



# GLOBAL LEADERS CAMP

**YMCA CAMP SALDUERO 2025**

**Parent Handbook**



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# 1. WELCOME TO YMCA SPAIN



YMCA Spain is a non-profit organization that works for the holistic development of youth. We strive to reduce vulnerabilities, generate opportunities to provide youth with a safe environment within which they can grow to realize their full potential.

Camping is an integral part of our mission and programs and provides an excellent opportunity for youth to develop social skills, disconnect from technology and simply enjoy themselves. With over 40 years of experience, we know how important a positive camp experience is for children and teens.

## 2. WHAT IS THE GLC?



Years and years of organizing summer camp and youth development programs led us to the reflection that, in today's global world, our youth needed a camp experience that connected them to the rest of the world.

The **Global Leaders Camp** was designed as a space for youth from different countries and cultures to live together and **develop social skills that are crucial in today's world.**

Every camp experience builds resilience, independence, decision making and confidence, so a camp experience with the added layers of multicultural exchange, meeting and working together with teens from all over the world, will only enhance those abilities even more.



Multicultural experience



Sports: Soccer, volleyball, basketball, river games and much more.



Friends from other countries



Trips: high ropes, kayaking and hiking.



Family website with information, pictures and daily videos



Daily Competition: development of leadership and teamwork.



Develop your leadership skills with challenging activities and group dynamics.



Community Service: collaborate in the maintenance and improvement of the natural spaces in Salduero.



### 3. WHO IS PARTICIPATING?

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The GLC is intended to bring youth together from across the world. Half of the participants will be from Spain so that our international participants can learn about their host's culture. The rest of the participants are coming from partner YMCAs in the USA and Europe.

All participants are between the ages of **14 and 17 years** old, which we believe is the perfect age group to promote respectful debates, peer to peer learning and mentoring opportunities. The goal is that this program provides a strong base for teens to get motivated and continue to develop themselves as global leaders in their communities.

Due to the international nature of the program, all activities will be run in English, but participants will have lots of time to get to know each other and share their home languages with the group. **Language exchanges, cultural cuisine dinners and sharing of local customs** will all be an important part of creating a bond between our participants throughout the program.

### 4. WHAT ARE WE GOING TO DO?

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The GLC is both a multicultural camp experience as well as a leadership development program. Participants will be challenged to work together, navigate conflict resolution, and improve their communication skills through a schedule full of games and activities designed to strengthen their sense of belonging in a diverse group. We will also have time every day for camp activities to allow the teens to relax and enjoy themselves. Participants can expect lots of time to cool off in the Duero River that passes right by our doorstep, time for sports like soccer, volleyball and basketball, and some of our favorite camp games like Gaga and 9 Square.

Apart from the activities that we'll do at camp, there are several off-site trips planned to take advantage of the beautiful natural resources of the area. We'll spend a day hiking through the Sierra of Urbión and all the way up to the Black Lagoon, a day kayaking the Cuerda del Pozo reservoir, and another day swinging through the trees in a high ropes park nearby.

## 5. ALL INCLUSIVE



The program price includes **full room & board, all activities and materials, laundry and transportation to and from Madrid-Barajas Airport.**

While at camp, participants will not need any money. We may have one or two opportunities to buy snacks and souvenirs when we are visiting nearby towns or the city of Soria, but nothing more.

If you would like to send your camper with money, we suggest ordering Euros from your bank before arriving to Spain to avoid long waits and bad exchange rates in the airport or other exchange offices in Madrid. International debit cards usually work, but cash is usually the best option to avoid any hassle. International participants are responsible for their own flights and travel insurance.

## 6. HEALTH & SAFETY



The small, day to day camp bumps and bruises can be treated right at Camp Salduero with our camp nurse. This is mostly quick cleaning and bandaging of small scrapes and cuts, ice packs, normal things like that that any family would treat at home. For anything more serious than at-home-first-aid, we have a 24 hour medical center available in the town of Vinuesa (4km from Camp Salduero).

If needed, there is a full hospital in the city of Soria (37km from Camp Salduero). YMCA Spain has vehicles and drivers available for any of these trips and there is also ambulance service available in the area if that is necessary.



We have a minimum ratio of 10 which will be covered by YMCA Spain staff.

