



**AMERICAN
ACADEMY**
LARNACA
PRIVATE SCHOOL

WEIR CAMP



SUMMER 2021
Information Booklet



**WEIR CAMP 2021
PERSONAL EFFECTS LIST**

All participants must bring with them the following items:

1. Two pairs of winter pyjamas.
2. 15 pairs of socks.
3. One or two long-sleeved shirts.
4. T shirts and sweat shirts (enough for 10 days).
5. One pullover.
6. Two pairs of shorts.
7. One coat or jacket.
8. Track suits
9. Two pairs of jeans.
10. **Two** pairs of sports shoes.
11. Toothbrush, toothpaste, brush or comb, soap, shampoo, hand cream, lip salve.
12. Slippers for shower and plastic bin bags for the dirty clothes
13. Face towels and bathroom towels.
14. **A sleeping bag, one blanket, two bed sheets and a pillow.**
15. **Sun hat.**
16. Flashlight.
17. Water flask.
18. Pocket money.
19. **Any personal medical supplements**
20. **Disposable plastic plates, forks, knives, spoons, plastic cups or mug. (Enough for 7 days, at least 40 sets)**
21. Insect repellent (cream or spray).
22. Mobile phones are allowed.

Please note that it can become quite cold during the evening, so make sure that you bring with you appropriate clothing.

If anyone has a talent (singing, dancing, playing an instrument etc.) then we recommend you to bring with you anything that might help a performance to take place (CD's, guitar etc.)

YOU ARE NOT ALLOWED TO BRING TRICKS, LASER POINTS, MARKERS OR ANYTHING ELSE TO DISRUPT THE CAMP.

ALL STUDENTS SHOULD PRESENT A NEGATIVE RAPID OR PCR TEST BEFORE DEPARTURE, WITHIN 48 HOURS.

**WEIR CAMP 2021
DAILY PROGRAMME**

07:30	Wake-up call
07:30 – 08:00	Personal hygiene
08:00 – 08:30	Breakfast
08:30 – 09:00	Tidying personal belongings/tents
09:00 – 09:15	Inspection by teachers
09:15 – 12:00	Creative activities
12:30 – 13:30	Lunch
14:00 – 16:00	Siesta
16:00 – 18:00	Entertainment – Games-Walks
18:00 – 19:00	Personal hygiene
19:00 – 20:00	Dinner
20:00 – 22:30	Entertainment - Games
11:00	Lights out

**WEIR CAMP 2021
TIMETABLE**

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30	7:30 DEPARTURE FROM LARNACA	WAKE UP CALL	WAKE UP CALL	WAKE UP CALL	WAKE UP CALL	WAKE UP CALL	WAKE UP CALL	WAKE UP CALL
8:00 – 8:30		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9:15-12:00		GAMES	GAMES and/or ARTS AND CRAFTS	Visit from the Forestry Department	NATURE WALK/2 KALIDONIA PLATRES	GAMES and/or ARTS AND CRAFTS	FREE and prepare for the talent show	11:00 DEPARTURE FOR LARNACA
12:30-1:30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
2:00 – 4:00	SIESTA	SIESTA	SIESTA	SIESTA	SIESTA	SIESTA	SIESTA	
4:00 – 6:00	Announcements, Allocation of tents, Assignment of duties, Camp Regulations	FREE	NATURE WALK/1 TO PASHIA LIVADI	GAMES	FREE and GAMES	FREE and GAMES	FREE and prepare for the talent show	
7:00 – 8:00	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
8:30–10:00	GAMES	PARTY	GAMES	GAMES	GAMES	Night NATURE WALK /3	TALENT SHOW	
10:30	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	



**WEIR CAMP 2021
FOOD MENU**

DAY	BREAKFAST	LUNCH	DINNER
SATURDAY	Tea/Coffee/Milk Toast Ham and Cheese Cereal	Spaghetti with tomato sauce & halloumi cheese	Burger in a bun & chips with tomato/cucumber
SUNDAY	Tea/Coffee/Milk Toast Ham and Cheese Cereal	Roasted pork or chicken, oven potatoes & salad	Avgolemeono soup with chicken
MONDAY	Tea/Coffee/Milk Toast Ham and Cheese Cereal	Makaroniaournou & salad	Pizza & salad
TUESDAY <i>(Caledonia Waterfall Walk)</i>	Tea/Coffee/Milk Toast Ham and Cheese Cereal	Sandwich & fruit	Souvlaki in pitta bread & salad
WEDNESDAY	Tea/Coffee/Milk Toast Ham and Cheese Cereal	Lentils & yoghurt	Oven baked pork chop with potatoes & salad
THURSDAY	Tea/Coffee/Milk Toast Ham and Cheese Cereal	Mousaka & salad	Chicken nuggets with orzo & yoghurt
FRIDAY	Tea/Coffee/Milk Toast Ham and Cheese Cereal	Wrapped mincemeat, rice with vegetables & salad	Penne Carbonara



**WEIR CAMP 2021
FOOD MENU**

ΗΜΕΡΑ	ΠΡΟΓΕΥΜΑ	ΜΕΣΗΜΕΡΙΑΝΟ	ΒΡΑΔΙΝΟ
ΣΑΒΒΑΤΟ	Τσάι/Καφές/Γάλα Τοστ Ζαμπόν Τυρί Δημητριακά	Μακαρόνια σπαγγέτι με σάλτσα ντομάτας & χαλούμι	Μπιφτέκι σε ψωμάκι, τηγανιτές πατάτες, ντομάτα & αγγουράκι
ΚΥΡΙΑΚΗ	Τσάι/Καφές/Γάλα Τοστ Ζαμπόν Τυρί Δημητριακά	Ψητό χοιρινό ή κοτόπουλο, πατάτες φούρνου & σαλάτα	Σούπα αυγολέμονο με κοτόπουλο
ΔΕΥΤΕΡΑ	Τσάι/Καφές/Γάλα Τοστ Ζαμπόν Τυρί Δημητριακά	Μακαρόνια του φούρνου & σαλάτα	Πίτσα με σαλάτα
ΤΡΙΤΗ (Περπάτημα στα Καληδόνια)	Τσάι/Καφές/Γάλα Τοστ Ζαμπόν Τυρί Δημητριακά	Σάντουιτς & Φρούτο	Σουβλάκι στην πίτα & σαλάτα
ΤΕΤΑΡΤΗ	Τσάι/Καφές/Γάλα Τοστ Ζαμπόν Τυρί Δημητριακά	Φακές & γιαούρτι	Μπριζόλα στο φούρνο με πατάτες & σαλάτα
ΠΕΜΠΤΗ	Τσάι/Καφές/Γάλα Τοστ Ζαμπόν Τυρί Δημητριακά	Μουσακάς & σαλάτα	Κοτομπουκιές με κριθαράκι & γιαούρτι
ΠΑΡΑΣΚΕΥΗ	Τσάι/Καφές/Γάλα Τοστ Ζαμπόν Τυρί Δημητριακά	Ρολό, ρύζι με λαχανικά & σαλάτα	Πένες καρμπονάρα