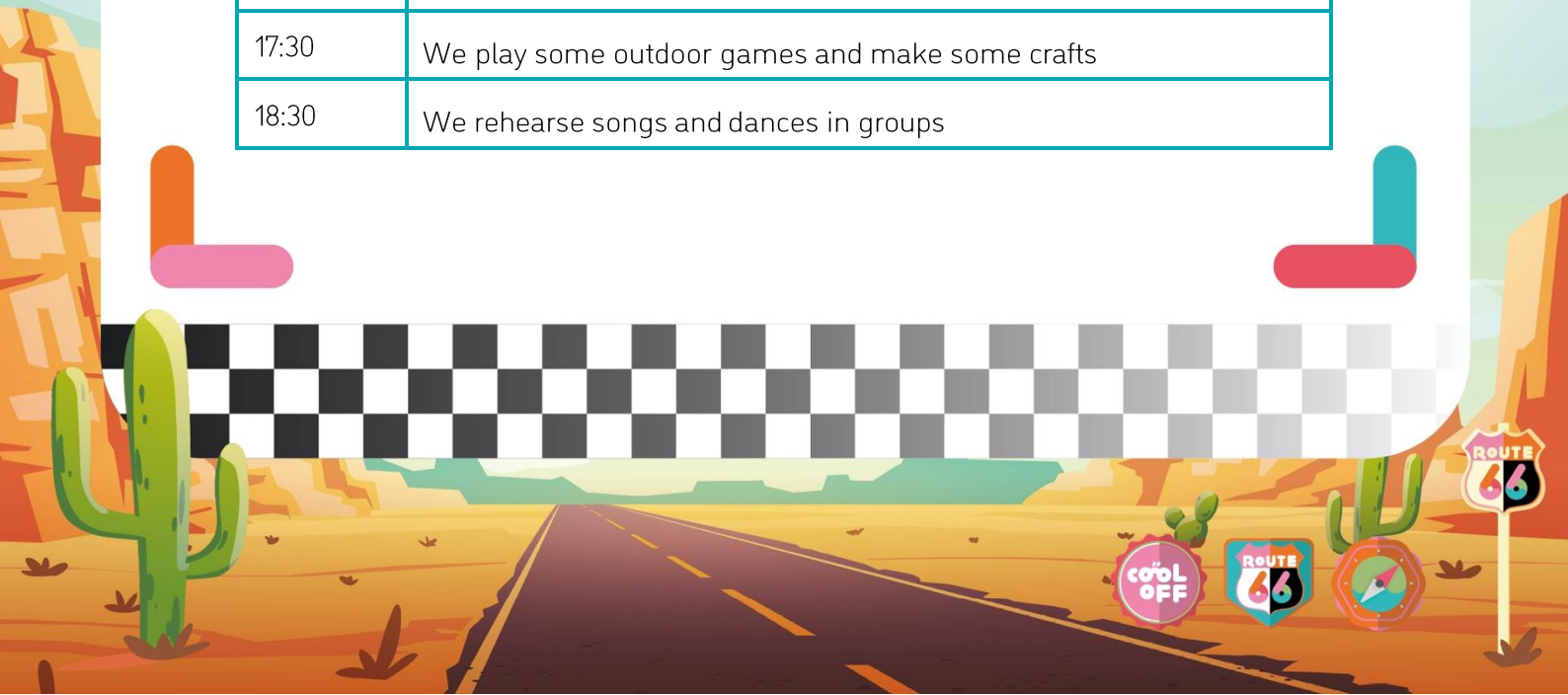


## Activities

During the Cool Off, we will carry out different activities linked to a theme. In addition, we will also carry out workshops, water games, night games, and activities to improve English...

This is what a normal day at the Cool Off looks like:

08:00	The <i>good morning</i> song is played, and we all get out of bed
08:15	We play a quick game to wake us up
08:30	We wash our faces and get dressed
08:45	We have breakfast
09:30	We tidy our bedrooms and carry out our daily tasks by playing a competitive game that we repeat throughout the week
10:00	Inside Out (we practise our vocabulary and grammar using the Travel Guides)
11:00	We play some outdoor games or go on a morning trip (duration: 2 hours)
12:00	Time for a dip in the pool!
13:00	We rehearse the song and dance we have prepared
13:30	We have lunch
14:30	Free time
16:00	We play some outdoor games and make some crafts
17:00	Snack time
17:30	We play some outdoor games and make some crafts
18:30	We rehearse songs and dances in groups





19:30	We get showered + free time
20:30	We have dinner
21:30	Staff Performance (theatre)
22:00	We play some nighttime games
22:30/23:00	Bedtime!

