



The **Picadeiro d'Arrábida Equestrian Centre**, functioning as an activity hub, established **Outdoor Experience Fields** through the **NKA+FKA Project** to offer activities for children in a natural setting



1 day at The Forest School Kindergarten d'Arrábida

Welcome to our wonderful Forest School Kindergarten d'Arrábida! Here, we value children's connection with nature, promoting outdoor experiences that stimulate curiosity, creativity, and holistic development. Our programme is designed for children aged 2 to 12, offering a variety of activities, from outdoor art workshops to forest games, at the Beach, in the Mountains, or in the Pine Forest. Below, we highlight some of the exciting activities children can enjoy during their stay with us:

Outdoor Art Workshops:

Our outdoor art workshops are spaces where children's imagination can soar! Here, they will have the opportunity to express themselves through a variety of natural materials such as leaves, branches, stones, and clay, as well as painting. All activities are guided by our instructors, who will encourage them to create unique works of art inspired by the natural beauty that surrounds them.

Forest Games:

At Forest School Kindergarten d'Arrábida, games are an essential part of learning through experience. Our forest games are designed to encourage collaboration, teamwork, and problem-solving, while children explore the natural environment around them. From traditional games to treasure hunts or obstacle challenges, each activity is an exciting adventure!



Interaction with Horses:

Nothing compares to the magic of interacting with horses in nature. NKA offers children the unique opportunity to connect with these majestic animals, developing a special bond with them. Under the supervision of our experienced instructors, children will learn about horse care, enjoy their riding experience, and develop confidence and respect for the animals.

In addition to these main activities, our programme also includes forest walks, outdoor storytelling sessions, gardening activities, and much more!

At Forest School Kindergarten d'Arrábida, every day is an exciting adventure, full of discoveries and Nature

Come join us and let your imagination flourish!

INFORMAÇÃO

Schedule

1 FKA 10h00 - 12h30 (with morning snack)

1 FKA+ 10h00 - 15h30 (Programme with lunch)

The **1FKA** includes:

- Transportation
- Activity at the Beach*, Mountains*, or Pine Forest*
- Guided tour of the Farm with Ninja Line
- Morning snack

The **1FKA+** includes:

- Transportation
- Activity at the Beach*, Mountains*, or Pine Forest*
- Guided tour of the Farm with Ninja Line
- Morning snack
- Natura Lunch
(Vegetarian dish, Fruit, and Macrobiotic Sweet)



1FKA

1 FKA

1 FKA+ with Natura Lunch

1 FKA Schooling

(Programme for External Schools, price per child)

Valor por criança

25€

30€

Upon request

ACTIVITIES

Aromas e Sabores (extra)

Valor a acrescentar ao Programa com Almoço

1.5€

Forest Games (extra)

3.5€

Art & Country living (extra)

3.5€

Horse Experience

Activity 1 hour

10€



ACTIVITIES

Aromas & Flavours

Making a Rustic Pizza

Preparing the Field Salad

ACTIVITIES

Forest Games (5 Activity Stations)

Archery, Slow Slider, Rope,
Obstacle Course, Ninja Line





ACTIVITIES

Art & Country living

Pottery and Painting
Horticulture

ACTIVITIES

Horse Experience

Visit to the Farm and Horse Riding Experience

Note: This activity can be conducted outside of the 1FKA programme.



FINAL INFORMATION

Bookings are secured with the payment of the pre-registration fee.

Activities are for groups of 15 children or more, and the maximum daily capacity is 40 children and their monitors.

The presence of teachers and monitors is mandatory.

Compliance with the farm rules is required.

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