



UNITED LISBON  
INTERNATIONAL SCHOOL

## **ULIS ACADEMY - ACTIVITIES**

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2024-2025



# ULIS ACADEMY - SCHEDULE 2024-2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"><li>● <b>STAT Martial Arts</b> Grade 1 to Grade 5 🕒 15:45 - 16:30</li><li>● <b>STAT: Krav Maga</b> Grade 9 to Grade 12 🕒 16:45 - 17:30</li><li>● <b>Dance: Hip Hop</b> Grade 5 to Grade 7 🕒 15:45 - 16:30</li><li>● <b>Dance: Popping &amp; Locking</b> Grade 8 to Grade 12 🕒 16:45 - 17:30</li><li>● <b>The Inventors</b> Grade 1 to Grade 5 🕒 15:45 - 16:30</li><li>● <b>Language Academy (language to be confirmed)</b> Grade 1 to Grade 12 🕒 15:40 - 16:30</li><li>● <b>French Beginners</b> Grade 1 to Grade 12 🕒 15:40 - 16:30</li><li>● <b>French Intermediate</b> Grade 1 to Grade 12 🕒 16:40 - 17:30</li></ul>	<ul style="list-style-type: none"><li>● <b>Acrobatic Gymnastics</b> K3 to Kindergarten 🕒 15:45 - 16:30</li><li>● <b>Dance: Ballet</b> Grade 1 to Grade 4 🕒 15:45 - 16:30</li><li>● <b>Dance: Commercial</b> Grade 5 to Grade 7 🕒 16:45 - 17:30</li><li>● <b>Tennis</b> Grade 1 to Grade 12 🕒 15:45 - 17:15</li><li>● <b>Padel</b> Grade 1 to Grade 12 🕒 15:45 - 17:15</li><li>● <b>Happy Code</b> K3 to Kindergarten 🕒 15:45 - 16:30</li><li>● <b>Grade 1 to Grade 2</b> 🕒 16:45 - 17:30</li><li>● <b>Grade 6 to Grade 8</b> 🕒 16:45 - 17:30</li><li>● <b>Robots Academy</b> Grade 7 to Grade 12 🕒 15:45 - 16:30</li></ul>	<ul style="list-style-type: none"><li>● <b>Martial Arts</b> K3 to Kindergarten 🕒 15:45 - 16:30</li><li>● <b>Grade 6 to Grade 12</b> 🕒 16:45 - 17:30</li><li>● <b>Soccer Academy</b> Grade 4 to Grade 5 🕒 15:45 - 16:30</li><li>● <b>Soccer Academy - Goal Keeper Training</b> Grade 2 to Grade 5 🕒 16:45 - 17:30</li><li>● <b>Grade 6 to Grade 10</b> 🕒 16:45 - 17:30</li><li>● <b>Fashion Design and Production</b> Grade 6 to Grade 12 🕒 15:45 - 17:15</li><li>● <b>Fencing</b> Grade 1 to Grade 5 🕒 15:45 - 16:15</li><li>● <b>Grade 6 to Grade 12</b> 🕒 16:45 - 17:30</li><li>● <b>Venture Tracks</b> Grade 9 to Grade 10 🕒 15:45 - 17:15</li><li>● <b>Grade 6 to Grade 8</b> 🕒 15:45 - 17:15</li><li>● <b>Happy Code</b> Grade 3 to Grade 8 🕒 15:45 - 16:30</li><li>● <b>Cycling</b> K3 to Kindergarten 🕒 15:45 - 16:30</li><li>● <b>Grade 1 to Grade 3</b> 🕒 16:45 - 17:30</li></ul>	<ul style="list-style-type: none"><li>● <b>Acrobatic Gymnastics</b> Grade 1 to Grade 4 🕒 15:45 - 16:30</li><li>● <b>Dance: Creative Dance</b> K3 to Kindergarten 🕒 15:45 - 16:30</li><li>● <b>Dance: Breaking</b> Grade 1 to Grade 4 🕒 16:45 - 17:30</li><li>● <b>Tennis</b> Grade 1 to Grade 12 🕒 15:45 - 17:15</li><li>● <b>Padel</b> Grade 1 to Grade 12 🕒 15:45 - 17:15</li><li>● <b>The Inventors</b> Kindergarten 🕒 15:45 - 16:30</li><li>● <b>Grade 1 to Grade 5</b> 🕒 16:45 - 17:30</li><li>● <b>Soccer Academy</b> K4 to Kindergarten 🕒 15:45 - 16:30</li><li>● <b>Grade 1</b> 🕒 15:45 - 16:30</li><li>● <b>Grade 2 to Grade 3</b> 🕒 15:45 - 16:30</li><li>● <b>Grade 8 to Grade 9</b> 🕒 16:45 - 17:30</li></ul>	<ul style="list-style-type: none"><li>● <b>Swimming</b> Grade 1 to Grade 12 🕒 15:45 - 17:15</li><li>● <b>Martial Arts</b> Grade 1 to Grade 5 🕒 15:45 - 16:30</li><li>● <b>Grade 6 to Grade 12</b> 🕒 16:45 - 17:30</li><li>● <b>Language Academy (language to be confirmed)</b> Grade 1 to Grade 12 🕒 15:40 - 16:30</li><li>● <b>French Beginners</b> Grade 1 to Grade 12 🕒 15:40 - 16:30</li><li>● <b>French Intermediate</b> Grade 1 to Grade 12 🕒 16:40 - 17:30</li><li>● <b>Soccer Academy</b> Grade 1 to Grade 3 🕒 15:45 - 16:30</li><li>● <b>Grade 4 to Grade 5</b> 🕒 16:45 - 17:30</li><li>● <b>Grade 6 to Grade 7</b> 🕒 16:45 - 17:30</li><li>● <b>Trampoline Gymnastics</b> Grade 1 to Grade 5 🕒 15:45 - 17:15</li><li>● <b>Capoeira</b> Grade 1 to Grade 5 🕒 15:45 - 17:15</li><li>● <b>Judo</b> Grade 1 to Grade 5 🕒 15:45 - 17:15</li><li>● <b>Dance: Afro</b> Grade 1 to Grade 4 🕒 15:45 - 16:30</li><li>● <b>Dance: Hip Hop &amp; Whacking</b> Grade 8 to Grade 12 🕒 16:45 - 17:30</li></ul>

