



EDINBURGH

# PARENT/ CAMPER GUIDE

2024



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# CAMP COOPER

2024



# WELCOME TO CAMP COOPER

*Dear Parents & Guardians,*

*We are delighted you have chosen Camp Cooper for your child this summer! Camp Cooper is a family business. We love summer camps and we have nearly 20 years of experience running summer camps and believe wholeheartedly in the positive impact Camp can have on young people.*

*After a tough couple of years for children and teenagers, an adventure at Camp Cooper will be a fantastic opportunity for kids to have fun, be silly and make friends. We have created a place where children feel safe; emotionally and physically safe. We have created a place where children can create memories that will last a lifetime, friendships that span the globe and learn values that will make them more independent, confident and ultimately happier young adults.*

*We do this by creating an atmosphere full of positivity, encouragement and silliness - children can be children. Without the normal pressures of how they look on social media or how well they are doing at school, children can enjoy themselves and have an adventure without the usual pressures of normal life.*

*This guide has been designed to help you and your child as you prepare for Camp together. We encourage you to read through the material with your camper. Our goal is to work together with our camper families to ensure the best possible experience for all. After reading this, please feel free to contact us with any questions you may have. We look forward to seeing you soon*

*Donna & Hiran Silva  
Founders & Camp Directors*





# OUR SPECIAL SUMMER CAMP ENVIRONMENT

## MAKING YOUR CHILD FEEL SPECIAL

Sending your child to Camp Cooper is sending your child to a place where we will look after them and care for them as if they were our own. Your child won't just be a number at Camp Cooper, we have a maximum of 80 campers at any one point and we ensure everyone feels part of the Camp environment.

Our staff will look out for what makes your child special - it might be their kindness, it might be that they put other's needs in front of their own, it might be that they work hard to be a great football player, it might be that they make their bed every day without being asked - no matter what your child does, our staff will look out for what makes your child special and will tell them.

At Camp Cooper, it's not about being the most sporty or academic, it's also not about being the coolest - it's about learning to be a great person, being a great friend, how to help others and be kind. These are the special things that our staff will look out for. Praise and positive reinforcement will make children at Camp Cooper feel like a million dollars and will go home more confident and more willing to try new things.





# COMMUNICATING WITH CAMP DURING THE SUMMER



## How to Contact Us

>If you need anything, whilst your child is at Camp - please contact us!

>To help the summer run smoothly, please ask any questions you have before Camp starts in July.

## Whatsapp / Emails / Phonecalls

As we are often busy running activities during Camp, it is easiest to contact us for non-urgent issues via email and Whatsapp.

**If you have an urgent request - please give us a call at anytime**

### Non-urgent Requests:

If you have a request that is not urgent, please email:

**[donna@internationalsummercampuk.com](mailto:donna@internationalsummercampuk.com)** or

**[hiran@internationalsummercampuk.com](mailto:hiran@internationalsummercampuk.com)**

### Important Requests

If you need assistance with something important, please Whatsapp Hiran on **+44 7500**

**661 664** or donna on **+44 7890 411 686**

### Urgent Requests

If your request is urgent, please call us on one of the following numbers:

(Hiran) **+44 7500 661 664**

(Office) **+44 3333 44 00 77**



# OUR GOALS

➤➤➤ **As a result of Camp** - Campers will develop self-confidence and self-respect, based on an appreciation of their own worth as individuals.

➤➤➤ **As a result of Camp** - Campers will develop new and existing skills through activities and interacting with others.

➤➤➤ **As a result of Camp** - Campers will explore their imaginations to increase and expand their creative thinking.

➤➤➤ **As a result of Camp** - Campers will take on challenges of being a leader and increase their communication and teamwork skills.

➤➤➤ **As a result of Camp** - Campers will build positive relationships with others and work towards intercultural and worldwide cooperation, based on an appreciation of the worth of all people.





