

Summer Sports Camp in the Lungs of Italy – Trentino.

Nature and sports for your children. A unique experience recommended for children and young people aged 7 to 17! ☀️

Summer 2025, from June 19 to June 30, we offer an unmissable opportunity for your children: a **Summer Sports Camp** 🏕️ immersed in the spectacular nature of Trentino 🌲, one of the most beautiful regions of Italy, surrounded by the majestic Dolomites 🏔️, crystal-clear rivers 💧, lakes, and mountains. 🏞️.



- **A camp in the heart of the Brenta Dolomites:**

This camp offers a unique experience in one of the world's most majestic landscapes, Trentino. With three guided mountain trips, children will explore the grandeur of the Brenta Dolomites, a UNESCO World Heritage Site. Through adventures in nature, they will learn basic climbing, respect, and environmental protection, all under the supervision of SAT experts with specialized technical equipment. An opportunity to experience the essence and unparalleled beauty of the mountains. 🌄 🧗

- **Activities adapted for all levels:**

Participants will enjoy both outdoor and indoor training, practicing Taekwondo and Jiu-Jitsu. The activities are designed to allow each child, regardless of their level, to progress at their own pace and enjoy the experience to the fullest. Moreover, these experiences will not only improve them physically but also help them gain self-confidence by learning the fundamentals of both physical and mental defense. 🏠 🌳



- **International community:**
Participants will have the chance to make friends from countries like Mexico, Luxembourg, Germany, Austria, and Canada, promoting cultural exchange. 🌍 🤝
- **Digital detox and connection with nature:**
At the camp, children will enjoy the natural environment, away from screens, reconnecting with themselves and the natural world. 🌿 📵
- **Respect for nature and appreciation of cultures:**
Through outdoor activities, they will learn to respect the environment and appreciate different cultures, expanding their worldview. 🌍
- **Self-defense and anti-bullying courses:**
In addition to sports, they will learn how to protect themselves and handle difficult situations safely, skills that will be useful in their daily lives. 💪 🛡️



International coaches and experts:

The camp is led by a team of professionals with extensive international experience. Courses will be translated into Italian, English, German, and Spanish, ensuring that all participants can follow the sessions. During the activities, children will train with specialists in various areas such as athletics, mid-mountain, Taekwondo, Jiu-Jitsu, physical conditioning, among other sports.





Everything you need for an unforgettable experience:

Our Summer Camp offers the perfect combination of adventure, learning, and comfort in a unique natural environment. Every detail has been carefully designed to ensure participants fully enjoy their stay, with exciting activities, a safe environment, and comprehensive services covering all their needs.:

- **What's included:**
- Comfortable and safe accommodation 🏠
- All meals included 🍴
- Sports activities, both outdoor and indoor training, and specialized workshops 🏃
- Excursions to lakes, rivers, and natural parks in the heart of Trentino 🌿
- Technical equipment for mountain activities 🧗
- Training led by nature experts 🌄
- Specialized mountain guides 🧑
- Translation services available for an accessible experience in multiple languages 🌐

List of items for the Summer Camp:

• Documents:

- Identity card
- Health card (EU)

• Clothing and equipment:

- TKD school t-shirt
- Shorts
- Running and hiking shoes
- Sweatshirt, light jacket, long trekking pants
- Taekwondo shoes, boxing gloves, elbow and knee pads (if possible)
- Electronic TKD protectors (for advanced students)
- Sportswear and dobok

• Optional extras:

- Foam roller (Blackroll)
- Multivitamin complexes, vitamin C, and minerals
- Isotonic drinks (preferably powdered)

• Personal items:

- Toiletries
- Change of clothes
- Towels (small and large)

- Swimsuit

- Reusable water bottle

- Board games or cards (optional)

• Important note:

Specialized equipment such as crampons, ropes, and harnesses will be provided by the camp organizers, ensuring that participants have everything necessary for mountain activities in a safe and appropriate manner.



A varied and exciting daily program:

During the Summer Camp, your children will enjoy a thrilling combination of sports activities and outdoor adventures. Each day will include specialized training in Taekwondo, Jiu-Jitsu, and athletics, along with dynamics focused on personal development and both physical and mental defense. Some days will be dedicated to exploring the majestic nature of the Dolomites, with guided excursions by mountaineering experts.

A unique experience that will make a difference:

This camp will not only offer fun and learning, but it will also ensure that your children have a unique experience that will enrich them in different aspects of their lives. They will develop self-confidence, teamwork skills, and respect for nature, all in a safe environment supervised by professionals. This experience will be unforgettable and will significantly contribute to their personal growth.



Training and Logistics

Venues: Mobility and Comfort Guaranteed:

- The training sessions will take place at the park in Caderzone Terme. Some tactical and specialized training will be held in Bocenago, at the Mistoerer gym. Additionally, transportation for participants between the various venues will be provided by the organizers, ensuring comfort and safety throughout the course.



Our team of international coaches and experts:

- Israel Vazquez Briones – Regional President, Trentino-Alto Adige, FITA (Italian Taekwondo Federation)
- Senetayhu Masè – Athletics Specialist
- Leandro Dos Santos – Jiu-Jitsu (Brazil)
- Abraham Salmeron – TKD Forms Specialist (Mexico)
- Gilberto Vazquez Briones – TKD (Mexico)
- Giulia Vazquez, International Medalist
- Gianluca Vazquez, 2024 Italian Runner-Up



- **Team of Translators and Guides:**

- Luana Sperandio – Translator (Italian, Spanish)
- Israel Vazquez – Translator (Italian, English)
- Matteo Motter and the SAT (Società degli Alpinisti Tridentini) guides

Mistoerer



Dates and Registrations:

- Don't miss this unique opportunity! Limited spots available, so secure your child's place as soon as possible. Contact us for more information and make sure they experience an unforgettable summer.
-  For information and registration:
Email: info@mistoerer.com
- Give your children a summer full of adventure, sports, and new friendships in the spectacular setting of the Dolomites. Book now and guarantee their spot in this exclusive opportunity!
  
- Visit: www.mistoerer.com