The company that we use for these activities (Soriaventura) is accredited and holds Tourist Activity License from the region of Castilla y León. Every year, we sign a new contract with them where they are required to provide proof of their up-to-date accreditation, license and insurance. We have been working with them for over ten years now and have always had great experiences.

YMCA Spain has an insurance policy that covers any medical attention necessary as a result of accidents during the camp program. It is important to note here, that these insurance policies do not cover regular medical costs (ex. Stomach bug, strep throat, etc). Because of this, we **require international participants to come with a travel insurance policy.** This will cover any regular medical costs as well as any costs incurred from flight cancellation, delays, lost luggage, etc.



## 7. WHAT IS A TYPICAL DAY LIKE?



### GOOD MORNING!

The day begins at 8:30 in the morning. After personal hygiene, all participants have breakfast together, tidy up the rooms and prepare for the first activity of the day.

During the morning, the groups rotate through different activities: dynamics, teamwork and communication activities, games, community service, river activities, etc. Mid-morning, we take a break for lunch and then continue with the activities. At 2:00 PM, we have lunch. At each table, a monitor sits with a group of approximately twelve participants.



### AFTERNOONS ARE FOR NEW ACTIVITIES AND THE DAILY COMPETITION

After lunch, they have free time to rest. At 4:00 PM, the activities resume by groups until 6:00 PM, which is snack time. We continue with the previous activities until it's time for everyone to participate together in the Daily Competition.



### DINNER AND EVENING, DYNAMIC OR THEMED NIGHT TO ENJOY TOGETHER BEFORE GOING TO REST

At 9:00 PM, dinner is served, followed by a different nighttime activity each evening. The bedtime is at 11:30 PM. When planning the schedule, we take into account the circumstances and needs of the participants, making adjustments as the day progresses.



## 8. FACILITY



**YMCA Camp Salduero is located in the small, rural town of Salduero, on the banks of the Duero River, thirty minutes west of the city of Soria.**

The facility is fully fenced and independent from the rest of the town with gated access. There is a large open field area, sports courts and a shaded pavilion to escape the Spanish summer sun.

The hostel is divided into three floors. The first floor includes the dining hall, kitchen, several multi-purpose rooms, camp offices and infirmary. The second and third floors are home to the dormitories (rooms of different size ranging from 8-20 beds) and bathrooms (two on each floor with private toilet, shower and changing stalls). Each room has wooden bunkbeds and storage cubby space for each camper.



## 9. ITINERARY



### July 24 to August 6 : Two week Global Leaders Camp

Global Leaders Camp at Camp Salduero. Morning arrival on July 24 to Madrid - Barajas airport. Received by YMCA Spain team at the airport. Bus pick-up and drive to YMCA Camp Salduero, about 3 hours North.

Arrival at camp, get settled in, camp tour, name games, ice-breakers and... start the adventure!

### August 6 to August 12 : Tourism

August 6, noon bus departure from Camp to Madrid. Hotel Check-In and dinner.

Tourism includes housing, activities, entrance fees, transportation, breakfast, lunch and dinner.

Examples of past activities and tours include round trip to Segovia and Toledo, Prado and Reina Sofia art museums, the Royal Palace, a Flamenco show, and much more!





## 10. FOOD

We know that meal time is one of the most important times of day at camp. Having a jam-packed schedule of activities means we need plenty of fuel to get us through the day. We take extra care and pride in our food service at Camp Salduero by making sure there is always enough food to go around and that our campers have a well-balanced diet to keep them going.

Meals at YMCA Spain camps may be a bit different than what you're used to. Here, we always have a first plate (typically some kind of rice or pasta dish), second plate (meat or fish) and then dessert (fresh fruit, yogurt, pudding).

### Sample Menu



Breakfast: Breakfast buffet (cereal, toast, ham, cheese, tomato, olive oil), muffins, milk, juice



Morning snack: Banana and fruit juice



Lunch: First plate – pasta with tomato sauce, Second plate – sauteed turkey filet and salad, Dessert strawberry yogurt



Afternoon snack: Ham and cheese sandwich and fruit juice



Dinner: First plate – chicken noodle soup, Second plate – breaded chicken filets with French fries, Dessert fresh watermelon

The Global Leaders Camp will have participants from across the world so there will be certain foods that the participants will need to try for the first time, or adjust to as the menu will not be the same as what they are used to in their daily lives. We are designing a menu that will provide those opportunities to try new things while also doing our best to make sure there are some standard options for even the pickiest of eaters.