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# THE UNITED LISBON ACADEMY

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At **United Lisbon Academy**, we offer students access to training in a range of **extra-curricular** skills and fields of study that represent the best of what Lisbon has to offer – all in the Academy.

The choice of our partners was made in a careful way, all of them are recognized nationally and internationally, so that our students can have a quality offer and be a complement to our school program.

## Enrollment

**To in the Extracurricular activities, you must access the Schools Buddy platform.**

**Music Academy lessons are the exception - to enroll in Music lessons you need to fill in a dedicated form. This FORM.**

- All the necessary information will be sent to the families by email, shortly before school starts.
- Enrollment in any of The Academy activities requires a minimum **commitment of one full semester**. In the end of the first semester (January 2025) you'll have the chance to change: Cancel and/or Start activities.
- Student's participation might be subject to a limited number of vacancies.
- The annual cost of the extracurricular activities is divided in 10 installments to be paid on a monthly basis during the academic year. The total cost of these activities covers the payment for the Academic period, considering school breaks and holidays. The private classes of Language courses are an exception to this rule.

## Cancellation Policy

No cancelations are accepted during the course of each term, with the exception of health reasons. If that's the case, a written request with the medical declaration attached, must be sent to [school.office@unitedlisbon.school](mailto:school.office@unitedlisbon.school)



# HAPPY CODE

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## K3 TO GRADE 8

Happy Code is the largest and most important S.T.E.A.M. school for children and young people in Portugal - Science, Technology, Engineering, Arts, and Mathematics, and a pioneer in its approach to **Soft Tech Skills**.

### DISCOVERY

Learn **Technical Programming Skills**. Start with content introduction, preparing students to develop real-life problem solutions, fostering idea generation and prototyping.

