
ADVENTURES IN THE FOREST



SESIMBRA
**NATURA
PARK**



BUSHCRAFT

Bushcraft is the practical knowledge of the natural world we carry in our head and in our muscles. But more than just survival. It's a treasure trove of wisdom, that allow us to feel a real empathy with the landscape.





The more you know,
the less you have to carry

Mors Kochanski

DEAR PARENTS:

Escola do Mato's *Bushcraft Camp* will bring forth the adventurer in your kid while passing on self reliance and responsibility in a magnificent natural environment.

The perfect environment to build relationships with friends and create life long bonds.

That being said, here are the program, schedules and gear needed for the best holiday week ever!



ADVENTURE IS OUT THERE!



- Camp starts at 9:00 in the reception área of Sesimbra Natura Park and ends each day by 17h in the same place.
- The shuttle bus leaves Lisbon at 8:30, so young adventurers should be there some time before. It returns to the same place around 18h.
- Young adventurers should bring with them a small backpack with personal items and gear for the day.

EQUIPMENT



Every adventurer should bring

Outdoor clothing;
Comfortable footwear;
Hat and sunscreen;
Water bottle;
Swimsuit and flip-flops for showers;
Dish, cup, fork, spoon and a dish cloth.

For the night in:
Sleeping bag
Sleeping air mattress
Hygiene kit
A warm jacket for the night

We provide

Bushcraft knife
Firesteel
Individual metal pot
Space blanket
Roll of paracord
Bandana with team color

In the end of the camp, this kit will be theirs to take home, allowing them to practice and live new adventures in nature.

PROGRAM DAY 1

1 – Explorer's equipment

- Knowing the 5C's of survival gear
- Knowing the rule of 3's of survival
- Priorities game – placing in order your gear and needs according to camp priorities

2 – Cutting tools

- Safety rules with cutting tools
- Practicing whittling and carving a try stick

3 - Lunch

- Barbecue

4 - Fire!

- Triangle of fire
- Safety and dangers
- Using a firesteel
- Lighting a firestarter

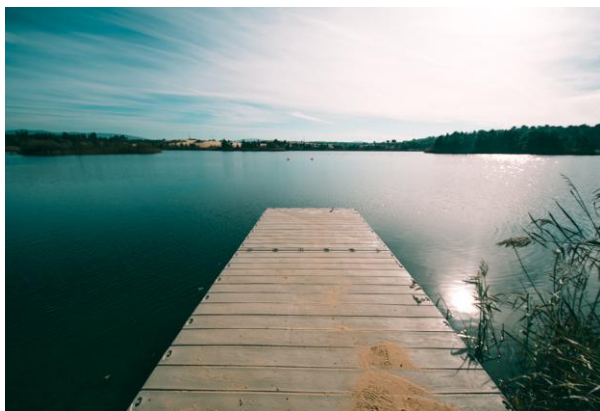
5 - Firestarters

- Fire safety rules
- Natural and artificial firestarters
- Lighting and extinguishing a firestarter safely

6 - Campfires

- Know the several types of campfires
- Safety rules with fire
- Kinds of wood and their uses
- Lighting and extinguishing a fire





PROGRAM DAY 2

7 - Water

- Know the cycle of water
- Identify water in the landscape
- Know the main pathogens of water
- Build a bushcraft water filter

8 – Row and rejoice

- Canoeing, navigating as a team and, of course, getting some splashes on the way.

9 - Lunch

- Grilled fish with veggies
- Preparing a meal over open fire without kitchen utensils

10 - Foraging

- Most common plants and trees and their uses
- Foraging for land resources
- Nature treasure hunt

11 – Natural cordage

- Making rope and baskets from natural fibers

12 – Nature everywhere

- Finding animal tracks
- Following prints
- Clay casts
- Identifying most common animals by their traces

PROGRAM DAY 3

13 - Hygiene

- Personal hygiene outdoors
- Camp hygiene, environmental dangers

14 – Natural navigation

- Wind rose
- Bearings by natural indicators
- The solar compass

15 – Map Navigation

- Using a compass
- Orienting a map
- Reading a map
- Map navigation

16 - Lunch

- Wild stew

17 - Hike

- Navigating a course with hike records (distances, bearings, natural factors, geology and geography), low tree lines, slide and other obstacles





PROGRAM DAY 4

18 – Kim's Game

- Memory game with natural elements

19 – Primitive fire

- Making a fire by friction between wood

20 – Fox walk

- Method of silent walking to approach and observe wildlife

21 - Shelters

- Thermal regulation mechanics
- Types of shelters
- Building a natural and synthetic shelter

22 – Sleep in shelters

- Campfire
- Sleeping in individual or team shelters

PROGRAM DAY 5

23 – Daily ration

- Making *bannock* (unleaven bread with flour, water, salt, poder milk and dry fruits)