# PREPARING FOR CAMP

**If this is your child's first time away from home or you are worried they might become homesick, please use the following tips to help:**

- > Avoid promises to pick up your child. Instead, reaffirm that they will enjoy themselves.
- > Discuss ways that your camper can deal with missing home or feeling sad.
- > Let your camper know that their counsellors are there to help and listen to them and that it is okay to miss home. Some parents worry that talking about homesickness before Camp will “bring it on”. The more homesickness is discussed ahead of time, with positive messages about how the camper will succeed and tools they can use while at Camp, the more successful a camper's experience tends to be.
- > Read about Camp together. Help your camper prepare for Camp by picking the electives together, discussing what they are looking forward to most, discussing arrival and departure day, the daily schedule, electives and the all-camp activities.
- > Pack for Camp together. Getting your camper to help pack for Camp starts them being on an independent adventure at Camp Cooper. It will also help them know what clothing and items they have at Camp.



# PACKING FOR CAMP (1 WEEK PACKING LIST)

## # Items

- 1 Towels
- 1 Swimsuit
- 7 Pairs of underwear
- 2 Trousers/Jeans/Sweatpants/Leggings
- 3 Shorts
- 7 T-shirts
- 3 Sweatshirts (1 hooded recommended)
- 1 Warm Jacket
- 1 Light Raincoat
- 7 Pairs of socks
- 1 Warm pyjamas
- 1 Pair of slippers or sandals
- 1 Pair of rain boots/waterproof shoes for outside use
- 1 Pairs of running shoes/trainers
- Toiletries (shampoo, body wash, deodorant (roll on), toothbrush, toothpaste)
- 1 Sunblock
- 1 Water Bottle with name written on (essential)
- 1 Laundry bag
  - If taking the sports or football elective, please bring cleats/football boots if you have them
  - Phone charger & UK adapter (If bringing a mobile)
  - UK pounds for trip & Camp store (see page 14 for full information)

**Please pack enough clothes for one week**

**2-Week Packing List on the next page**

## Items to Leave at Home

Please **do not** bring any of the following items to Camp...

- > Laptops & tablets (e.g. iPads)
- > Aerosol spray cans
- > Food (including sweets and gum)
- > Matches, Lighters
- > Penknives
- > Hair clippers
- > Video Game Systems
- > Hair straighteners/curlers
- > Tennis racket (if travelling internationally)



# PACKING FOR CAMP (2 WEEK PACKING LIST)

## # Items

- 2 Towels
- 1 Swimsuit
- 14 Pairs of underwear
- 4 Trousers/Jeans/Sweatpants/Leggings
- 4 Shorts
- 14 T-shirts
- 4 Sweatshirts (1 hooded recommended)
- 1 Warm Jacket
- 1 Light Raincoat
- 14 Pairs of socks
- 1 Warm pyjamas
- 1 Pair of slippers or sandals
- 1 Pair of rain boots/waterproof shoes for outside use
- 2 Pairs of running shoes/trainers
- Toiletries (shampoo, body wash, deodorant (roll on), toothbrush, toothpaste)
- 1 Hat
- 1 Sunblock
- 1 Water Bottle with name written on (essential)
- 1 Laundry bag
  - If taking the sports or football elective, please bring cleats/football boots if you have them
  - Phone charger & UK adapter (If bringing a mobile)
  - UK pounds for trip & Camp store (see page 13 for full information)

**Please pack enough clothes for two weeks**

## Items to Leave at Home

Please **do not** bring any of the following items to Camp...

- > Laptops & tablets (e.g. iPads)
- > Aerosol spray cans
- > Food (including sweets and gum)
- > Matches, Lighters
- > Penknives
- > Hair clippers
- > Video Game Systems
- > Hair straighteners/curlers
- > Tennis racket (if travelling internationally)

**An optional laundry service is available half way through the 2-week session. The cost depends on the weight of the clothes and is typically between £10 - £20**



# CAMPER RULES

**To keep Camp a safe, healthy and fun environment, we have clear standards and expectations for appropriate behaviour in our campers and staff. Please review this code of conduct with your camper so that you both understand our expectations.**

**1. Follow safety rules :** Campers are expected to obey all rules that apply at Camp (these are communicated on the first day at Camp)

**2. Stay on site at all times:** Campers should stay on the Campsite at all times, except when there are pre-organised off-site trips led by Camp staff.