### MISSION

Focus on problem-solving tied to United Nations **Sustainable Development Goals**, including health, education, equality, peace, poverty, and the environment.

### BUILD

This phase focuses on **Creating** and **Showcasing Technological Projects** using student-built prototypes, promoting **Entrepreneurship**. The MVP, or Minimum Viable Product, is a key concept, emphasizing a simple product version to learn from mistakes and make rapid improvements.



happy  
code



# HAPPY CODE

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**PRICE**  
**K3 TO GRADE 8**

63€/ month  
+ Happy Code hub access  
(42€)



happy  
code

# VENTURE TRACKS 2.0

## YOUTH ENTREPRENEURSHIP

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### GRADE 6 TO GRADE 10

Venture Tracks 2.0 is a program that inspires and empowers middle and high school students, in a complementary way (Access and Advanced models), in entrepreneurship, connecting their dreams to the real market. The program unlocks creative potential, preparing young people to shape the future with confidence.

#### WHAT TO EXPECT FROM VENTURE TRACKS 2.0?

This exclusive ULIS program lets students develop real projects, enhance innovation and leadership skills, and present solutions to real companies, while cultivating valuable skills and an entrepreneurial spirit.

#### **Dreaming about your startup? This can be the starting point!**

Students will form groups and with multidisciplinary teams, they will live this experience, based on business ideas that will be developed by themselves.

#### **Ready to empower your idea?**

In the end, for Venture Tracks Access, students present projects on "Demo Day" for awards, while Venture Tracks Advanced features "Investor Day," where companies and investors assess and reward top projects.



## AN INSPIRING STORY

Daniel Ek set up his first company at age 16. The “Swedish Boy” united his passion, music, with his talent, entrepreneurship and, as it turned out, today his startup is not out of the ears of 10 young people around the world.

His journey from a tech-savvy teenager to the visionary force behind a global music streaming phenomenon has ignited the aspirations of countless young minds.

**Who knows, maybe we’ll have a new Spotify born out of this group?**



**PRICE**  
**GRADE 6 TO GRADE 8**

156€/month

**PRICE**  
**GRADES 9 AND 10**

182€/month



# MUSIC AT THE ACADEMY

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At the United Lisbon Music Academy your child will learn to listen to, enjoy and create music through **singing** and **playing a musical instrument**. Music at the Academy complements the curriculum.

Your child will develop the ability to listen to a musical work and recognize it in terms of its characteristics, styles and contexts. The students develop vocal and instrumental practice in individual or group classes and develop the ability to create and improvise in a more practical or theoretical context.

Music is an essential language and form of expression that helps a child to become a well round person. Many studies prove that musical education fosters the development of auditory, affective and tactile memory, as well as logical reasoning, persistence and concentration, among many other cognitive aspects.

## Classes

For students from the age of 5 years old and aim to teach how to play an instrument. (Students must have their own musical instrument to train at home and in the classroom. Only the piano and drums are available in the classroom).

The student can attend the Academy in the free teaching modality or in the complete program. By participating of the Individual Instrument, Musical Training and Ensemble classes, the student has a complete training that will be certified with an exam and a diploma by the Music Teachers Board.



KINDERGARTEN TO GRADE 12	GRADE 2 TO GRADE 12	GRADE 2 TO GRADE 12	MUSIC FOR BABIES
Individual Instrument Lesson	Musical Training	Ensemble Class	To be announced
<p><b>Musical instruments available:</b> Violin, Viola, Cello, Piano, Classic and Electric Guitar, Trumpet, Saxophone, Side Flute, Drums, Voice, Clarinet</p> <p><b>Private Lessons:</b>  <b>One lesson per week</b> (45 minute): 143€ per month</p> <p><b>Two lessons per week</b> (45 minute): 278€ per month</p> <p><b>In Pair:</b>  <b>One lesson per week</b> (45 minute): 101€ per month</p> <p><b>Two lessons per week</b> (45 minute): 195€ per month</p>	<p><b>One lesson per week</b> (45 minute) : 143€ per month</p>	<p><b>One group lesson per week</b> (45 minute): 47€ per month (Minimum of 4 students)</p> <p><b>Ensembles:</b> Strings, Guitars, Clarinet, Trumpet and Drums</p>	

#### MTB Certification:

This International Certification implies annual attendance of both classes and an exam at the end of the year that will be paid on the day of the exam.