Food is also a great way for us to explore different cultures so we will incorporate several moments while at camp for different countries to talk about and share some of their favorite local cuisines!

We are able to accommodate dietary restrictions and allergies, as long as we have prior notice to prepare an alternate menu. All meals are prepared directly by qualified YMCA staff on-site in the industrial kitchen at Camp Salduero.





# 11. COMMUNICATION



One of the main goals of a camp experience is to **disconnect from technology** in order to better enjoy nature and all the new, great people we meet at camp. Because of this, **no phones are allowed at camp**. All participants will hand in their cell phones to the camp director, who will store them under lock and key for the duration of the camp program.

During the camp session, participants will receive their phones in order to connect to wifi and call home. If they do not have a phone, camp will provide them with one to make sure they call home.

We know it is important for participant's families to know what is happening and how to contact us.



To contact directly with the camp director, you can send an email to **camp.salduero@ymca.es** and to send a "letter" to your camper, you can send an email to **salduero.ingles@ymca.es**. These letters will be printed and handed out each day. The staff that monitor these emails are fully bilingual in Spanish and English so please write in one of those languages.

If your camper is coming as part of an organized group, their chaperone will have time to communicate with families. They will be a great resource in keeping families up to date on how things are going and helping ease any culture shock the participants will experience in a new country and culture.



YMCA Spain has a private, password protected **parent portal, 'Zona de Familias'**. Every family will be provided with login information and instructions on how to find the daily blog and pictures. Every day there will be a description of the weather, the menu of the day, summary of the day's activities and pictures. This information will be available in both English and Spanish.

## 12. PACKING LIST

In general, it is important to bring clothes that are comfortable for sports and camp activities. We also suggest NOT bringing your favorite or newest clothes since at camp it is normal that clothes may get dirty or stained. Laundry will be done at the half way point of the program so we recommend bringing clothes for 10 days. If needed, camp staff can always organize more loads of laundry. It is important that your camper tells their counselors if they are running out of clean clothes.



- T-shirts
- Shorts
- Long pants (1 or 2 pairs)
- Socks
- Underwear
- Sweatshirt
- Hat
- Bathing suit
- Flip flops for showers
- Watershoes for the river
- Raincoat or poncho
- Comfortable sneakers
- Towels (1 for showers, 1 for swimming)



- Toiletries (toothbrush, tooth paste, comb, soap, shampoo)
- Waterbottle
- Hiking boots/shoes. If your camper is comfortable doing a hike in their sneakers, there is no need to bring hiking boots. It is only a one day hike and is a very accesible difficulty level. No need for special equipment.
- Bedding: YMCA Spain will provide a bottom sheet, top sheet, blanket, pillow and pillow case for all international campers. If they want to bring their own sheets, sleeping bag or pillow for some comforts of home, that is perfectly fine.





## 13. CAMP RULES

In all our summer activities, we place great importance on respect for others and the care of the environment. These rules are present in every activity we carry out at the camps and are one of the aspects that define our association. Above all, we want everyone to have a positive and fun experience.

### Basic Rules at any YMCA activity:

- ▶ We will address the monitors and our peers with respect.
- ▶ We will adhere to the schedule and participate in the activities on the designated days.
- ▶ The consumption of tobacco, alcohol, and other harmful substances is strictly prohibited.
- ▶ We will avoid bringing iPads, laptops, tablets, etc., with the monitors being authorized to keep them until the end of the activity.
- ▶ We are aware that working with this age group (children aged 14 to 17) requires a specific profile for the monitors and constant attention to aspects such as the monitor-camper attitude, the management of the groups, and the type of activity we carry out.

### FACILITIES

- ▶ The material will be respected, and the YMCA facilities and premises will be used properly. In case of misuse, the participant will be responsible for any costs incurred.
- ▶ Exits from the facility will always be within scheduled activities or accompanied by a monitor. Under no circumstances are participants allowed to leave on their own.
- ▶ Participants must follow at all times the instructions and safety measures required by the monitors and those responsible for each activity.
- ▶ We request the cooperation of everyone in separating all the waste generated during the activity and in the responsible use of resources: water, electricity, paper, etc.







**Global Leaders Camp | YMCA Camp Salduero**

<https://camps.ymca.es/>