## Frequently asked questions

### What are the check-in and pick-up times?

Sunday is **arrival day** at the summer camps. The check-in time will be from 17:00 to 18:00. The check-in will be done in alphabetical order of the first surname of the participants.

- Surnames beginning with A-F: 17:00
- Surnames beginning with G-N: 17:20
- Surnames beginning with O-Z: 17:40

Saturday is departure day from the summer camps. Depending on the location, we will be waiting for you at the facilities between 16:30 and 17:30.

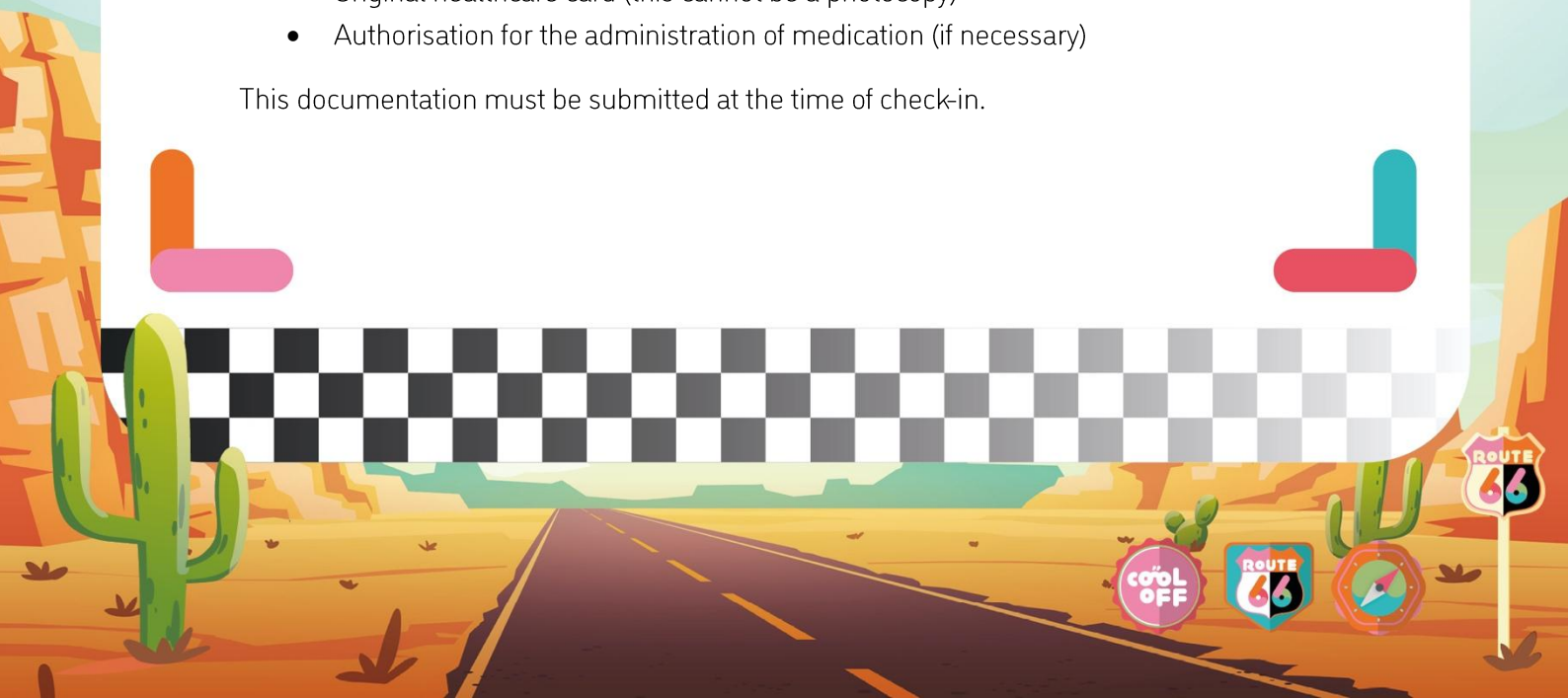
Families are responsible for bringing and collecting their children to and from the summer camp. We assign turns for the check-in to avoid unnecessary waiting time during the check-in process, but not for the departure, because... we are going to be having a farewell party!

### Do I need to bring any documentation with me on the first day of the summer camp?

Yes, on the first day, you must bring the following documents:

- Original healthcare card (this cannot be a photocopy)
- Authorisation for the administration of medication (if necessary)

This documentation must be submitted at the time of check-in.



### Will we be able to meet our child's camp leader?

After checking in your child, you can accompany them to the meeting point with their group. There you will meet their camp leader, and you can have a brief conversation with them - in English, of course!

The camp leaders are under express orders not to speak in any language other than English. If you have difficulty communicating in English and need to tell the camp leader something important, you can contact the summer camp management, who will pass on your comments to the camp leaders.