**3. Stay in own gender residential cabins:** Campers are not permitted to enter cabin blocks of the opposite gender.

**4. Be in your cabin after 9.30pm (Juniors), 10.30pm (Seniors)**

**5. No alcohol, vaping kits, cigarettes, illegal drugs or penknives.**

**6. Respect and include other people:** Campers should treat each other and staff with respect at all times. They should not fight or talk or act towards others in a disrespectful way. They should strive to build an inclusive community - bullying & excluding others is not accepted at Camp. People of all genders, sexuality, nationality and religions are always respected and treated as equals at Camp.

**7. Mobile phones to be accessed once a day:** Mobile phones can be accessed once a day: We will keep mobile phones safe and locked away in our Camp office.

**8. Challenge yourself (in other words, take part):** Campers are expected to take part in everything that happens. However, this does not apply if doing so would put them at risk (possibly due to exhaustion) or significantly upset them.



# CAMPER RULES

## Living in an international environment

Camp Cooper is a special environment - we are so lucky to welcome campers from over 50 countries each summer.

This is an important part of Camp - we celebrate campers from different countries, races, religions, backgrounds, genders, and cultures and bring them together to learn from each other, make friendships, and have a fantastic summer adventure.

Camp is a place where everyone should feel safe - both physically and emotionally and not a place where political views and world events should be shared and discussed.

Instead, we will focus our summer on treating each other with kindness, empathy, and equality, and finding out what we have in common and ultimately, we want kids to be kids and focus on being silly, having fun and making friends.

# MOBILE PHONES / ELECTRONICS AT CAMP

**Camp offers a unique opportunity to unplug. Getting away from technology fosters independence and autonomy. However, we also understand the need for campers to check-in with their family.**

## Phone Policy / Procedures

- Campers will be allowed access to their mobile phone once a day between **11:45 – 12:25 GMT**.
- On the first day of Camp, Counsellors will safely store the camper's mobile phones in the Camp office.
- Counsellors will ensure campers gain access to their phones once a day to contact home.
- If you are sending your child to Camp with a phone, please make sure they have a charger and a UK adapter
- Campers are not allowed to bring laptops, tablets (iPads) or gaming devices
- We would recommend not bringing AirPods or expensive ear/headphones to Camp





# HEALTHCARE AT CAMP (PART 1)

Good health and safety are priorities for us. Our staff are trained to maintain high standards and take all necessary precautions. However, accidents do happen and rest assured that your camper is in good hands with our competent, experienced and trained staff. Here are some of our approaches in case of injury or illness

- In case of accident or illness, campers are cared for by our Camp Nurse - we will have a nurse on-site most of the time who will be responsible for everyone's health whilst at Camp.
- If your child is unwell or is injured (apart from very minor cuts & falls), we will call you right away and keep in contact with you.
- If required, we will organise an appointment with the local doctors
- In case of an emergency, campers are taken to the local Accident and Emergency Room (via ambulance or via our Camp vehicle depending on the situation)

## Other Information

- If a child is unwell at Camp, our nurse will look after them. We will give them lots of love, attention and care.
- If your child displays transmittable symptoms such as vomiting, diarrhoea, COVID or the flu, your camper will be placed in an isolation area. Campers are kept in these areas for 24-48 from the last episode. We will be in regular contact with you in these cases
- Our first aid supplies are stocked with over-the-counter pain relievers in both child and adult doses so there is no need to send these with your camper.

## Travel Insurance & Healthcare Costs

All international campers must have their own travel insurance for any health issues as well as in case of any flight problems.

All campers from the EU should bring their EU Health Card to Camp

Any health care costs such as doctors appointments or medication prescribed as a result of an injury or illness while at Camp are billed to your family's medical insurance or directly to parents/guardians.

Camp is not responsible for any medical charges incurred while your child is at Camp.