# FENCING AT THE ACADEMY

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Fencing is an elegant modern sport practiced by people around the world since the Middle Ages. It is a physical and tactical challenge, a combat sport between two athletes using weapons called foil, epee, and saber. It is one of the fastest and most elegant Olympic sports. An opposition sport that strives for respect and cordiality towards the opponent. The manipulation of a fencing weapon gives the student great responsibility and self-control.

**Fencing** is an **innovative**, pedagogically rich sport that performs a cross-cutting and interdisciplinary work, contributing to **greater reaction speed**, more **flexibility**, development of general and specific **coordination** and **lateralization**.

## Pedagogical Benefits:

- The face-to-face in a limited space, as well as the restricted visual field, favor the development of cognitive abilities concentration and attention
- Each planned or unforeseen situation leads to an adapted response, developing the analytical and decision-making skills
- Eye-hand coordination is developed by driving the blade tip in the direction of the valid surface, developing the accuracy
- The use of the mask allows the student to express himself/herself more freely, contributing to self-confidence
- The need to constantly control their actions and to frame the opponent's reactions force the student to control his emotions such as impulsivity, anger, abatement, and excessive enthusiasm, developing self-control
- The Ceremonial is the outward sign of a tactical commitment of respect for the adversary. At the end of the round after the salutation, the handshake recalls the “fair play” you express to your opponent, whether stronger or weaker, strengthening courtesy and loyalty.







## GRADE 1 TO GRADE 5

### (Material for plastic sword)

- Plastic mask
- Plastic sword
- Gloves

## GRADE 6 TO GRADE 12

### (Material for electric sword)

- Mask
- Electric Sword
- Gloves
- Body Wire
- Breast protection (girls only)
- High socks
- Half protection
- Fencing jacket
- Fencing pants

**Fencing once a week** (50 minute class) : 81€ per month

**Fencing private class** (50 minute): 58€ per class.

\*Please note that, minimum number of students per class is 4.  
Students must have their own training equipment.

Participation in the Academy is a 1 Semester commitment.

# DANCE: ARCADE STUDIOS

## ARCADE DANCE STUDIOS

Vítor Fonseca, also known as Cifrão, Noua Wong and Vasco Alves join forces in search of a new creative center located in Benfica, Lisbon.

From this space, they develop a school dedicated to street and performance dances, with fundamentals and techniques specially adapted for dancers and aspiring dancers.

The objective is to provide all students with the necessary tools to reach artistic or competitive levels, whether professionally or purely recreationally. Our teaching staff includes some of the best and most influential dancers in their respective fields, ensuring we offer high-level training courses taught by renowned experts in the field.

- **From K3 to Kindergarten:**  
Creative Dance
- **From Grade 1 to Grade 4:**  
Ballet, Breaking and Afro
- **From Grade 5 to Grade 7:**  
Hip Hop and Commercial
- **From Grade 8 to Grade 12:**  
Popping & Locking and Hip Hop & Whacking

## PRICES

**1 Class per week – 58€**

**2 Classes per week – 99€**

**3 Classes per week – 130€**

Minimum number of students per class is 4.





# CYCLING

## COELHINHOS CYCLING SCHOOL

The Coelhinhos ECCLx organization offers cycling classes that combine theoretical learning with practical skills.

### Course Overview:

- **Theoretical Component:** Participants will learn about the history and types of bicycles, bike components and accessories, as well as essential bike handling techniques, gear usage, and defensive cycling strategies.
- **Practical Component:** Hands-on practice includes mounting and dismounting the bike, braking, steering, shifting gears, navigating obstacles, adjusting body position, and ensuring overall cycling safety.

