








B108 –EXTREME ADVENTURE SPORTS AND ENGLISH, ages 13 to 17

Programme of activities	 Era Garona	 Salardú	 Valle de Aran	 07/07-13/07
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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
MORNING 		Good morning Breakfast Surroundings competition Swimming pool Lunch	Good morning Breakfast Rafting Lunch	Good morning Breakfast Les ravine	Good morning Breakfast River Garona trekking Lunch	Good morning Breakfast Outdoor orienteering game Lunch	Good morning Breakfast Let's pack our cases Goodbye games and hugs 12 noon Closing ceremony
AFTERNOON 	4pm Welcome Icebreaker games	Chill-out time Adventure sports (tree park) Shower time	Chill-out time Brujas de Tredós Shower time	Picnic lunch Shower time	Chill-out time Unha trekking Shower time	Chill-out time Swimming pool Farewell party preparations Shower time	
EVENING 	Dinner Evening game Goodnight	Dinner Evening game Goodnight	Dinner Evening game Goodnight	Dinner Evening game Goodnight	Evening game Goodnight	Dinner Farewell party and disco! Goodnight	

*The days of the activities can be changed for organisational reasons.

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