### How long can we stay at the lodge?

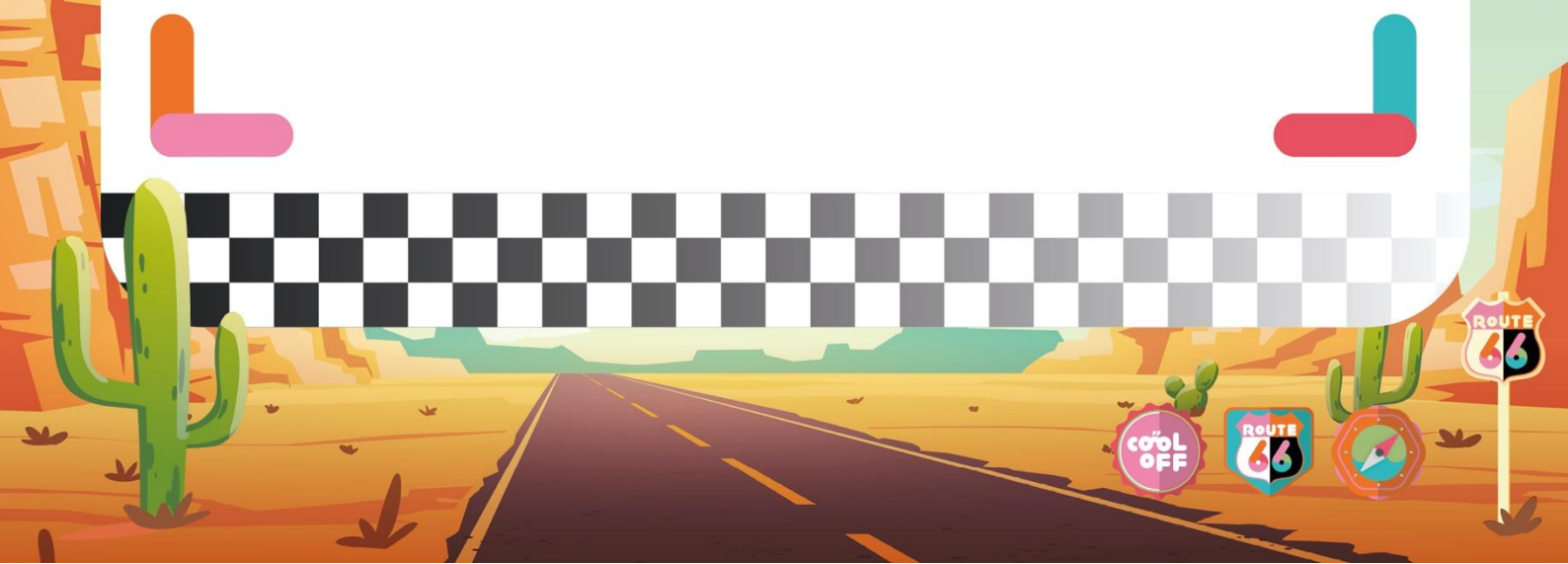
When you have handed in the documents and said goodbye to your child, you must go to the exit and leave the lodge. The best way to help the children adapt properly is a short and positive farewell so that they can immediately plunge into the atmosphere of the summer camps and start making new friends.

## Medical protocol

### If the participant needs to take any medication during the summer camps, what needs to be done?

During the registration process, we offered you the chance to fill in the authorisation to administer medication as part of the legal terms and conditions of participation in the Cool Off summer camps. If you were unable to send in these documents at the time, we will provide you with a copy of this authorisation for you to fill in when you do the check-in. On this sheet, you need to indicate the frequency of administration and the dosage of the medication, and it must be signed by the child's parent or legal guardian. The original medical prescription must also be enclosed.

On the first day of the summer camp, you can hand in the medication (labelled with the child's name) to management, who will take care of storing and dispensing it according to your instructions. Under no circumstances may participants keep medication in their rucksacks and bedrooms, for health and safety reasons.



### What is the procedure if a participant feels ill or gets sick at camp?

In such cases, we take the participant to the doctor and call their family to inform them of the situation.

We have medical centres within easy reach of all locations (between 10 and 20 minutes by car), as well as 24-hour hospitals for emergencies.

If a visit to the doctor is necessary, once they have been seen, we will inform you of what has been recommended and whether any medication has been prescribed.

### What the Cool Off team needs to be informed of

It is very important that the camp leaders and Cool Off management are informed about anything related to the day-to-day life of the participants (intolerances, allergies, habits, illnesses, social quirks, etc.). It is essential that you let us know if a participant cannot swim or does not yet feel confident swimming, so that we can take extra precautions and keep a closer eye on them.