# HEALTHCARE AT CAMP (PART 2)

## Medication

All medications, including prescription, non-prescription and vitamins, are stored in the Camp Office. Here are our procedures if your child needs to take regular medication at Camp:

- > All medications must come in original containers.
- > Prescribed medications must have the pharmacy label, the name of the medication, the dosage, directions for administration, and the child's name.
- > Whenever possible, a copy of the doctor's prescription or letter may be sent to clarify any discrepancies.
- > All non-prescription medication must be in their original containers, clearly labelled with the child's name, name of the medication and direction for use.
- > All medication will be made available by one of the nurses or designated members of staff. Usual medication times are after breakfast, after lunch, after dinner and before bedtime.

**>We do not dispense medications directly to campers. Your child's medication will be made available to them at the designated time by the nurse of designated staff member. It is important that your child knows what medication(s) they take, what dosage they take and the time they take it.**

## Girls Only

If you have a daughter nearing puberty, discuss the possibility of menstruation beginning while at Camp.

Feminine hygiene products are available in the Camp Office for emergencies, although we suggest you pack supplies so your daughter is adequately prepared.

We encourage you to share any concerns with one of the Camp Directors and let your daughter know that she can speak with her counsellors if she has questions or needs

## Medication Vacations

Some parents consider it in their child's best interest to remove or reduce the dosage of some behavior management drugs, such as Ritalin, while their child is at Camp.

It is our experience that "Medication Vacations" can cause difficulties for campers and their cabin mates. If you are considering this option for your camper, please call one of the Camp Directors, who can discuss this option with you.



# CAMP ACCOUNT & CAMP STORE

## Managing Money & Valuables at Camp

### Camp Account

All money brought to Camp by campers is entered onto the camper's individual Camp Account on the first day. Campers may spend money on their Camp Account in three ways, purchasing something from the camp store, buying a (daily) snack or using money on the off-site trip (2 week campers only)

We recommend a maximum of £75 per week for the Camp store, buying snacks and money for the off-site trip. Money left over at the end of Camp will be rounded down to the nearest £5 and given to the camper on the last day of Camp.

Campers may purchase snacks from the Camp store. Snacks are ordered after breakfast and are picked up after elective 2 (4pm). Campers may order a maximum of one snack per day. Examples of snacks available include mars bars, twix, snickers, m&m's and granola bars.

If you would like your camper to not have snacks available to them, please email [maylet@internationalsummercampuk.com](mailto:maylet@internationalsummercampuk.com)

We do not allow outside food to be brought in as food cannot be stored or consumed in the accommodations

### The Camp Store

The Camp has a store where souvenirs and a few necessities that might have been forgotten can be purchased.

T-shirt  
Sweatshirt/Hoody  
Sweatpants  
Waterbottle  
UK Plug adapter\*  
Towel  
Toothbrush  
Toothpaste  
Shampoo  
Shower Gel

Laundry (available if staying for more than one week)

Use of Camp mobile to call home

\*Campers should bring their own UK adapter. Adapters and chargers cannot be shared with other campers.



# CABIN ASSIGNMENTS

## **What is a cabin group?**

A cabin group is a group of campers roughly the same age and the same gender who stay in an accommodation room together, sit together at meal times, have 1-2 counsellors look after them, do an activity together before dinner, are usually together during the evening special event and is where the closest friendships are usually made.

## **Why are cabin groups important?**

Cabin groups give campers a place at Camp - it is their mini-family at Camp. Campers feel part of and connected to their cabin group and it is where the strongest friendships and memories are created. It ensures campers always have a place to sit in the dining hall and feel a connection to their closest friends. Between 1-2 counsellors look after the cabin group and are the main staff person for the group. They are responsible for ensuring the campers get to know each other, deal with any issues such as homesickness, recognise if your camper is having a hard day, run activities for the group, be a positive role model for them and ensure they have a special experience at Camp.

## **How many campers are in a cabin group?**

Between 8-12 campers are in a cabin group

## **Can you request to be in a cabin group with a friend?**

Yes! We allow friendship requests as long as the two campers are within 1 year of each other

## **Can I request to be with campers who are NOT from my country?**

Unfortunately not. We limit the number of campers from any nationality (except the UK) to 20%. However, as we are a relatively small Camp with 120 campers, sometimes there is more than one camper from the same nationality who are the same age and the same gender. Where possible, we try and split nationalities but please understand that it is not always possible.

