

LEKTOR'S CAMPS IN POLAND

SUMMER 2016

Fitness Camp (13-19 years old)

Dźwirzyno



LEKTOR's camps combine windsurfing, language and tennis lessons with a diverse programme of leisure activities.

All participants are under **round-the-clock care of both teaching and medical staff.**

We offer transfer from all major cities in the country.

PERMITS

LEKTOR Travel holds **permit No. 610/4** for the provision of tourism services, as well as insurance guarantees stipulated in the Tourism Services Act.

LEKTOR is a member of the **Lower Silesian Chamber of Tourism.**

As a school of foreign languages, LEKTOR is accredited by the **Board of Education** in the scope of foreign language instruction, which is confirmation of our school's excellence in teaching.

LEKTOR also holds all **permits for the operation of its individual camps** following submission of the relevant notification to the Board of Education. Pursuant to the relevant regulations, LEKTOR applies for such permits 30 days before the first camp begins

ABOUT LEKTOR



LEKTOR has been on the language instruction and tourism market since 1990.

We organize:

- language and summer camps in Poland
- language courses in language schools abroad

Contact details and enrolments:

LEKTOR Travel
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DŹWIRZYNO

Fitness Camp – 13 - 19 years old



PROGRAMME

The programme for a fitness camp is intended for girls and boys who like exercising and doing sports; it covers comprehensive trainings aimed at body shaping and exercising to tone different muscles

- Jogging, fitness, stretching
- Classes are tailored to different needs of girls and boys, with emphasis on different muscles groups and fitness needs
- Exercises using TheraBand products
- Classes with the use of agility ladder, tubing, band exercises and fitness balls
- Trainings are done on the beach, in forest and other places, under the supervision of a professional coach
- The programme also includes team sports outdoors and indoors
- Cross-country and keep-fit running
- Everyday morning stimulating and warming-up exercises on the beach
- Rules of proper nutrition and composition of own diet



FREE-TIME ACTIVITIES:

- full day trip to **Kołobrzeg**, including: walk along the pier and promenade, visiting the historic town centre, stay in the Millenium Aquapark including swimming pools wild rivers, Jacuzzi etc.t
- **walking tours:** to Resko Lake and the port in Dźwirzyno
- **sports:** swimming in the sea, volleyball, basketball, table tennis, unihockey
- **evening activities:** language quizzes and games, contests, discos
- **specialized activities:** visual art, music and theatre, foreign language orienteering
- **bonfire** with sausage roast
- **a camp photo diary** for every participant

OPTIONAL PROGRAMME:

WINDSURFING LESSONS

8 hours of windsurfing lessons with an instructor at Resko Lake in Dźwirzyno. The fee includes equipment hire (excluding wetsuit). Cost: **PLN 240**

TENNIS LESSONS

8 hours of tennis lessons with an instructor. The fee includes equipment hire. Cost: **PLN 240**

Remarks: You can only take part in one type of lessons.



OPTIONAL TRIP TO TROPICAL ISLAND IN BERLIN

- full day stay in Tropical Island offering a sandy beach with palms, jungle, Laguna Bali - wave pool, underground water slides, tropical forest, caves, waterfalls and many other attractions! **Valid passport required.**

Cost of the trip: PLN 190 + EUR 35

OPTIONAL TRIP TO HANSA-PARK IN GERMANY

- full day stay in Hansa-Park offering numerous attractions i.e. water slide „Rio Dorado”, water slides, carousels, rides, boats, towers, International Variety Show, Multi-Media- & Special-Effect-Show, water circus, 4D Cinema, theme worlds i.e. Mexico, Bonanza, Water Fun, Lumberjacks' Camp, Land of the Vikings and more. **Valid passport required.**

Cost of the trip: PLN 190 + EUR 35

Remarks: You can take part only in one type of event

ACCOMMODATION

PERŁA in Dźwirzyno is a holiday resort situated between the Baltic Sea and Resko Lake. It is famous for having one of the most beautiful and cleanest beaches on the coast. The local landscape features an attractive pine forest and sand. Facilities, apart from classrooms, ensuite 3- and 4-bed rooms with full board; table tennis, volleyball and basketball courts, football pitch.

PRICE:

PLN 1579 (instalment plans available).

The price also includes assistance and supervision by teaching and medical staff, all entrance fees, accident insurance

TRANSFER:

We offer transfer from:

Wrocław, Warszawa, Poznań - **PLN 150**

Kraków, Katowice - **PLN 190**

CAMPS:

I.: 03.07. - 16.07.16

II.: 17.07. - 30.07.16

III.: 31.07.-13.08.16

WHY CHOOSE LEKTOR CAMPS ?

We have extensive experience organizing language camps, which we have done since 1990. Children and youth enjoy holidays that leave them with unforgettable impressions and memories. We organise language camps for nearly 1000 children and young people every year at seaside and mountain resorts across Poland.

GOOD STANDARD OF ACCOMMODATION

The holiday resorts we select offer quality and perfect location. Rooms have 2-4 single beds with bathroom and toilet facilities and TV sets in each room, as well as a rich selection of leisure activities.

WE OFFER A DIVERSE PROGRAMME OF LEISURE ACTIVITIES

The time after language classes is spent on a range of tourist and sports activities designed to meet participants' needs. We organise trips to interesting places showing the unique character of the regions where our camps are held. Included in the camp fee are numerous sports activities such as volleyball, table tennis, gymnastics, billiards and swimming pool access. We organise afternoon and evening competitions, meetings and discos every day. No matter what the weather, youth and children are guaranteed entertainment thanks to a very diverse recreation programme.

SAFE HOLIDAYS

Safety and security of camp participants is our highest priority. Teaching and medical staff are on hand to provide assistance and supervision 24 hours a day. The school holds an accident insurance policy valid for the duration of the camp.

HASSLE-FREE TRANSFERS

Participants needing transfers are taken care of, and can be picked up from the majority of Poland's major cities (Wrocław, Warszawa, Kraków, Katowice, Opole, Poznań).

WE ARE LOOKING FORWARD TO SEEING YOU!