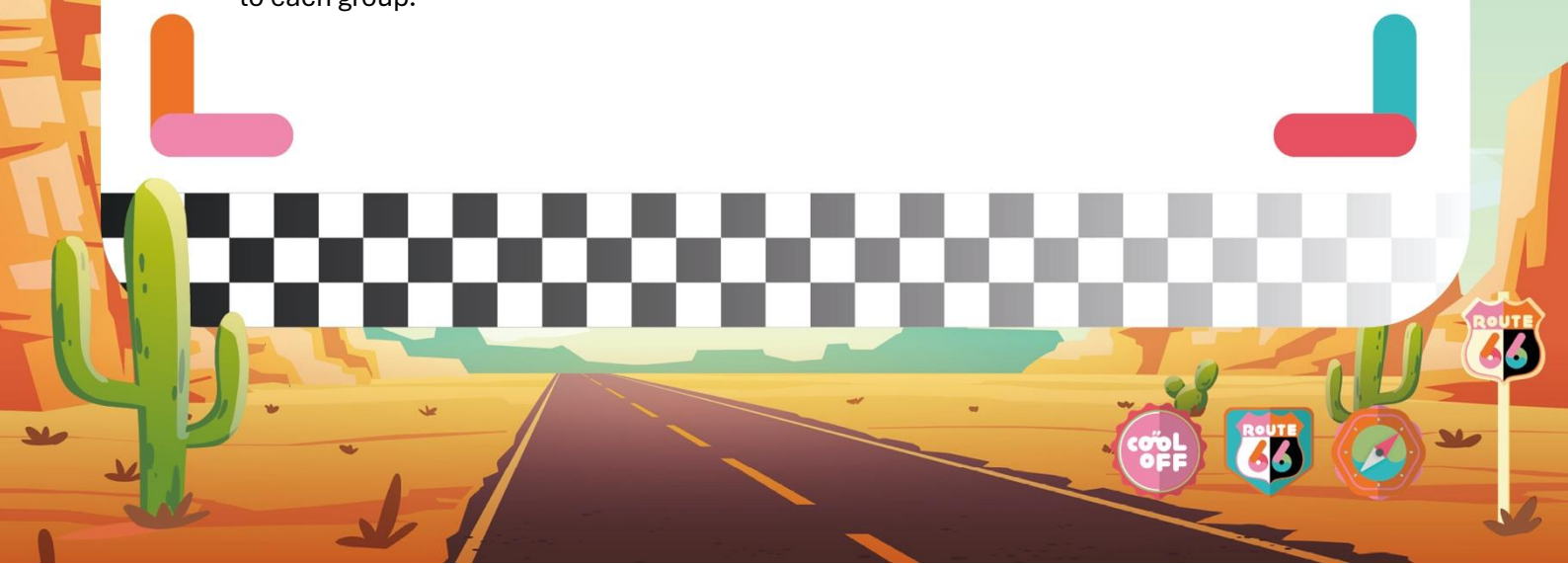
Families should mention these things when registering their child, or they can inform the school's management directly. This will allow the team and management to deal with the situation in a more personalised way, to take appropriate action and to react if necessary.

## Communication protocol

### Will we receive news about how the summer camps are going and how our children are doing?

**BLOG:** Every day, each group will spend some time posting on the Cool Off blog (private Telegram community). The management team will also upload updates. On this blog, you can see photos, videos and comments about the activities taking place at the house, as well as other information of interest.

At the end of the first day of camp, you will receive an email with a link to access the Telegram channel for your week. There, you can receive daily updates on how the camp is going in general, and you can read your children's messages in the channels dedicated to each group.



As users, you will be able to react to any of the posts that are uploaded, and you will be able to send your own messages via Telegram to the week's manager (channel administrator), specifying the participant's first and last name so that the messages can be sent to each of their camp leaders for easy reading during the day. At the end of the day, you will be notified via a new post, so you will know that your child has read it.

**EMAIL:** From that night onwards and every day, when all the children have gone to bed and the management has held the first follow-up meeting with the team of camp leaders, you will receive an email informing you of everything our children have done that day and a link to the private folder of photos and videos we have taken during the day.

**INSTAGRAM:** But that's not all! You can also see what our intrepid participants are up to in Instagram posts and stories, while you wait for your email of the day to arrive. Rest assured that if you did not authorise the use of images on social media, no photos or videos of your child will be published.

Follow us on Instagram! Our account is @cooloffbykidsandus

### Can we call the house?

If families wish to contact the camp, they may do so between 12:30 and 13:30 by calling the telephone number provided before the camps begin (the telephone number of the Cool Off manager).

Please note that if we are unable to answer your call at that time, it is because we are involved in an activity or dealing with a situation. We will make sure to call you back once we are available.

If for any reason you need to contact the house urgently, you can call that same telephone number 24 hours a day.