## **How many nationalities attend Camp Cooper?**

Each summer we have between 30-35 nationalities attend Camp Cooper. We get campers from the UK, mainland Europe and the rest of the world

## **How many camper attend from each nationality?**

We allow a maximum of 20% from each nationality (except from the UK). This is to ensure that there is a fantastic international mix and English is the main language spoken



# CABIN GROUPS

## All About Cabin Groups

### Cabin Privacy

The accommodations are comfortable and homely. Males and females are in entirely different accommodations. Juniors and seniors are also in different accommodation areas.

Most of our accommodations have large rooms where a group of campers sleep. As a result, there is limited privacy available as everyone gets changed in the cabin.

Please speak to your camper prior to Camp about our living situation, especially if s/he gets embarrassed easily or is uncomfortable with this type of set up.



### Speaking English at Camp

Camp Cooper is an English speaking summer camp. All activities are taught in English and international campers are expected to try to speak English the entire time they are at Camp.

The reasons for this are that:

- International campers should aim to improve their English whilst at Camp
- Speaking English the entire time gives all campers a common language which helps create better friendships and relationships.



### The On-Duty System

From 10.00pm - 12.00am Camp operates an on-duty system where in each boarding house, a counsellor sits in a central location to their respective cabins and perform checks on each cabin every 10-15 minutes.

This system allows counsellors to attend a nightly team meeting where they discuss the day's events, any camper issues and programme activities for the following day.





# 1ST DAY AT CAMP

## What to Expect

### Check-In

Upon arrival, campers will get a big hello and will check in at the office. All valuables are taken in by our staff and kept in a locked cupboard in the Camp office for safekeeping. This is extremely important to ensure valuables are kept safe at all times. The valuables that are kept in the office are:

- Passports & flight tickets
- Wallets & money
- Phones & any other electronics

### Tours of Camp & Orientation

The campers get a tour of Camp by their counsellor, learn the dining hall procedures and general camp policies

### Dinner & Campfire

At 6.00pm, all campers and staff meet for our first meal. After that, everyone makes their way to our campfire for our very special opening night that is full of singing, tradition and toasting marshmallows.





# TRAVEL - ARRIVAL & DEPARTURE DATES

1 week Camps	Arrival Date	Departure Date
Session 1A	Sunday June 30	Saturday July 6
Session 1B	Saturday July 6	Friday July 12
Session 2A	Sunday July 14	Saturday July 20
Session 2B	Saturday July 20	Friday July 26
Session 3A	Sunday July 28	Saturday August 3
Session 3B	Saturday August 3	Friday August 9
2 Week Camps	Arrival Date	Departure Date
Session 1	Sunday June 30	Friday July 12
Session 2	Sunday July 14	Friday July 26
Session 3	Sunday July 28	Friday August 9



# TRAVEL - ARRIVAL & DEPARTURE

## Booking Flights

We recommend booking flights so that your child can be at Camp by 6pm on arrival day (it takes approximately 2 hours for a flight to land and then for someone to get their luggage and travel to Camp on our transport).

We understand that this may not be possible and campers are welcomed by their cabin groups throughout the evening when needed.

## Travelling by Plane

- Campers arriving by plane should arrive at Edinburgh Airport between 10am and 5pm
- Campers leaving by plane should have flights booked to leave between 11am – 4pm
- Flight information is submitted to Camp Cooper by **May 1st via the Travel Form**
- The cost of the airport pickup and drop-off service is £60 each way.



# AIRPORT ARRIVAL & DEPARTURE INFO

## What to Expect

### Airport Arrival

We are highly experienced at picking campers up from the airport. We know exactly what flights our campers are arriving on and we will have our staff waiting at the arrival gate for your child. Our staff will be wearing bright Camp Cooper t-shirts and they will have a Camp Cooper banner with them.