### About Coelhinhos ECCLX

Coelhinhos ECCLx, is an organization dedicated to providing a safe and educational environment for learning cycling skills.



## PRICES

**1 Class per week – 55€**  
**Registration - 36€**

Minimum number of students per class is 4.



# TENNIS & PADEL AT THE ACADEMY

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Tennis and Padel are healthy ways of living, helping to improve concentration and physical abilities. These sports teach you to face challenges and overcome them. Our tennis team focuses on learning, fun, and discipline.

## **Lisboa Racket Centre :**

At Lisboa Racket Centre, you will find an amazing outdoor space that is safe for the whole family, surrounded by nature. With over 30 years of experience in racket sports, we are the paddle tennis pioneers in Portugal.

With international experience and coaches who are part of the national team and tournament winners, our team adapts to players' needs by helping them improve their skills and technique, and win their games.



## Our teaching partners:

A young, energetic team ready to help you perform your best and become the best tennis player possible. Rodrigo Freitas, Antonio Rosinha, José Campos, Bruno Pedrosa, and Eduardo Lameiras are our tennis coaches.

All of them share characteristics that we are proud of. They started playing tennis at ages 3 to 5, competed in the national circuit with top rankings, and internationally reached ATP (Association of Professional Tennis Players) points.



### TENNIS OR PADEL - PRICE

#### From Grade 1

**Group class** - 174€ (2x per week)

Minimum number of students per class is 4.

**Private Class:** 394€ (2x per week)





# THE UNITED LISBON SPEAKWELL ACADEMY

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Speakwell, founded in 1995, is a language school, specializing in language teaching for adults, young people and children, developing adapted courses to each student or group. It is a certified school, an exam preparation center, and a Cambridge Learning Partner, which allows teachers to receive the best possible training in the field of foreign language teaching. Our teachers are native or bilingual, experienced and qualified, with the possibility of teaching a variety of languages.



Speakwell is based on the following ethical principles: Quality, Professionalism, Vitality, Enthusiasm, Dynamic Performance, Cooperation, Productivity.





## Classes

Each student is unique; as such, Speakwell is flexible in its approach to language study and learning. We build tailored programs and develop our own materials when necessary, in line with the Common European Framework of Reference (CEFR). Our pedagogical practice is based on interaction with native or bilingual teachers who have adequate training and experience in language teaching. We use an interactive teaching method and a communicative and practical approach, with engaging activities such as role play, discussions, games, and the use of audio and video to maximize student participation and facilitate language learning. Each student will take a non-binding assessment test, free of charge, before starting the course. Learning a language is an asset, motivating, and fun!

Language courses available in 2024/25 are **Spanish, French, Russian, German, Mandarin,** and **Italian**. Portuguese courses in other languages are available upon request.

### PRICE (FROM GRADE 1)

**2x per week:**  
100€ per month

**Private Class** (50 minutes):  
37€ (per class)

**Handbook:** 30€

Minimum number of  
students per class is 4.



# FASHION AT THE ACADEMY

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**Companhia das Agulhas** was created in 2015 as a **sewing and knitting school**. In 2018, their training activity was certified by DGERT and, alongside the school, they opened a factory, yarn and haberdashery shop. Currently, the school and store are located next to Praça de Espanha, in Lisbon. They have sewing, knitting, crochet, embroidery, macramé, weaving and felting classes, courses and workshops. Their goal is to bring the arts of yesterday to today, promoting a handcrafted lifestyle in harmony with the environment. Integrating children in these arts is the main objective and for this, we created *Sewing Holidays*, where they have taught, over the last years, hundreds of children and teens, the various arts they have at school.

**Companhia das Agulhas believes that makers are happier and have a superpower that will never be lost.**



ESCOLA DE COSTURA E MALHA



## About the activity

Over the course of several classes, students will learn the basics of sewing and get acquainted with the sewing machine. They will start by making simpler projects, such as accessories, so that each student gains confidence in using the sewing machine and that there is an immediate feeling of accomplishment. As that confidence builds up, the level of difficulty will increase for each project by introducing new techniques such as macramé, embroidery, and knitting and crochet. The objective will be to provide participants with skills that allow them to make and customize clothes and accessories, working not only on creativity, but also on team spirit, promoting mutual help and training fine motor skills.