24 – The wild hunt

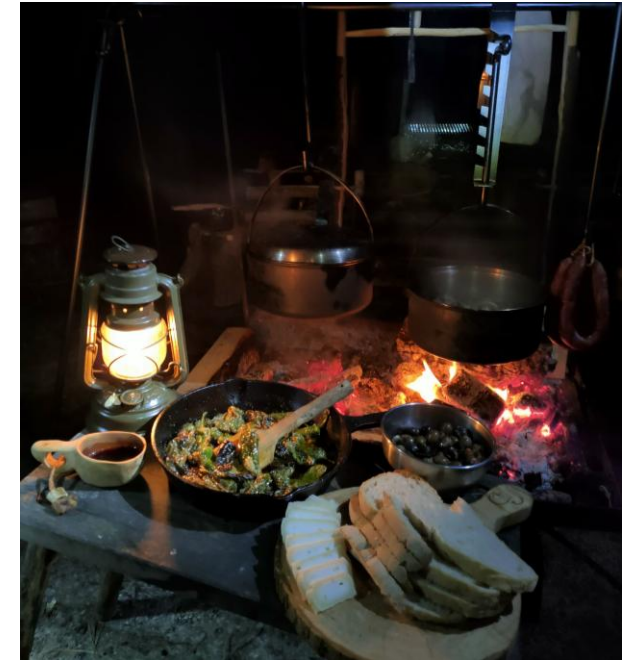
- Building a rabbit stick with natural materials
- Target practice

25 – The Banquet

- Shared meal with parents completely made by the young adventurers

26 – Camp party

- Awards and celebrations
- Goodbyes





FOOD

All ingredientes and cooking equipment are provided by Escola do Mato but the meals will be made by the young adventurers. Always available during the day there is fresh fruit and snacks.

- 🔥 **Day 1** – Barbecue with rice and salad
- 🐟 **Day 2** – Fish with veggies and fruit, all done on coals
- 🍝 **Day 3** – Fish bolognese with pasta
- 🐖 **Day 4** – Pork stew
- 🎨 **Day 5** – Special family barbecue, made by the students

We have dietary alternatives, from vegan to celiac, from kosher to halal.

FREQUENT QUESTIONS

- Who is the staff? What experience do they have?**

Our staff and monitors have several years of experience with Escola do Mato, experience with working with youngsters either in summer camps or the scouts, having a clean criminal record and youth pedagogy training.

- How do you ensure safety during activities?**

Besides our strict safety rules with cutting tools, there is a monitor at all times with each team of 5 and a first-aid, health and safety plan. The monitors are trained to react to any unforeseen circumstance. Each activity abides by its own safety rules (safety vests on canoes, harness on ropes, etc), being oriented by professionals in each specific activity.

- First aid, emergency and evacuation?**

There is always an instructor with first aid training and a first aid kit nearby. In case of need, there is an evacuation plan, individual or by group, to answer to emergencies or accidents. The instructor in charge of camp is always reachable.





FREQUENT QUESTIONS 2

•What are the safety measures?

The camp is private land with restricted access.

Young adventurers are identified at all times and can only enter and exit camp with their parents or in the transport back to Lisbon. A monitor goes with the group that opts for the shuttle to Lisbon, both to pick up the young adventurers and to deliver them back to the parents.

•What if my kid never did something similar?

Then he will love it! The camp starts with the basics and progresses in technique, which allows young adventurers to evolve in their own rhythm and collaborate to the success of the team.

•Can they take cell phones?

There is signal and charging points available. But we can assure you: it will be so epic they won't even remember it exists!

•What happens if it rains?

In the rare chance of rainfall in July, the camp has a big roof where we can do most of the activities sheltered from the weather, be it rain or heavy heat. The program is flexible and we are able to Exchange activities within days, if needed.

•Are there toilets?

Yes, we have boys and girls bathrooms with hot showers..

ABOUT US



Founded in 2011, we have over a decade in woodland expertise, having taught hundreds of students in how to live in the woods in an intimate and sustainable way.

In an increasingly artificial world, we want to give people back the knowledge of how to interact with nature in a sustainable way, enjoying what it has to offer us and collecting its benefits, in comfort and safety.

We believe it is possible an intense contact with nature in a sustainable way, and we know that getting intimate with our surroundings will develop a sense of need to defend and preserve what's important. We are proud to be ecologically sustainable.

Escola do Mato is a brand belonging to Sementancestral Unip. Lda
Rnaat nº 1124/2024



THE CAMP

Sesimbra Natura Park is located in Herdade da Mesquita, about 10 Km away from Sesimbra village, 6 Km from Setúbal and 25 Km from Lisboa. A 900Ha land of unique natural beauty.

Adress:

Estrada Nacional 378 Km 13.9 2970-000 Sesimbra

4 Km from Carrasqueira roundabout heading Lisboa, entrance to the right.

3 Km from the Traineira roundabout (Fernão Ferro) heading Sesimbra, entrance to the left.

Tel:351 916 743 979 | **E-mail:** info@sesimbranaturapark.pt | Google maps 38.524664,-9.100879



GET IN CONTACT

Escola do Mato | info@escoladomato.com | www.escoladomato.com | 914820585