When we have safely met your camper, we will get them to give you a call so you know we have them safely.

We will have coaches ready to bring your child safely to Camp to start the fun!

### Airport Departure

For departure, we will bring your camper to the airport in plenty of time for their flight.

Our staff will help get your camper checked in and then they will bring your camper to the security gate. They will make sure your camper calls you so you know they are all set.

Our staff will not leave the airport until the flight has departed in case there are any last minute problems.

### Arrival / Departure by Car

For driving directions, please use the following address:

**Belhaven Hill School,  
Belhaven Rd, Dunbar  
EH42 1NN**

**Arrival time by car  
(Arrival day):**

2pm – 4pm

**Pickup time by car  
(departure day):**

10am – 12pm



# A TYPICAL DAY AT CAMP COOPER

## A TYPICAL DAY

### ACTIVITIES

TIME	ACTIVITIES
8:30 - 9:15	BREAKFAST
9.15 - 9.30	CABIN CLEAN UP
9.30 - 9.45	CIRCLE TIME
9:45 - 11:45	ELECTIVE 1
11:45 - 12:25	ELECTRONICS TIME
12:30 - 13:15	LUNCH
13:15 - 14:00	SIESTA
14:00 - 16:00	ELECTIVE 2
16:00 - 18:00	CABIN ACTIVITIES
18:00 - 19:00	DINNER
19:00 - 21:00	EVENING ACTIVITY
21:00 - 22:00	YOUNGER CAMPER BEDTIME
22:00 - 22:30	OLDER CAMPER BEDTIME

Activities at Camp are a mix of free choice, small group and all-camp to create a perfect balance for campers to try new activities and develop their skills.





# ENGLISH LANGUAGE LESSON

Camp Cooper is a truly international summer camp with campers attending from the UK and around the world. As some of our campers are learning English as a second language, English language development is an important part of our programme and is taught in two ways.

Our optional English Language lessons are for 2 hours each weekday (morning or afternoon) - these are part of our elective activity programme. On the first day of the English elective, each camper's English level is assessed to ensure campers are learning with those of a similar level. Camp Cooper offers 3 different classes: beginners, intermediate and advanced.

Our English language lessons are designed to give campers maximum opportunities to improve their English and increase their confidence in understanding and using English. At Camp Cooper, we focus on teaching English in a fun, creative and supportive environment

Our English teachers are selected for their ability to bring out the best in all students and our interactive syllabus ensures lessons are engaging, fun and improve each student's ability.

Our structured classes are designed to practice the camper's core skills including grammar, vocabulary, reading, writing and listening with an emphasis on improving the camper's confidence in spoken English.

At Camp Cooper, a key component of developing English language skills for our campers is creating a positive environment where campers can make mistakes, ask questions and put into practice what they have learnt. Our nurturing and challenging environment ensures to bring out the best in our campers. We combine individual learning, small group learning and whole-class learning. It is important for our campers to work together to learn and develop their English language skills. Collaborative learning creates a positive environment through peer-to-peer feedback and encouragement. We believe learning English should be fun and build all of our lessons around this ethos to motivate and encourage our campers to learn while they are at camp and long after they return home.





# ENGLISH CLASSES

For Campers Learning English

## English Beginners

Our beginner English classes use a fun, creative approach to learning. We combine traditional teaching methods with the use of activities such as games, songs, drama and producing a music video to motivate and inspire our campers. This approach ensures campers receive individual attention from the teacher, improve conversation skills through group work and are eager to learn more.

## English Intermediate

Our intermediate classes build on the camper's basic English skills, reinforcing their writing and listening skills while gaining more confidence in spoken English. Campers will learn to develop more complex sentences and develop their vocabulary during their stay at Camp Cooper.

## English Advanced

Our advanced syllabus provides a successful blend of opportunities for students to use and develop their English with an emphasis on refining student's conversational skills. Our classes carefully combine individual and group work with creative activities such as producing a Camp newspaper, debate, song writing, deliver a short presentation and planning events.



