

Portugal Surf Camp

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Ever dreamed of learning how to surf in one of the most spectacular locations on the planet? Well now you can do just that! Spacious and serene, this surf camp along Portugal's Atlantic Coast will become your home away from home. Surf all day in breathtaking settings, with structured lessons both practical and theoretical. You'll learn more than just the basics. You'll learn what it means to become a surfer. From ocean awareness, swell forecasting, wind patterns & tides, to surfboard design, surf etiquette and of course – riding gnarly waves. From the novice to the experienced surfer, this camp is for you!

Who's to say it should end there? Start an afternoon game of beach volleyball, enjoy some relaxing yoga, or head to the local surf board factory for a fascinating guided tour. Go to bed early or stay up to enjoy a night out at our very own beachside bar. You could even head to the beach on a full moon for a roaring camp fire. The options are endless; it's all about the easy going surf experience.

PROJECT HIGHLIGHTS

- Friendly, fun & experienced surfing instructors
- Enjoy the authentic surfing lifestyle
- Discover the wonders Portugal has to offer
- Make lifelong friends and unforgettable memories
- This is a Frontier Connect project!

PROJECT REQUIREMENTS

- Minimum age of 17 years

FAST FACTS

Location	Peniche, Portugal
Activities	5 days of surfing lessons Enjoy beach lifestyle Surfing theory and technique Explore the Portuguese coastline Guided tour of surf board factory
Transport	Pick-up from Peniche bus terminal Transport to the centre
Accommodation	Shared hostel

WHAT WILL I BE DOING?

Set your own pace on this amazing surf camp. Whether you're a complete novice, or already king of the waves, our experienced surf instructors will be on hand to guide you and improve your technique. As the days go by, you will be able to gain the skills to go surfing independently. You will spend full days on the beach and in the water, focusing on the theory and practice of surfing, each day gaining more ocean knowledge, developing your board skills and your understanding of the ocean. Our classes won't have more than 8 students to every 2 person instructor team, so you will make fantastic progress with a friendly and personalised service.

The surf camp has unique access to our exclusively licensed surf beach, meaning you will learn in clean, safe, lifeguard monitored conditions, and without all the crowding of other surf camps and surfing schools to disturb you. The great advantage of our beach base is that you've got all the surfing equipment you need at your disposal. You will have surf classes twice a day, each approximately 2 hours long. Every morning we check weather conditions and surf the best break to suit those conditions. This means your progression will develop faster and you'll be able to enjoy surfing independently even quicker and feel at one with the waves!

After class is out, you'll still have lots of free time. You'll be the one to decide when you want to go surfing or when you just feel like relaxing and watching the waves roll by out in front of our bar.

We try to provide lots of different activities for you to do, to make a dynamic and creative week during your stay. Plus you'll get to meet people from all over Europe. On Fridays we have our already-famous beach barbecue, where everyone at the camp gets together at our bar. It's also a chance for you to watch the week's video footage and check out the week's photos, which we pass around at the end of the barbecue.

WHAT HAPPENS WHEN I ARRIVE?

You will need to make your own way to Peniche Bus terminal on the Saturday. Once you know your arrival time into the bus terminal you can request a transfer to the surf camp or take a taxi. Once you have had time to rest the surf camp staff will give you a local orientation to help you acclimatise, you may possibly be out in the water surfing for the rest of the afternoon.

WHERE WILL I BE STAYING?

This surf camp is all about taking it easy and living the beach lifestyle. The house you will be staying in is very close to our surf camp. It's an easy walk to our beach, where you'll find your wetsuit, surfboard, and your surfing instructor ready and waiting to begin the day's surf!

WHAT WILL I BE EATING?

Food is not included as part of this project, which means that you'll have the freedom to decide where and what to eat! You and your fellow surfers will be able to try out the diverse selection of delicious Portuguese dishes on offer. It'll also be a great time to bond with new friends, recalling your awesome travel experiences to date! There will be several restaurants in the local area to eat in, or

occasionally the opportunity to shop in local supermarkets and cook for yourself at the hostel.

COSTS

Jan 1st - March 23rd	US\$ 495
March 24th - June 29th	US\$ 595
June 30th - Sept 21st	US\$ 845
Sept 22nd - Nov 2nd	US\$ 595
Nov 3rd - Dec 31st	US\$ 495
Booking fee	US\$ 145

Please apply at least two months in advance.

DEPARTURE DATES

Weekly. You will need to make your own way to Peniche Bus terminal on the Saturday. Once you know your arrival time into the bus terminal you can request a transfer to the surf camp.

DURATION

You can join this project for a minimum of 7 days.

WHAT'S INCLUDED

Before you go

- Pre-departure support
- Travel & medical advice & documentation
- Advice on equipment & visas
- Discounted medical kit
- Free Frontier t-shirt

In-country

- Accommodation
- Transport from Peniche bus terminal
- Ground transfers to surf camp
- Video monitoring
- Surf equipment hire
- 4 hours of surf classes each day - Monday to Friday
- Free internet access
- Surfboard and wetsuit discounts available
- Surf camp orientation and training
- In-country emergency support

- 24-hour international HQ backup

AIRPORT INFORMATION

Nearest airport(s): Lisbon (LIS)

CONTACT INFORMATION

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on info@frontier.ac.uk

Check out our social media here:

Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.