However, if you would like to know more about what your children are doing and how they are getting on, you can check out the camp blog. Similarly, if the management has something to ask you, they will contact you by text or audio message; if it is a more urgent query, they will call you.

### Will we be able to talk to our child on the phone?

Telephone communication between participants and families is not planned. We believe it is not that long a time and that telephone calls could in fact cause homesickness for the children





and distress for their families. Moreover, talking on the phone means they are not participating in the activity being carried out and they are interrupting the group dynamics.

## Adaptation issues

### What happens if a participant does not adapt to the summer camps?

The programme is designed so that all children can integrate and adapt to the group. In fact, in the first few days, there are several activities specifically dedicated to group cohesion. Some participants may find it more difficult to integrate than others, especially if it is their first time at a summer camp. This is completely normal. The camp leaders will monitor everything related to adaptation to these summer camps and will pass on their comments every night to management, who will assess the situation and use all the resources at their disposal to make all the children feel comfortable and at ease as soon as possible.

However, should, for some reason, any of the participants feel particularly homesick, the team will do everything possible to help them. And if, after a reasonable period of time, the situation does not improve, the team will contact the family to jointly assess the situation.

### Will there be someone who speaks Spanish?

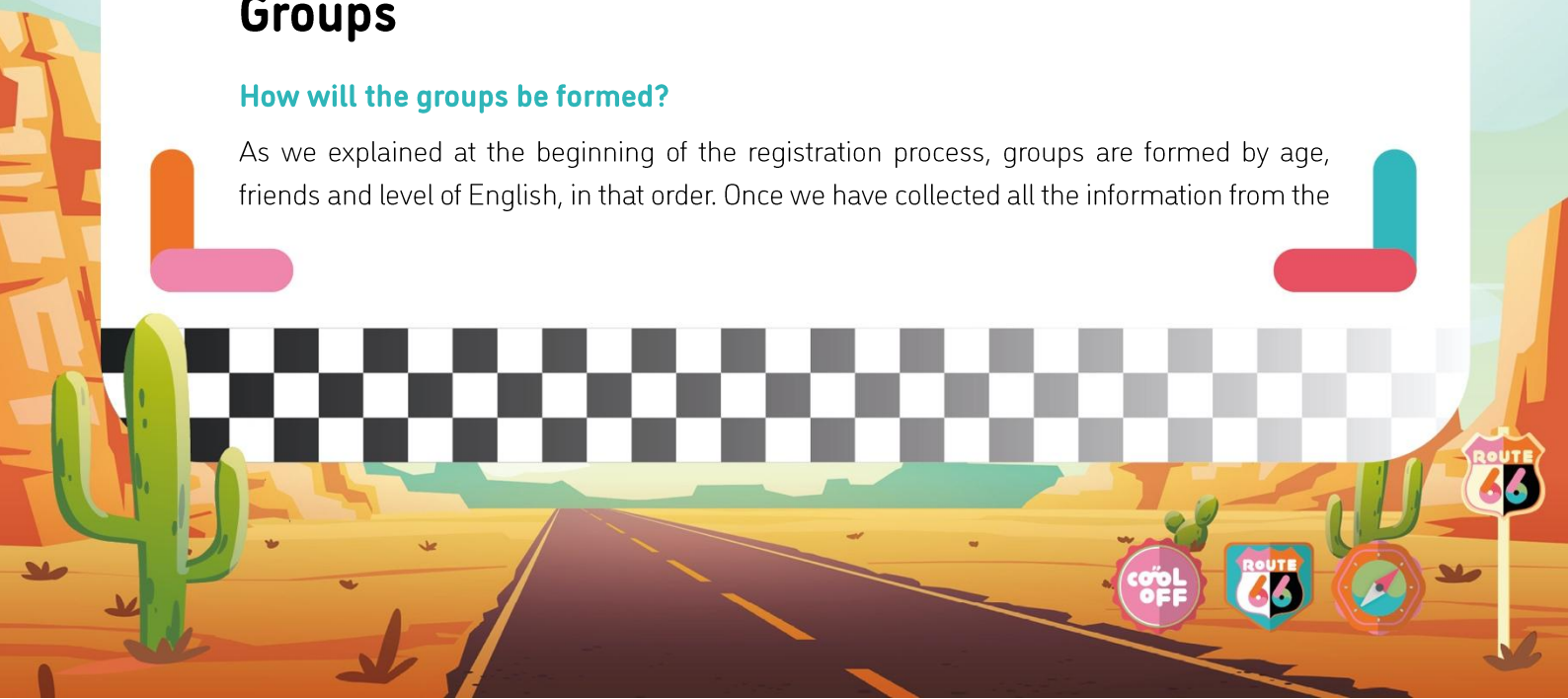
As mentioned above, the camp leaders can only speak English. In fact, the children should not know whether they understand or speak another language. Even so, they all have the necessary experience to guide the participants to express themselves as best they can according to their level. In addition, there will be a person you can contact who will be able to speak in Spanish if necessary: the manager.