# ELECTIVE ACTIVITIES

Electives provide campers with the opportunity to plan their own personalised activity schedule. Electives are two hours long, professionally led and take place each weekday. They focus on developing key skills and personal growth.

Campers pick 2 electives per week. Campers staying for 2 weeks pick 4 electives.

Elective choices are done via the Elective Activity Form on your online Account – see page 29 for more details. **Please make sure elective choices are filled in by April 1st** and we recommend making these choices with your camper.

Information on each of our electives, including activities in each elective, skills we focus on for each elective and photos & videos of each elective can be found on our website: <https://www.internationalsummercampuk.com/activities/electives/>

## Elective Activity Choices

- Film Making
- Football
- Tennis
- Performing Arts
- Outdoor Adventure
- Journalism
- Sports
- Creative Superstar
- Dance
- English Language
- Art





# OTHER ACTIVITIES AT CAMP

## Cabin Activities & Special Events

### Cabin Activities

Afternoon activities (4pm - 6pm) focus on fun, adventure and camp spirit as campers spend time with their cabin group, participating in a wide variety of activities. The activities change everyday and are based around the interests of the cabin group, giving campers the opportunity to try almost all of the activities at Camp.

- > Photography
- > Football
- > Art
- > Raft-building
- > Media
- > Relax by the pool
- > Plan a performance for closing campfire
- > Tennis
- > Hang out with another cabin
- > Paint a mural
- > Basketball
- > Design a comic book
- > Learn to play rugby
- > Baseball
- > Bracelet-making
- > Have a campfire with s'mores
- > Make smoothies
- > Hang out with your friends
- > Do a yoga class
- > Go for a swim
- > Bake brownies
- > Have a picnic



### Evening Special Events

Evening and weekend programmes bring the whole Camp together for Camp-wide special events. Often the highlights of the summer, our special events promise to be fun, exciting and an experience to remember for years to come.

- > Clan War
- > Music Festival (Campchella)
- > Mission Impossible
- > Dance
- > Campfire
- > Talent Show
- > Airbands (lip-sync battle)
- > Quiz Night
- > Capture the Lantern
- > Counsellor Hunt
- > Pool Party
- > Capture the Flag
- > The Hunger Games
- > Cookout
- > All Girls/All Boys



# DAY TRIPS (2 WEEK CAMPERS ONLY)

## Day Trips at Camp Cooper

### Day Trips

Day Trips are organised for 2-week campers. The trips are designed to introduce campers to Scottish culture and Scotland's vibrant cities & breath taking scenery. They are supervised by our Camp staff and will ensure campers learn about and explore Scotland.

We will let campers know at the start of the session which trip they are going on.

### Money on the Day Trip

Campers will have the chance to buy a souvenir or go shopping whilst they are on the trip. In order for campers to have access to money whilst on the trip and to ensure that campers are not carrying around large amounts of money, campers will have access to £50 per trip (of their own money). Extra money can be made available by the Camp Directors during the trip if campers wish to purchase something unique/more expensive.

### Session 1 & 3 Trip: Glasgow

- >Enjoy a fabulous walking tour of Glasgow city centre
- >See Glasgow's fantastic culture and history
- >Visit some of Scotland's shopping highlights
- >Supervised free-time around Glasgow

### Session 2 Trip: Edinburgh

- >A guided tour around Edinburgh, Scotland's beautiful capital - learning about Scottish culture and heritage
- >Learn about Edinburgh's haunted history
- >Walk along Princes Street & pick up a Scottish souvenir
- >Trips to art galleries and museums
- >Supervised free-time around Edinburgh

### Supervision on Day Trips

- >Campers are supervised at all times on our day trips due to obvious safety concerns
- >Campers spend the day in their cabin groups and are supervised by the counsellors to ensure the day is fun and safe!





# FOOD AT CAMP

## What to Expect

At Camp, we want all campers to eat well and feel good. We expect campers to eat three meals a day, which is necessary to maintain a busy and active schedule. We never force campers to eat food that is not to their liking, but we do encourage campers to try all food items on the table in the form of a “no thank you helping”. Unless specified by doctor’s orders, we discourage dieting.

