

FAMILY GUIDE MY SPANISH CAMPS

VILLAMEDIANA DE LOMAS, BURGOS

My
Spanish
Camps

myspanishcamps.com



WELCOME LETTER

¡BIENVENIDOS A NUESTRA FAMILIA, BIENVENIDOS A MY SPANISH CAMPS!

Today marks the beginning of an unforgettable adventure.

We are thrilled to welcome you to Spain, specifically to My Spanish Camps, where every day is designed to bring smiles, discover talents, and create magical moments that will be remembered forever.

We have put all of our love, passion, and dedication into creating a safe and exciting space where every camper will feel welcomed as part of our big family.

At My Spanish Camps, we believe in camaraderie, in the importance of respecting our environment, and in the transformative power of teamwork. These values will guide your children on a journey that will not only give them new friends, but will also inspire them to grow, shine, and improve their Spanish.

Our team of professionals, carefully selected for their experience, enthusiasm, and passion, will always be there for your little adventurers.

In this Family Guide, you will find everything you need to prepare for this magical experience. We invite you to read it carefully and share every detail with your children, so that together you can begin to experience the excitement of this great adventure called "the Summer of Your Life in Spain."

We are here for you, with our arms wide open, to answer any questions and accompany you in every step of the way on this journey.

Best regards,

The My Spanish Camps Team

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TECHNICAL DETAILS

CAMP

MY SPANISH CAMPS

PROGRAMS

- Adventure Program: 1 week
- Multiadventure Program: 2 weeks
- Ultimate Experience: 3 weeks

AGES

From 6 to 17 years old

PLACE

Villamediana de Lomas, Burgos

LIMITED SPACE

15 spots a week

The remaining 90% are Spanish campers.

WHERE? HOSTEL AND FACILITIES



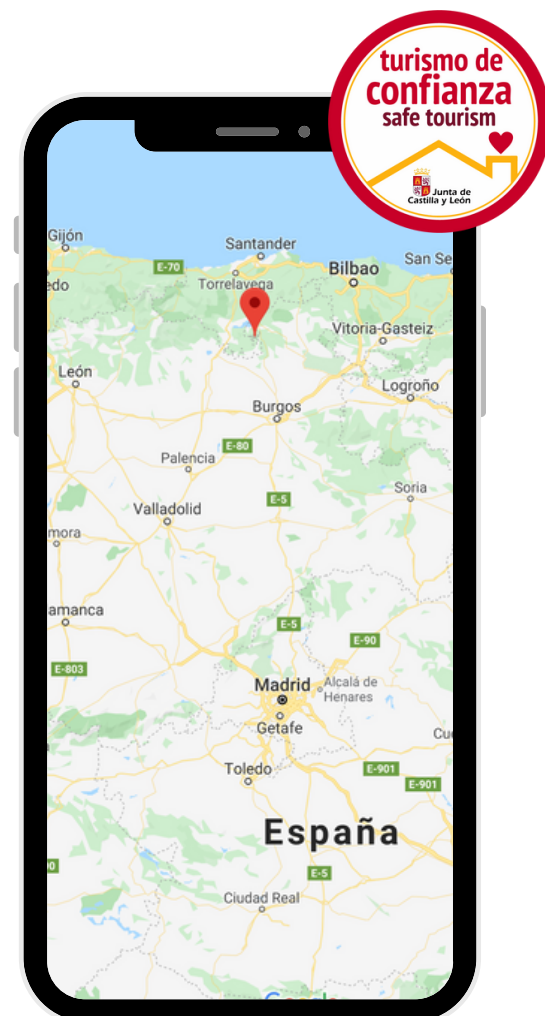
Albergue Los Arraques

My Spanish Camps takes place at the Los Arraques Hostel, located in Villamediana de Lomas, Burgos.

Due to its location at the foot of the Cantabrian Mountains, we enjoy a wonderful setting.

The hostel offers:

- 16,000 square meters area
- Covered workshop for indoor activities
- Dining room with capacity for 200 people
- Rooms and cabins with bunk beds
- Industrial kitchen
- Games and audiovisuals room
- Outdoor facilities in the camping area
- Heating and hot water showers
- Soccer field and volleyball court
- 9-hole mini golf course
- Climbing wall and rappelling area
- Archery and archery tag area
- Trampoline and bouncy inflatable castle area
- Electric quad bike and pedal kart circuit
- Orienteering circuit
- Outdoor stage
- Vegetable garden
- MetaCamp area
- Swimming pool



GPS 42°53'11" N 3°53'01" W

Watch Video
Installation

Click here



A DAY AT MY SPANISH CAMPS



9:00 Lively wake-up call
9:30 Breakfast + tidy up time in rooms
10:30 Multi-adventure activity (climbing, archery, pedal karts, quads, kayaking, etc.)
12:15 p.m. Healthy snack
12:30 p.m. Swimming pool
1:30 p.m. Showers
2:00 p.m. Lunch
4:00 p.m. Workshops: crafts, arts, sports, technology, and environment / Tutored Spanish class
6:00 p.m. Snack + candy shop
6:30 p.m. Gymkhanas and recreational activities
8:00 p.m. Group time
9:00 p.m. Dinner
10:00 p.m. Owl Time (evening activities, flashlight tours, shows, songs...)
11:15 p.m. Off to bed!

