

SPORT PROGRAMMES

FOOTBALL TOUR TO BRAZIL

Our 7 day tour in the colourful and lively capital, Rio de Janeiro will include training with professional coaches and amateur games at Zico's Football Centre, beach football as well as an element of sightseeing. We are offering an optional 3 night extension tour to the colonial town of Paraty for yet more football experiences.



OUTLINE ITINERARY :

Day 1 - Depart Heathrow on scheduled flights to Rio de Janeiro.

Day 2

Arrive Rio de Janeiro.

City tour including Sugar Loaf Mountain.

DAY 3

Beach football training followed by a game.

DAY 4

Excursion to Tijuca Forest and Corcovado.

Evening visit to watch a Campeonato Brasileiro da Série A or cup match

DAY 5

Play football at Zico's Football Center, created by one of Brazil's best football players of all times. Included: training with professional coaches (technical and tactics); amateur games.

DAY 6

Free time until return flight to the UK (or 3 night optional extension to Paraty for more "football" experiences)

Day 7 - Afternoon arrival at Heathrow Airport.

Cost from £1495 (1 free leader place per 10 paying pupils) is based on a minimum of 20 persons travelling during October or April half term period, but the programme is available all year depending on your requirements.

Please contact us for more details of what is included.

CUBA - Catch this unique Island before it changes!!



Cuba is a sporting nation whose achievements far surpass what one would expect based on the size of Cuba and its economy. Today, millions of young people in Cuba actively participate in amateur sports which means when it comes to selecting for the national sports teams, the sports officials in Cuba have a wider pool from which to choose.

From primary schools to universities, physical education is a compulsory part of the curriculum. The programme examines the reality of sports training in schools.

Our Sport programme offers contact and links with local schools, pupils and teachers as well as joint sport activities.

Day 1 - Depart on scheduled airline services to Havana. Transfer on arrival to your hotel.

Day 2

City tour of Old & Modern Havana including a salsa lesson with local salsa teachers.

Day 3

Transfer to Viñales Valley to visit "The Prehistorical Mural Painting, the viewpoint and the mogotes limestone hills.

Continue to Las Terrazas Eco Community in the Sierra del Rosario Biosphere.

Day 4

Transfer to Rancho Curujey and meet local students to begin sports activities, hiking, etc. Football game with students from Las Terrazas Community

Day 5

Plantation of trees for friendship followed by some time at Rio san Juan Domino competition with locals (the traditional Cuban game)

Day 6

Canopy tour offering a thrilling aerial view of the village.

Visit the Buena Vista coffee plantation

Transfer to "Playas del Este" (East Havana beaches)

Day 7

Full day of sport activities/competitions such as tennis and beach volleyball.

Eve : Farewell Cuban beach party

Day 8 - Transfer to Havana airport for overnight flight to UK.

Day 9 – Arrive UK.

Costs start from : £1195 per person – 1 free leader place per 10 paying pupils. Please contact us for more details of what is included.

CHINA – SPORTS INTEREST PROGRAMME Visiting Beijing – Shanghai – Suzhou



In view of the growing importance of links with China and the Olympic Games in 2008, we are offering schools a sports-based programme (e.g. athletics, gymnastics, football, tennis, badminton or basketball), designed to reflect the specific interests of every group, and a mix of sporting disciplines can be catered for as part of this programme.

The tour features an introduction to the education and training for sports in China with a focus on Chinese training, a visit to the Bird's Nest and Water Cube Stadium. In addition to the Sports content, the highlight will be the active social content with the Chinese teachers and pupils.

Day 1 - Depart on scheduled flight to Beijing.

Day 2 - Arrive Beijing & transfer to hotel.

Day 3 - Visit Tian`anmen Square, Forbidden City and the Beijing Shichahai Sports School - the birthplace of many Olympic champions. The visit includes a brief introduction of this famous sport school in China, meeting with pupils and teachers and visit to training sites.

Day 4 - Visit the Great Wall and the Summer Palace.

Day 5 - Visit the Temple of Heaven, "Bird's Nest" Stadium and Water Cube. Overnight train to Shanghai.

Day 6 - Arrive Shanghai. Visit the Yuyuan Garden, Shanghai Museum and the Shanghai World Financial Centre.

Day 7 - Visit to Shanghai JIading Martial Arts School, including a tour of the facilities, observe a series of martial art performances and meeting with the pupils at the school. Visit the Bund, Nanjinglu and Old French Concession.
Evening Acrobatic Show.

Day 8 - Full day excursion to Suzhou including Garden of the Master of the Nets, Tiger Hill and the Grand Canal.

Day 9 - Board the Maglev train, the world's fastest magnetic levitation train, for your trip to the Pudong International Airport for your return flight, arriving the same day in the UK.

Price £1,495 per person (1 free leader place per 10 paying pupils) - contact us for more details of what is included.

CHINA - Martial Arts Programme: Visiting Beijing – Luoyang – Wudang - Shanghai

Beijing : Beijing will take in the key sights in Beijing of Tiananmen Square & Forbidden City. Visit to the Temple of Heaven to observe local people doing their morning exercises such as Taiji and Taiji Ball. You will be given a lecture by professional Taiji teacher for 1½ hours. Visit the Simatai section of the Great Wall for a challenging climb.

Luoyang :Shaolin Temple, China's most famous Buddhist Temple, where you will learn some skills of real Chinese Kungfu and communicate with the monks. Pagoda Forest, the cemetery and imperial gardens for those great masters.

Wudang: watch Martial Arts performance given by students and teachers from Martial Arts school, learn and practice with them for 2 hours. You will visit the beautiful mountain which is the origin of Martial Arts in south China, and the Daoism Temple.

Shanghai you will walk along the Bund where you can join in local people to practice Taiji with them. Visit the Yu Garden, Oriental Pearl TV tower and free shopping time on Nanjing Road.

Cost : £1495 (1 free leader place per 10 paying pupils) – contact us for a full daily itinerary and details of what's included.

CHINA - 10 day Hiking Tour : Visiting Beijing & Yunnan

Beijing : Tiananmen Square, Forbidden City, 10km hike from Jinshanling Great Wall to Simatai Great Wall.

Yunnan : Trek from Upper Tiger Leaping Gorge up the Haba Mountains and on to Bendiwan in one day. Continue trek from Bendiwan to Middle Tiger Leaping Gorge with stops along the way at local villages and finish at Daju where you are collected and transferred to Lijiang.

Cost : £1925 (1 free leader place per 10 paying pupils) - contact us for a full daily itinerary and details of what's included.

MEXICO



Adventure / outdoor pursuits activities including white water rafting along the two best rivers in Mexico, mountain biking, kayaking, exploring countryside by quad-bike and sailing. Contact us for a full detailed programme and costs for your own tailor-made group tour.