

PROGRAM

The camp program consists of activities that are carried out under the responsibility and supervision of the staff and aim to transfer the camp values and develop characteristics of cooperation and leadership. Campers have fun, while at the same time making new friends, strengthening their self-confidence, appreciating the importance of cooperation and teamwork and growing. The program is designed to cover all the interests of the children. Our goal is for the children to have fun, but at the same time to learn new things, through processes that will help them better understand what a social group is and to integrate into it more easily and smoothly.

The typical camp program includes a variety of activities such as learning to swim, free swimming, diving, sailing, canoeing, sports, team games, adventure sports, crafts and construction, outdoor life, excursions, archery, evening entertainment, swimming and sports competitions, clubs, etc. Children participate in the activities with their tent and their peers from other tents. A multitude of exciting activities that give children self-confidence and sensitize them to cooperation, sociability, mutual respect and love for nature. The program of each activity is adapted according to the age and level of development of the campers and is well studied by the most experts in the field, who use their experience, knowledge, and continuous training in centers of the global HAN and beyond, both in Europe and the USA.

Neosoikos

It is the place where we learn sailing and canoeing. It is another impressive way to get in touch with the sea and its beauty. Excursions to the nearby beaches, clear blue waters, competitions, and the fun is indescribable. When there is wind, of course, familiarization with the nautical art creates unforgettable experiences.

Sports

The sports facilities of the camp, basketball, football, volleyball, beach volleyball, handball courts prove that for HAN, sports and mainly the development of noble competition between campers play a dominant role in the daily program and cultivate team spirit and the value of participation in children. After being taught the basic elements of sports, the campers participate in team championships between the camps, while at the same time individual efforts in

table tennis, chess, etc. are also cultivated. The camp's top sporting event is the Olympic Day, during which campers take part in various competitions and at its end, prizes and medals are awarded to the best athletes in a festive ceremony.

Entertainment

Entertainment at the camp means joy and laughter throughout the day, it means evenings of creativity and fun by the campers for the campers. The children prepare and present the programs, feeling the joy of teamwork, while developing the unique talents that each of them possesses. Theater, singing and shouting competitions, and masquerades, games, evenings around the fire and many other unexpected moments constitute the daily entertainment of the campers.

Excursions

Life at the camp is first and foremost life in the countryside and acquaintance with nature. The campers' experiences from the small and large excursions that are organized are unique and unforgettable. Combining education with entertainment and contact and love for the natural environment, campers have the opportunity to experience a different life from that of the city. With backpacks on their backs, boys and girls set out to discover the beauties of Sithonia from end to end. Excursions to a nearby beach, overnight stays in the mountains, the "adventure" and the legendary 3-day Safari are unforgettable experiences for campers. The above excursions can be carried out if permission is given by the local fire department that excursions to forest areas and areas outside the camp are possible.

Swimming

On the camp's magnificent beach, campers enjoy the joy of the sea every day. Daily swimming lessons according to age and level of knowledge, always under the watchful eye of experienced camp staff and lifeguards. Our goal is to familiarize children with the sea by providing them with safe swimming knowledge and playing. "Frogs", "blue and white fish", "swallowfish" and "sharks" learn the techniques through daily exercises, improving their level and knowledge. An important event is the swimming competitions and the crossing at the end of the camp period, where the winners of each category are announced.

Adventure Track

Climbing, passages through low and medium-height structures with wood and ropes and a series of “extreme games” provide the opportunity for entertainment but also for the development of individual and group skills. Campers respond to the challenge to the point where they feel comfortable. The satisfaction of success at one level of difficulty and the continuation to the next stage strengthens the campers’ self-confidence and trust in their abilities. In these games we discover ourselves, we come face to face with our fears and our limits and many times we overcome them.

Clubs

The clubs offer the opportunity for children to get to know and engage with new objects, acquire knowledge, practice and create through activities that they choose according to their own interests. In this way, they are given the opportunity to interact with other campers of different ages, but with similar interests.

Creative program

Constructions, crafts, etc. that aim to engage children creatively, to highlight their abilities and to develop teamwork. Activities on various social issues are of particular interest.

Environmental Program

Constructions with natural raw materials, nest building and many other creative activities that aim to bring campers into direct contact with nature and help them develop environmental awareness. Through play, children learn useful information about the flora and fauna present at the camp, and acquire more general environmental knowledge.

In the camp program, we have also provided:

- 1) Orientation Day: on the first day of the camp period, new campers are given a tour of the Camp grounds so that they can acclimatize to the area and hear the rules of each post.
- 2) Lunch break: At noon, everyone rests in their tents. If someone does not want to sleep, they can read or play quiet games inside the tent.

3) Tent Activities: If the campers of a tent express the desire to do a special activity, this is possible after consultation between their leader and the program manager.

4) Evening Silence: every night, before bedtime, the leader and the campers of the tent discuss and share their experiences from the past day. It is an excellent way to create closer bonds between the members of the tent and of course, everyone can express their opinion. The leaders choose a topic of discussion that is appropriate for the age of the campers, e.g. "who inspires you", to coordinate the discussion.

Daily schedule

7:45 Wake-up

8:20 Breakfast

9:00 Settling in

9:30 Inspection

10:00 Morning activities (sports, swimming, sailing, canoeing, adventure track, creative, etc.) children go through all the activities in a cycle during the period.