This person will serve as an intermediary if the camp leaders need to inform the children about an important issue, as well as whenever they want to make sure that their instructions have been understood perfectly (safety or other vital issues).

## Groups

### How will the groups be formed?

As we explained at the beginning of the registration process, groups are formed by age, friends and level of English, in that order. Once we have collected all the information from the



participants who signed up for a specific week, we will review each registration to create balanced groups of up to 10 children. Each group will live together as a family, carrying out daily activities together, such as meals, games and excursions.

### **Will they be able to mix with other groups?**

Yes. Participants will be constantly sharing spaces and activities with the rest of the children from other groups. In fact, once the small groups of 10 participants have been created, they will be grouped to play the games with their group or their two closest groups in terms of age, with whom they can also meet up in the bedrooms, depending on their capacity. This will help to reinforce the team feeling that will be nurtured throughout the week.

In addition, at certain times of the day, they will be able to spend free time with all the children from the other groups participating in that week.

### **How are places in the bedroom allocated?**

The distribution in the bedrooms is made by age, by group and according to the number of places in each room, without differentiating between boys and girls. In the case of older groups, rooms will be divided between boys and girls.

When it is time to shower, all groups will be divided into boys and girls, and there will be a camp leader in the washroom area to ensure that there are no incidents.

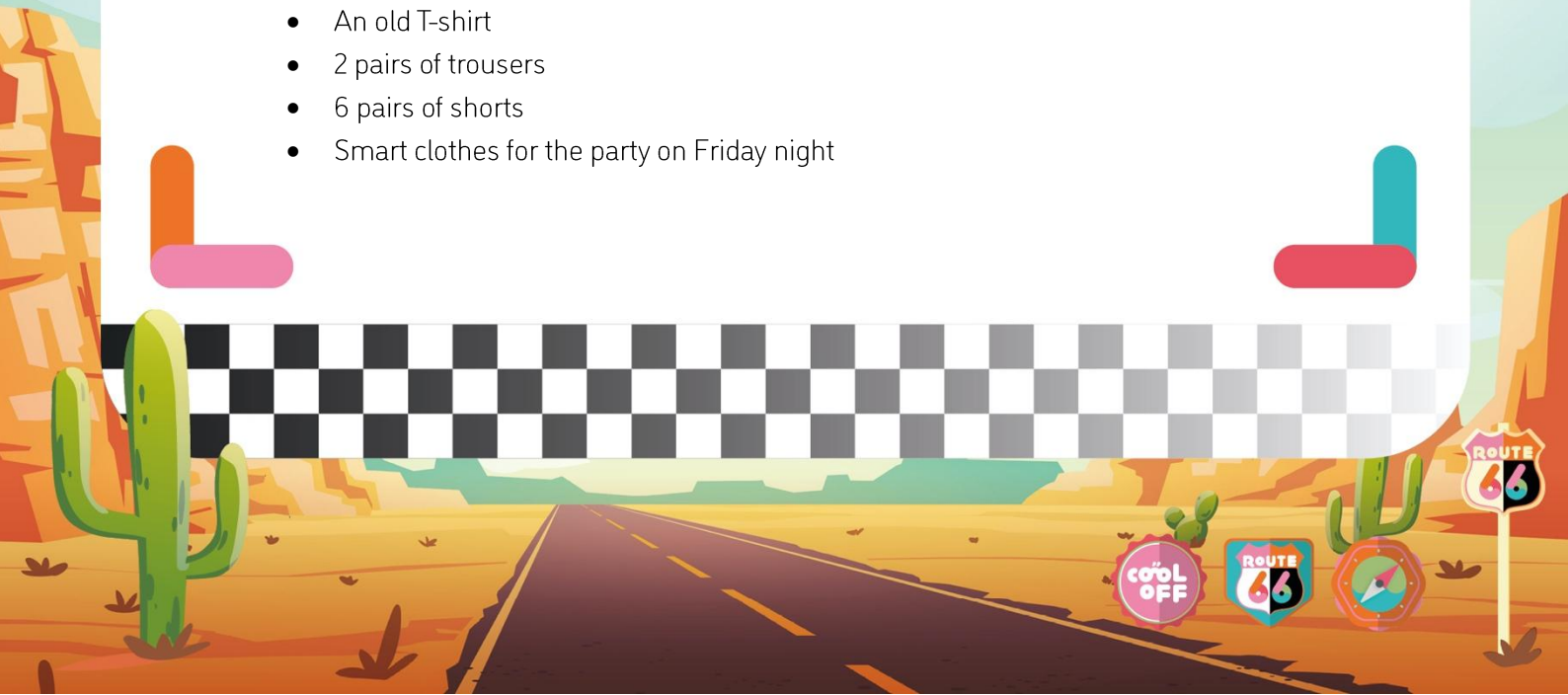
## **Packing your rucksack**

### **Items to pack in the rucksack**

#### **What you need:**

##### **Clothes**

- 3 sweaters in case it gets cold
- T-shirts for 7 days
- An old T-shirt
- 2 pairs of trousers
- 6 pairs of shorts
- Smart clothes for the party on Friday night