"Every day an adventure"





ACTIVITIES

To ensure that campers have the best summer experience possible, we design our days to offer as wide a variety of activities as possible, focusing on their well-being, safety, and enjoyment.

During all My Spanish Camps sessions, we will enjoy:

Kayaking

Paddle surfing or rafting

Archery

Trampolines, inflatables, and slacklines

Climbing and rappelling on a climbing wall

Via Ferrata

Pedal karts

Electric quads

Archery Tag

Score Orientation

Mini golf

Virtual Reality Goggles - Meta Oculus Quest 3

Tournaments and competitions

"Special Day" Themed day

Camping under the stars in tents

Gymkhanas and team games

Workshops: crafts, arts, sports, technology, and the environment

Transformation moment

360 Camp Show

Evenings and night games

Beach trip + Surf lesson

(*) Due to circumstances beyond our control, any of the activities may be modified or replaced.

MY SPANISH CAMPS INCLUDES:

Accommodation at Los Arranes Hostel - hostel/cabins
Full board with five meals a day
Special menus for celiacs, diabetics, vegetarians, etc.
Homemade, healthy, and balanced meals
Full program of activities
Materials for activities and workshops
1 hour of personalized Spanish lessons (optional)
Spain T-shirt with your name and favorite number
Camp commemorative bracelet
My Spanish Camps uniform: T-shirt + pants + sweatshirt
My Spanish Camps attendance certificate
Accident and civil liability insurance
Qualified and experienced monitors
24-hour technical management and vehicle
Social media updates
Live web platform with image gallery
ISO9001-compliant safety and quality protocol
Round-trip transportation from airport in Spain (optional)
An unforgettable summer!

HOW MUCH MONEY SHOULD I BRING TO CAMP?

The amount of money that campers should bring is at the discretion of each family.

We would like to inform you of the expenses that campers may incur during the camp session so that you can plan accordingly:

- Some afternoons at the camp, the candy shop will be open, and campers will have a maximum spending limit of €5 to buy snacks, ice cream, sweets, etc.

- On the last afternoon of camp, the official 360 Camp store will be open, where you can purchase souvenirs from the camp: pens, key chains, water bottles, sports equipment, stickers, sweatshirts, etc., with prices ranging from €5 to €75.



PAYMENT METHODS

- By credit card on the myspanishcamps.com website
- By bank transfer to the following account:
Account number: ES10 3060 0001 7923 6741 6829
Concept: CAMPER No. + NAME AND SURNAME
- By Paypal

To make the reservation, a deposit of €950 must be paid.

Registration will be confirmed once the deposit has been paid.

The remaining balance must be paid by bank transfer 30 calendar days before the start of the camp or in cash on the day of arrival.

CANCELLATION POLICY AND 360 INSURANCE

- If the camper does NOT attend the camp, 100% of the deposit will be refunded. Except if it is 30 days before the start of the camp, in which case the amount paid will be refunded except for €350 for administration and insurance costs.
- If you wish to take out cancellation insurance with coverage until the start date of the camp, we recommend purchasing TOTAL COVERAGE insurance for €150.
- NO refunds will be given once the camp has started.
- In the event that the Camp is suspended for reasons attributable to My Spanish Camps, 100% of the money paid will be refunded. If the Camp is suspended for reasons beyond the control of the organization, there will be no right to a refund.



DISCOUNTS

Siblings:

- €150 per sibling

Discounts applicable until April 1, 2026



COMMUNICATIONS PRIOR TO THE START OF CAMP



One month before the start of camp, we will send you an email with additional information, final notices, and the password to access the “LIVE” camp portal. If you do not receive the email from My Spanish Camps, please check your spam folder or contact our office. Please note that all communications will be sent to the email address you provided when you registered. If you wish to change your contact email address, you can do so by sending an email to info@myspanishcamps.com.