### OWN BASIC SEWING KIT

**Price: 48€/ per unit**

Fabric scissors (for right-handers or left-handers, as appropriate)/ Edging scissors / Measuring tape/ Tailor's chalk/ Box of tailor's pins/ Hand sewing needle/ Hand embroidery needle/ Tape measure/Tie-dyed thread

### PRICE (FROM GRADE 6)

**126€ per month  
(1h30m once per week)**

Minimum number of students per class is 6 and the maximum is 12 students.



# STAT MARTIAL ARTS: TAEKWONDO

STAT Martial arts was founded in 2008 by Pedro Tânger, who decided to follow his mission to “Empower people through martial arts”. Master Tânger realized that each class could serve not only to teach Martial Arts but also to develop core life-skills such as Attitude, Self-empowerment or Leadership skills. Today, STAT Martial Arts counts with more than 1300 students, 5 academies and has trained European and World champions in Songahm Taekwondo.

## About the Sport: Taekwondo

Discipline, Self-Esteem and Confidence are only a few of the skills thought through this road to Black Belt. The purpose is to empower students so they become mentally, physically and emotionally stronger. So, by improving the Songahm Taekwondo techniques, we expect to help our students to improve their grades, their attitude and self-worth.



## PRICE

### K3 – Kindergarten:

(1 per week)  
70€ per month

### Grade 1 – Grade 12:

(2 per week)  
105€ per month

**Kit** (pants, t-shirt and belt):  
**37€**

Minimum group required 8 students.

### Include activities:

Mega exam – January.  
Mega exam II – June/July.

# STAT MARTIAL ARTS: KRAV MAGA

## About the Sport: Krav Maga

A self-defense class for teenagers is a specialized educational class designed to equip young individuals with practical skills and knowledge to protect themselves in social settings and in their day to day activities. The class focuses on teaching essential self-defense techniques tailored to situations that may arise in all environments such as parties, social gatherings, or urban settings.

Key components of the seminar may include:

1. Basic Self-Defense Techniques: Learn fundamental moves like strikes, escapes, and defensive postures to respond effectively to threats.
2. Awareness Training: Develop heightened situational awareness, focusing on recognizing risks and danger cues, especially at night.
3. Risk Avoidance: Discover strategies to identify and avoid risky situations, making safer choices to prevent threats.
4. Communication Skills: Master verbal de-escalation techniques to resolve conflicts peacefully without physical confrontation.
5. Empowerment: Build self-confidence and assertiveness through exercises that enhance boundary-setting and social navigation.
6. Role-Playing: Engage in hands-on scenarios to practice and reinforce skills in a controlled environment.

This seminar offers a comprehensive approach to personal safety, empowering teenagers to make informed decisions and respond confidently in various situations.

## PRICE

### Grade 9 – Grade 12:

(1 class per week)

70€ per month

**Kit** (pants, t-shirt and belt):

**37€**

Minimum group required 8 students.



# ACROBATIC GYMNASTICS

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Associação Desportiva Parque das Nações - ADCPN was founded in 2017. Since its foundation, it has won several titles in acrobatic gymnastics at all levels of competition. Notably, it has secured multiple national champion titles, culminating in the conquest of four medals at the European Championship in September 2021 in Italy.

## About the activity

Gymnasts work in partnership, forming female, male, or mixed pairs, female groups (3 gymnasts), and male groups (4 gymnasts). They perform Balance exercises (static elements of strength and flexibility), Dynamic exercises (jumps, pirouettes, flips), and Combined exercises (balance and dynamic elements), always choreographed with musical accompaniment. The result is a harmonious combination of difficulty, technical, and artistic execution that amazes judges and the audience.

Training in acrobatic gymnastics requires discipline, confidence, teamwork, coordination, and body awareness.

The classes, starting from the age of 3, follow a philosophy of Fun, Physical Fitness, Fundamentals, and Friendship. They consist of games and challenges, development of physical skills, patterns of gymnastics movement, and the beginning of group work, taking alternate positions of top and base.