- Underwear for 7 days
- 7 pairs of socks
- Pyjamas (long if you're staying at IrriSarri Land)
- A warm sleeping bag (20 °C)
- 2 pairs of swimming trunks
- Trainers
- A spare pair of trainers
- A raincoat in case it rains
- 2 pairs of sandals or water shoes that fasten to the whole foot for the swimming pool and water games (not flip flops)
- A bag for dirty clothes
- Fitted sheet and pillowcase (only for Molí de la Riera)
- A towel for the shower
- A towel for the swimming pool
- Small backpack for hiking (not a string bag)

#### Toiletries

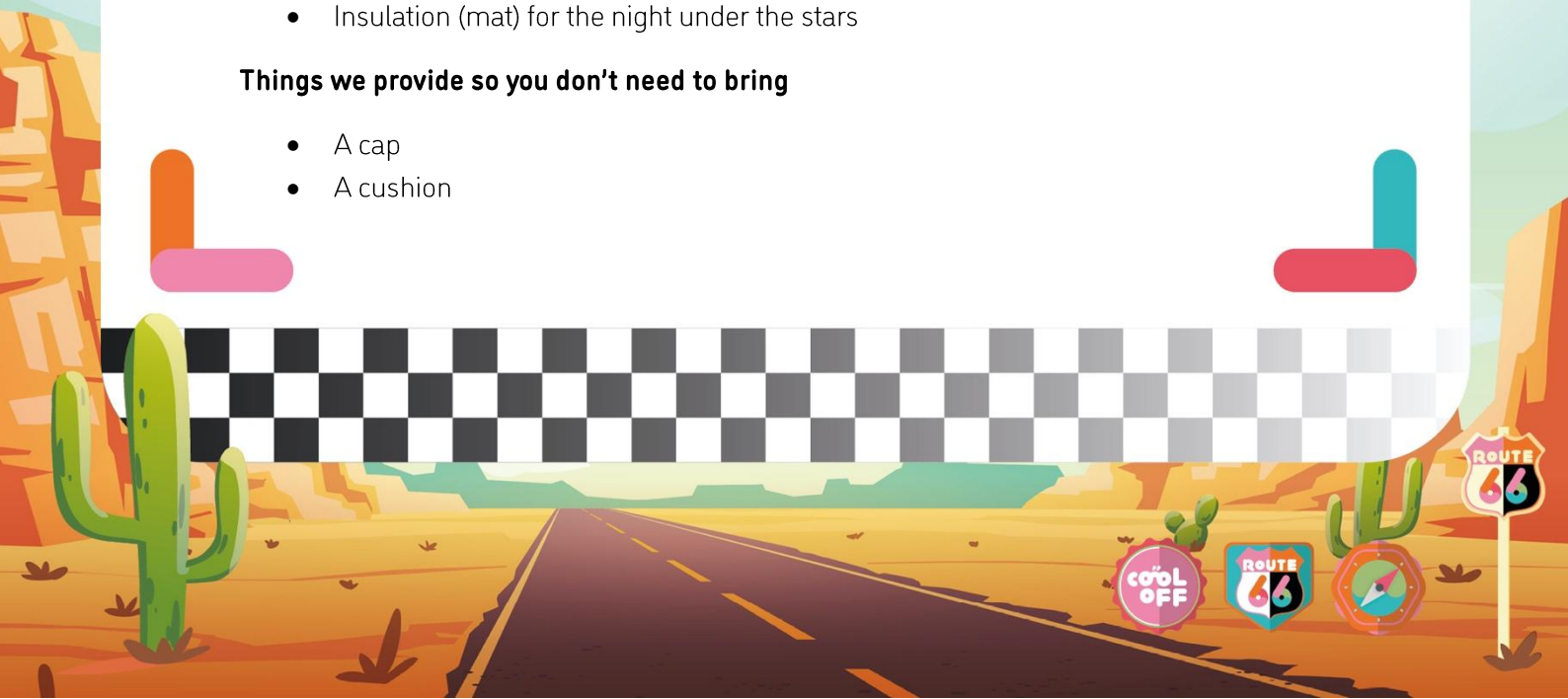
- Shower gel and shampoo
- Toothbrush
- Toothpaste
- Hairbrush
- Hair dryer (optional)

#### Extras

- Sun cream
- Mosquito repellent
- A torch with spare batteries
- Water bottle
- A pencil case with a pencil, rubber, and sharpener
- Insulation (mat) for the night under the stars

#### Things we provide so you don't need to bring

- A cap
- A cushion



### Is there a laundry service?

At the lodge, there is no laundry service. So, it's important that you take into account the recommendations provided in "Packing your rucksack".