DOCUMENTATION TO BE SUBMITTED ON THE FIRST DAY OF CAMP

On the first day of camp, upon arrival at the facilities, you must submit the following documentation:

Optional:

- ☐ Authorization to administer medication (Appendix 1)
- ☒ Medication in a sealed bag labeled with the camper's name
- ☐ Authorization to pick up the camper (if the person is not the parent or guardian) (Appendix 2)

WHAT TO PACK IN YOUR SUITCASE

Camper

- ☐ Sleeping bag and mat
- ☐ Flashlight or headlamp
- ☐ Water bottle or canteen
- ☐ 1 change of clothes per day (socks, underwear)
- ☐ 7 T-shirts
- ☐ 4 pairs of shorts
- ☐ 3 pairs of long pants
- ☐ 2 sweatshirts
- ☐ Rain jacket
- ☐ Warm clothing (for the evening): down jacket or fleece
- ☐ Pajamas
- ☐ Sports shoes
- ☐ 2 swimsuits
- ☐ Towel: bath and pool
- ☐ Flip-flops
- ☐ Water sandals, crocs, or jelly shoes for water adventures
- ☐ Cap
- ☐ Sunscreen and lip balm
- ☐ Toiletry bag (shower gel, toothbrush and toothpaste, deodorant, etc.)
- ☐ Backpack (minimum capacity of 25L recommended) for water activities and nights under the stars
- ☐ Medication (if required)
- ☐ Money for expenses

Suitcase designed for an 8-day trip.

IF YOU NEED

print
attachments



Authorization to administer medication



Authorization to pick up Camper



TIPS

- For younger campers who are not yet able to manage changing their clothes, they can put their clothes in bags for each day and it is recommended that they bring an extra change.

It is essential that all clothing and items brought along are labeled.

- Remember that one night will be spent sleeping in a tent, so if your sleeping bag is very thin, bring a blanket as well. If you need to buy one, look for a sleeping bag with a comfort temperature rating of around 5°C.



RECEPTION AND PICKUP OF CAMPERS

ALBERGUE LOS ARRANES - VILLAMEDIANA DE LOMAS, BURGOS

- Campers will be welcomed at 5:00 p.m. on the first day.
- Participants will be picked up and dropped off on the last day at 12:00 p.m.

If parents/guardians are unable to pick up the camper on the last day, they must provide Annex 3.



OPTIONAL TRANSPORT SERVICE FROM THE AIRPORT

Airports served: Madrid, Santander, and Bilbao.

The transfer service will be accompanied by a monitor from the MySpanish Camps team.





MEALS

The kitchen staff prepares homemade, balanced meals.

Campers will enjoy five meals a day: breakfast, healthy lunch, dinner, afternoon snack, and supper.

At My Spanish Camps, we adapt to your needs and offer special menus (for celiacs, diabetics, vegetarians, etc.).



MEDICAL INFORMATION

The medical information provided during registration is confidential. Please review it carefully and let us know if there are any errors or changes. It is very important to keep medical information up to date.

Campers with food intolerances or allergies must notify us.

The health and safety of campers is our priority.

By law, we are not authorized to provide any type of medication. Therefore, if a camper needs medication during camp, parents must give the medication to the person in charge at My Spanish Camps so that it can be administered in a timely manner.

If a camper suffers any incident, parents or guardians will be notified.





WHEN WILL THE MY SPANISH CAMPS TEAM CONTACT PARENTS/GUARDIANS?

The nursing team or camp coordinator will contact you in the following cases:

1. If your child has a fever.
2. If they feel unwell (vomiting, dizziness, etc.).
3. If we need to take your child to the health center.

In all cases, we will prioritize caring for the child and will contact you afterwards to inform you of the action we have taken or the plan indicated by the doctor.

The team will not contact parents in the case of minor actions that they are authorized to perform: treatment of small cuts, minor burns, or minor bruises.

MANAGEMENT OF SICK CAMPERS

The camper exhibits any of the symptoms listed above.

We will call the nearest health center to contact a doctor or transport you there. Campers will always be accompanied by their camp counselor or nurse.

We will follow the doctor's instructions.

My Spanish Camps will call the parents/guardians to inform them of the doctor's recommendations and will speak with the camper.

RULES OF CONDUCT

The safety and enjoyment of our campers is our priority.

At My Spanish Camps, we value certain rules of coexistence:

- Campers must obey and respect the counselors.
- Campers must respect their peers, the materials, the facilities, and the environment.
- The possession and/or consumption of alcohol and tobacco is prohibited.
- The use of cell phones is prohibited during camp.
- If a camper finds something that does not belong to them, they must take it to lost and found or give it to their counselor.
- Both in the pool and during sports activities, the counselors' instructions must be strictly followed.
- Language must be appropriate, avoiding swear words or derogatory terms.

IMPORTANTE

Your child must be familiar with the rules before the start of camp. In the event of any incident, it is very important that the camper speaks to their designated counselor. This will ensure that the matter is taken into consideration promptly and effectively.



OTHER OPERATIONAL ISSUES

BIRTHDAYS

If your birthday falls during the camp dates, we will arrange a phone call, give you a gift, and sing “Happy Birthday” together. It will be an unforgettable memory.