13:10 Lunch

14:00 Canteen-Free time

15:00 Rest

16:30 Wake-up - Snack

16:45 Afternoon activities

19:20 Dinner

20:00 Canteen

21:00 Entertainment

22:30 Silence

Camping is the perfect place to wear old clothes.

At camp we live in nature, so we don't recommend parents to give their children a very expensive suitcase.

To make the most of the space in the tents, we place campers' suitcases under their beds. Therefore, very bulky suitcases may not fit and reduce the usable space in a tent.

Necessary Supplies

- Sleeping bag
- 2 sheets
- 1 pillowcase
- 1 small pillow
- Underwear (as many days until the visit +2)
- Pairs of socks (as many days until the visit +2)
- T-shirts (as many days until the visit +2)
- 8 shorts
- 2 long pants or overalls
- 2 sweatshirts or fleece
- Pajamas
- 1 pair of closed sports shoes
- 1 pair of sandals or sneakers
- 1 pair of flip-flops
- 2 swimsuits
- Hat
- Sunscreen
- 1 beach towel
- 1 bath towel
- 1 face towel
- Hand soap and soap dish
- Shampoo-Shower gel-Sponge
- Lice repellent lotion
- Toothbrush-toothpaste
- Comb
- Vaseline (plastic or waterproof) that can hold the above
- Mosquito repellent
- 50-60 liter hiking backpack (depending on the child's body type/consult the store, necessary capacity of sleeping bag, mat, etc.)
- Torch
- 1 liter water bottle or more

- Insulating mat (carrymat)
- Waterproof with a hood
- Baggage bag
- Deodorant

All clothing must be water, dust and fun-resistant! Please do not bring new or expensive items!

– Make sure you write your child's name on any item and clothing! Use a marker that comes off after washing. Label anything you don't want to lose!

– Buy your child's new shoes well in advance of camp so they can be worn and not kicked during field trips.

We recommend closed-toe shoes and sandals that fit over the heel. Shoes at camp must stay on the foot. We do not encourage campers to wear loose flip-flops, which are even prohibited in some camp activities.

Optional

Musical instruments

Books-magazines

Toys

Arts and crafts materials

Notebook-pencil

Lip moisturizer

Moisturizer

Mask-Frog flip-flops

Summer reading:

YMCA of Thessaloniki is committed to educating its members throughout the year. That is why we provide time for our campers during their busy schedule to maintain the joy of reading during the summer months. There is no better time or place to explore the joys of reading than during the quiet of lunchtime, under the shade of a tree, or on the beach on a sunny afternoon. Please encourage your child to bring a book or magazine to read during these small moments of our daily program and we will make sure we have enough. You can also leave it as an offering for the camp's Lending Library if you wish.

What to Keep at Home

To keep camp fun and safe, please **do not** bring the following items to camp:

- Mobile phones, tablets, laptops, portable music players, gaming consoles, and anything with a screen. The magic of camp is in the camp, which is why we want to maintain a natural environment.
- Food of any kind, including sweets and snacks (besides meals, if a camper wants something, they can buy it from the canteen, where food is kept in safe conditions)
- Cash and expensive items (watches, jewelry, cameras). On the first day of the camp, the campers' money is collected by the tent leader and deposited with the camp management, where it is completely safe. The money deposited by each camper is credited as a reserve to his personal account in the camp canteen, so he does not need to carry money or keep it in his suitcase.
- Any object that may be considered dangerous (knives, knives, air guns, sparklers, lighters, etc.)
- Alcohol
- Tobacco products of any type, including electronic cigarettes
- Pets
- Skateboards, bicycles, roller skates, etc.

Indicative weekly menu, based on Mediterranean cuisine.

Day 1

Lunch: spaghetti with minced meat and kefalotyri, salad, fruit

Lunch: biscottoliukoumo

Dinner: baked omelet with sausage pieces, feta cheese, salad, fruit

Day 2

Breakfast: milk, tea, bread, butter, jam, merengue, honey

Lunch: chicken with barley, salad, fruit

Lunch: casserole

Dinner: peas with potatoes, feta cheese, salad, fruit

Day 3

Breakfast: milk, tea, bread, bun, butter, honey, boiled egg, cheese

Lunch: braised beef with pilaf, salad, fruit

Lunch: halva

Dinner: stuffed olives, tzatziki, feta cheese, salad, fruit

Day 4

Breakfast: milk, tea, bread, cereal, cheese, turkey

Lunch: breaded cod with baked potatoes, garlic, salad, fruit

Afternoon: yogurt with honey

Dinner: pizza, juice, fruit

Day 5

Breakfast: milk, tea, bread, cereal, butter, jam, honey

Lunch: chicken burger with rice, feta cheese, salad, fruit

Afternoon: cream

Dinner: penne neapolitan, kefalotyri, salad, fruit

Day 6

Breakfast: milk, tea, bread, butter, jam, merengue, honey

Lunch: soutzoukia with mashed potatoes, salad, fruit

Afternoon: jelly

Dinner: lentils, olives, taramo salad, feta cheese, salad, fruit

Day 7

Breakfast: milk, tea, bread, butter, jam, honey, boiled egg, cheese

Lunch: chicken schnitzel bites with couscous, salad, fruit

Afternoon: banana

Dinner: bean soup, taramas, olives, feta cheese, salad, fruit