We work hard to make sure our menu includes foods to suit all campers. However, we do get campers from around 25 countries so it can be difficult to create a menu that works for everyone's taste.

### Breakfast

#### Everyday Options:

- Porridge
- Weetabix
- Granola
- Fruit Yogurts
- Fruit Salad
- Boiled Eggs
- Cereals
- Bread and toaster

#### Daily Option

- Mon: Pancakes
- Tue: Bacon and egg
- Wed: Waffle
- Thur: Beef sausage
- Fri: Croissant and ham
- Sat: Smoothies
- Sun: Chef's choice



### Night Time Snack

Before bed, the campers have a night time snack option:

- Toast
- Biscuits
- Fruit
- Yogurt





# FOOD AT CAMP

## What to Expect

### Lunch / Dinner Options

For lunch, there is always a secondary option in case your camper does not like the main option.

For dinner, there is always a soup and the salad bar as a secondary option.

### Vegetarian / Vegan Option

We always provide a vegetarian/vegan option for those campers who do not eat meat. If your camper is vegetarian, please put this information on the camper information form.

### Other Dietary Needs

We can make most food accommodations such as for dairy and gluten allergies. Please contact us for more information.

### Lunch Examples

- Sweet chilli chicken with cous cous and vegetables
- Pizza with fries and a mixed salad
- Roast chicken with roast potatoes, roast potatoes and vegetables
- Steak pie with chips and carrots
- Shepard's pie with boiled potatoes and cauliflower cheese
- Beef burger with wedges and sweetcorn
- Chicken pie with chips and mixed veg

### Dinner Examples

- Lasagne with garlic bread and Caesar salad
- Haddock goujons with chips and peas
- Pork & Leek sausages with mash potato and mixed veg
- Chicken curry with rice and vegetables
- Cannelloni with rustic bread and salad
- Tandoori chicken with rice and chutney
- Chicken skewers with flat bread and mixed salad

### Salad Bar Selection for Lunch & Dinner

- Lettuce
- Tomato
- Cucumber
- Pepper
- Carrot
- Beetroot
- Cheese
- Eggs
- Sweetcorn
- Croutons
- Onion
- Hummus
- Pasta Salad
- Chef's Daily Salad
- Cold Meats



# NEXT STEPS

## Next Steps Before the Summer: Online Account

Each family that has registered for Camp Cooper has an online Account. Please use the same link you used to register to access the account. If you need to find the link, please go to our website and click the link to Register (at the top right-hand side of the website).

Your online account is an online place where parents/guardians can update all their details and do all the tasks required before Camp. This includes:

### By April 1

**Elective Activity Preference** - Please pick your elective activities

### By May 1

**Travel Form** - Please fill in the travel form with information on how your camper will arrive and depart Camp. Travel plans are required to be submitted by May 1

**Camper Information Form** - Please fill in this form by May 1

### By June 1

**Insurance** - For international campers - we HIGHLY Recommend purchasing travel insurance (that covers health and travel)

**Payment** - The final balance is due on June 1. If you paid via credit card, the final balance will be charged on June 1st. If you paid via bank transfer, the final balance should be transferred by June 1st.

# ANY QUESTIONS?

**If you have any questions please email or call us**

We want Camp Cooper to be a great adventure for your family. We aim for Camp to be a development programme where children and young people develop key-life skills, make lots of friends and have lots of fun. We aim to work with families over the long-term and our usual return rate to Camp Cooper is around 70%.

If you have any questions about Camp at anytime, please contact us:

Donna Silva: [donna@internationalsummercampuk.com](mailto:donna@internationalsummercampuk.com) +44 7890 411 686

Hiran Silva [hiran@internationalsummercampuk.com](mailto:hiran@internationalsummercampuk.com) +44 7500 661 664

Did you know? We are a fully accredited summer camp by the British Accreditation Council. If you have any concerns about our Camp, you contact the British Accreditation on [info@the-bac.org](mailto:info@the-bac.org)



We can't wait to see your camper this summer for a life-changing summer adventure!