LOST PROPERTY

It is essential to label all items brought to camp with your first and last name, as this will make it easier to identify the item if it is lost.

My Spanish Camps can only return items that are correctly labeled.

We recommend not bringing expensive clothing or valuables to camp as they may be damaged. My Spanish Camps will not be responsible for damage or loss of personal items.

COHABITATION GROUPS

We will group participants by age into groups of 10-12 campers. If you indicate in the comments that two siblings or friends of different ages should be together, the older child will always be placed with the younger group, never the other way around.

In our experience, campers enjoy themselves more with children of their own age without having the responsibility of looking after their sibling or cousin. We therefore recommend that you respect the age groups, as they will see each other many times during the camp.

Our aim is for each camper to be in a group surrounded by Spanish children, so we limit each group to a maximum of two international members.



LONGING

Camps are a time of growth for children and young people, taking them out of their comfort zone, so it is very likely that they may experience episodes of homesickness (especially the first few times). These moments tend to occur especially when they talk to their parents on the phone, so we invite you to follow these suggestions to help your child:

- Explain what the experience of sleeping away from home with other campers will be like.
- Allow the camper to bring a stuffed animal or other object to accompany them on this experience.
- Explain that it is normal to miss their family.
- Say goodbye quickly and simply, without conveying concern to the camper.

MOBILE PHONES AND DISCONNECTING

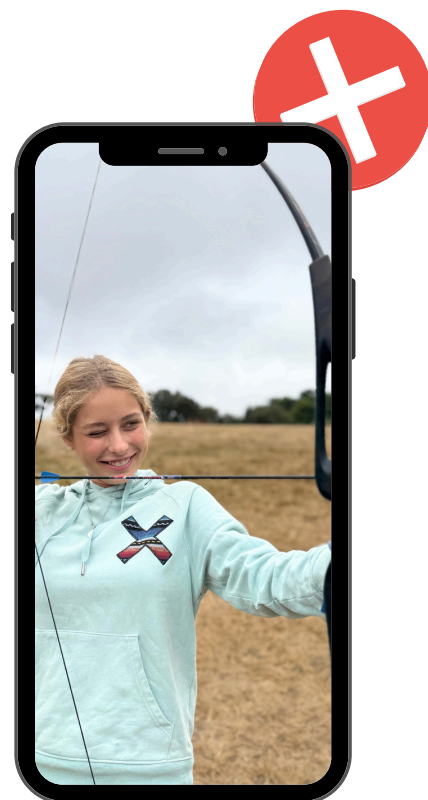
Can I bring my cell phone to My Spanish Camps?

The first few hours at camp are a turning point for many campers. Uncertainty generates some fear, and contact with families during these early hours is not significant; in some situations, it can even have the opposite effect to that desired.

The My Spanish Camps team ensures that campers adapt well to both their surroundings and the other campers and counselors.

If the coordination team deems it appropriate for the camper to contact their family, this will be done without any problem.

Therefore, the use and possession of personal mobile devices is prohibited at the camps. We believe that these devices hinder and make it difficult to enjoy time with other campers and to connect with the natural environment that surrounds us.



CONTACT WITH THE CAMP



We will set up an optional daily call to each camper. If, for extraordinary reasons, you need to contact the camper or camp team, you can call us at +34 611 066 505 / +34 676 111 411, between 8 p.m. and 10 p.m.



In addition, you can follow the camp's progress daily on our website www.myspanishcamps.com in the "LIVE" section. You will have restricted access with a password, where we will regularly upload a photo gallery so you can follow the camp's progress.

PLEASE NOTE: This service is intended for all My Spanish Camps parents so they can follow the camp's progress. Under no circumstances is it a personalized photography service.

You can also follow us on our social media accounts:



- Facebook: @MySpanishCamps



- Instagram: @MySpanishCamps



If you prefer, you can contact us by email at: info@myspanishcamps.com





AUTHORIZATION TO ADMINISTER MEDICATION



Camper's first and last name: _____

Camp dates: _____

Mr./Ms. _____ with ID number _____

as parent/guardian, authorize MY SPANISH CAMPS to administer the medication indicated in this document according to the prescribed dosage.

1.- Name of medication _____

1.- Dosage and schedule _____

2.- Name of medication _____

2.- Dosage and schedule _____

3.- Name of medication _____

3.- Dosage and schedule _____

In _____, on __ of _____, 202

Signature:





AUTHORIZATION TO PICK UP THE CAMPER



Camper's first and last name: _____

Camp date: _____

Mr./Ms. _____ with ID number _____

as parent/guardian, authorizes Mr./Ms. _____

with ID number _____ to pick up the camper whose name appears above.

In _____, on __ of _____, 202

Signature:



