



# APAPACHOA SUMMER CAMP

**3-16th  
July 2017**

*Come live a  
Unique Experience!*



## Purpose:

This summer camp is a space where you can connect with nature and a community that is striving to become sustainable.

Sustainable for us means respecting the cycles of nature, Reduce-Reuse-Recycle.

Through our gardens and community workshops, you can express yourself, gain new skills and contribute to the building of a unique community.





## Cost:

\$1990/person all included for the 2 weeks.  
Food, accommodation, transfer from and to the airport.

50% of this fee goes to the ongoing development of this eco-cultural center.

## What to bring?

- Comfortable clothing, tennis shoes, jeans, long sleeve shirts (to work safe under the sun), a warm sweater (it can be cold at night) & clothes to do exercise (yoga, dance, capoeira...etc).
- Hat
- Natural bug spray
- Head lamp
- Personal food snacks that you will miss from home.
- Sunscreen
- Refillable water bottle
- Rain coat
- Good book
- Games or things to entertain yourself in the middle of nature
- Swimsuit

## What not to bring?

- Valuables
- Laptops

Week 1: CONNECT WITH NATURE	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8	Sunday 9
7:30	Breakfast	Breakfast	Breakfast	Breakfast	Yoga and Meditation	Breakfast	
8:30 10:30	Introduction to Permaculture	Community Garden Lab	Working with Bambú	Reforestation With the Community	Breakfast Community Tour	Island Weekend trip to La Gloria	Island Weekend trip to La Gloria
10:30 11:00	Snack Free time	Snack Free time	Snack Free time	Snack Free time	Community Tour		
11:00 12:30	Design your own garden	Map out your garden	Find your materials for your garden	Implement your design garden	Finish Garden Project		
12:30 13:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
13:30 15:30	Free time	Free time	Free time	Free time	Free time		
15:30 17:30	Opening Ceremony Drumcircle with the community	Yoga and Meditation with the community	Capoeira class with the community	Bread Making in El Bajo	Aerial Adventures (El Bajo)		
17:30 18:30	Free time	Free time	Free time	Free time	Staying at El Bajo		Dinner in Granada
18:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Visit to Volcan Masaya at Night
19:30 -----		Movie night			Sleeping in the Tipis at El Bajo		Back to Apapachoa

Week 2: COMMUNITY ART	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15	Sunday 16
7:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 10:30	Yoga and meditation	Cob benches workshop for community park	Art Lab Day (Mosaics in the community Park)	Upcycled Bag Workshop	Singing Class	Weekend trip to Ometepe	Weekend trip to Ometepe
10:30 11:00	Snack Free time	Snack Free time	Snack Free time	Snack Free time	Snack Free time	Ometepe	
11:00 12:30	Body Movement class (El Bajo)	Cob benches workshop for community park	Art Lab (Mosaics in the vegetable gardens with the kids)	Candle Making Workshop	Pedal Power Machine Workshop	Ometepe	
12:30 13:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
13:30 15:30	Free time	Free time	Free time	Free time	Free time		
15:30 17:30	Capoeira Class with the community	Social Work with community kids	Dance Class	Social Work with community kids	Closing Ceremony: Drumcircle with the community		
17:30 18:30	Free time	Free time	Free time	Free time	Free time		Back to Apapachoa
18:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:30 -----	Documentary night				Cumbia Dance Party in Managua		Farewell party with Fire and BBQ

We also ask you to prepare a special project/ class/workshop to develop with the kids and teenagers of the local community. Please send us a proposal of a project you would like to work on. For example (teaching kids English or a sport you practice, an art project, etc...)

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**Special Questioner:**

1. Do you have any food allergies?

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2. Is there an activity on the schedule that you would not like to participate in?

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3. Do you have a special food diet? I.e. vegetarian, vegan

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4. Do you have any medical condition we should know about?

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