### Do they need to bring money?

The participants cannot bring money. The organisation provides everything necessary for the children to enjoy the summer camps without having to buy food or drinks.

### Can they bring food or sweets?

No food or sweets may be carried in the rucksacks. If a participant has a specific need (still hungry, thirsty, etc.), they can go to their camp leader, who in turn will consult the manager.

### Can they bring along phones, tablets or MP3 players, etc.?

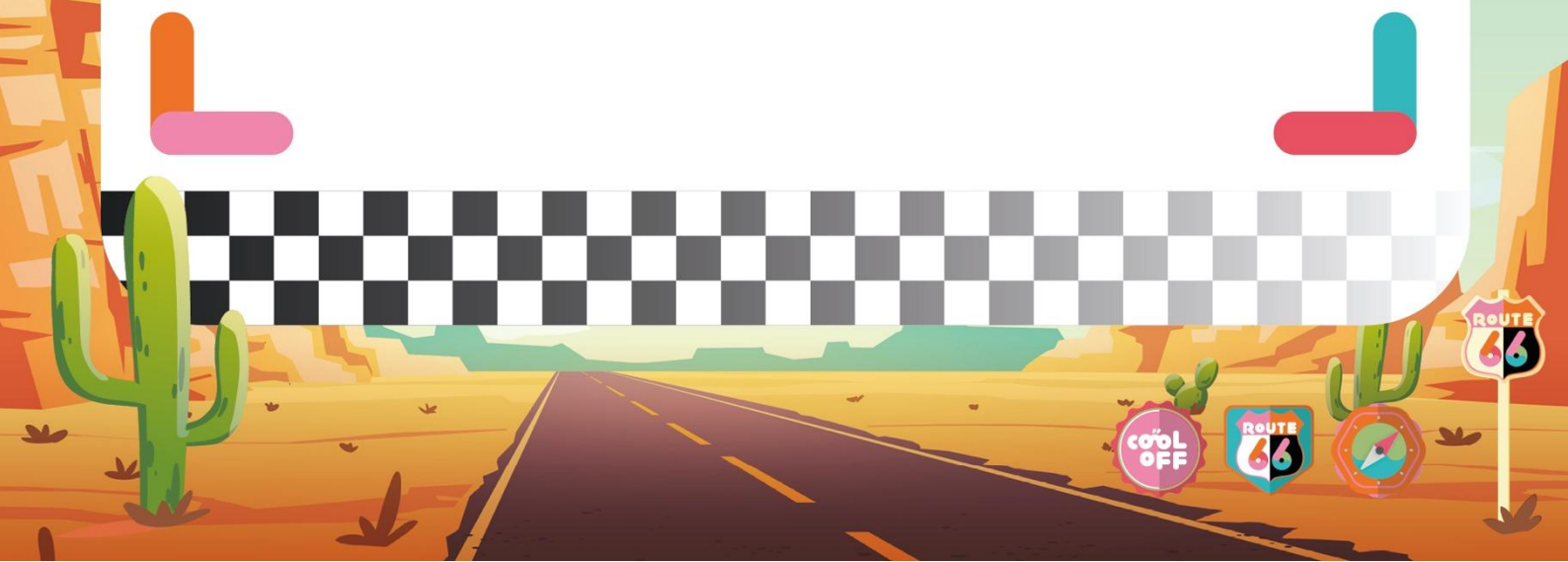
Electronic devices may not be brought. The summer camps are designed to encourage communication and coexistence between everyone, and we believe that this type of device does not encourage this and can even be a source of conflict. If a camp leader finds such a device, it will be handed over to the management, who will return it to the family on the day they collect their child.

### Can they bring medication?

Participants are not allowed to carry or store any medication in their rucksacks. If you think that the child should have some kind of medication on hand in case they need it at some time during the summer camps, you must inform management, who will take charge of the situation, informing and instructing the assigned camp leader to store and administer the medication if necessary.

## Contact

If you have any more general questions regarding the summer camps, you can contact the organisation personally by email ([admin.cooloff@kidsandus.es](mailto:admin.cooloff@kidsandus.es)) or by phone (629 161 149, Vanessa Pérez).





KIDS&US  
my English