**PRICE - FROM K3 TO  
GRADE 4**

### **One per week:**

61€ per month  
Minimum of 4 students.



# ROBOTS ACADEMY

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Robots Academy, founded by a world champion in robotics, offers an exceptional opportunity to delve into the world of robotics and technology.

## Why Choose Robots Academy?

- Expert Guidance: Benefit from the knowledge and experience of a world champion in competitive robotics.
- Hands-On Learning: Engage in practical activities such as building and programming robots to navigate line courses with increasing challenges and obstacles.
- Continuous Innovation: Explore new concepts and techniques in robotics, focusing on developing efficient and cutting-edge robots.

Robots Academy caters to both beginners and those with some experience, providing a comprehensive environment to enhance skills and prepare for prestigious competitions like RoboCup.

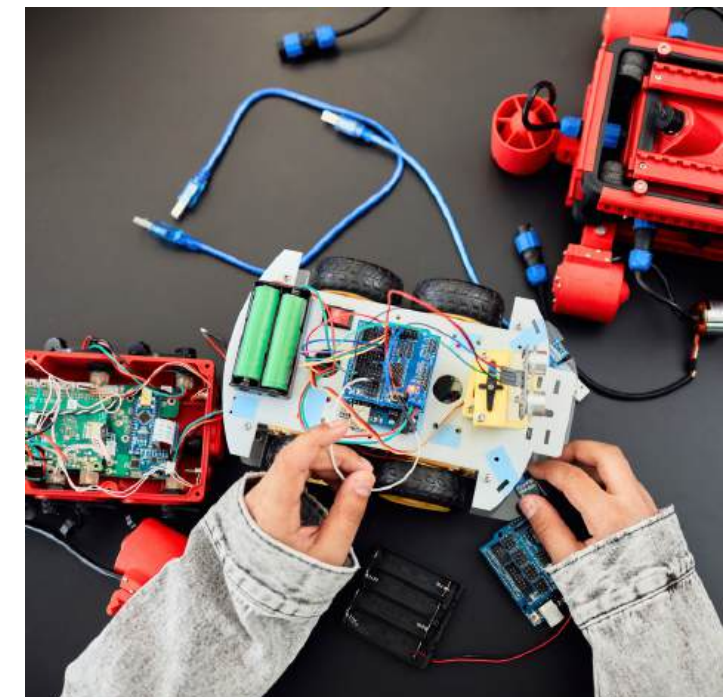


## PRICE

**Once a week:** 70€

**Robot Kit:** 110€ (fee per semester)

Minimum of 4 students.



# THE INVENTORS

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The Inventors is a Portuguese company dedicated to the development of activities in the areas of Engineering, Arts, and Creativity. It has already collaborated with more than 200 schools in Portugal and around the world and has more than 2700 students per week in its extracurricular classes.

The Inventors' methodology, based on hands-on projects, motivates children to learn and promotes interest in topics that seem complex and intangible to them.

**PRICE - FROM  
KINDERGARTEN TO  
GRADE 5**

**Once a week:** 60€

**Kit The Inventors:** 66€ (fee  
per semester)

Minimum of 4 students





# SPORTING TRAMPOLINE ACROBATICS

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Trampolining is a gymnastic discipline with a long tradition at Sporting Clube de Portugal (SCP). Over its more than 40-year history, hundreds of children and young people have practiced it. Some of the notable achievements include participation in the Olympic Games and several European Championships. At SCP Trampolines, children can experience three types of equipment: mini trampoline, double mini trampoline, and full-size trampoline. Trampolining is a highly physical activity that enhances spatial awareness, balance, and coordination, and provides the joy of 'flying'. The activity takes place at the Sporting Multisport Pavilion - Alvalade.



**PRICE - FROM GRADE 1  
TO GRADE 5**

**Once a week – 174€**

Transport to the site is included.

Minimum group required 6  
students.





# SPORTING JUDO

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Judo is a very important sport at Sporting Clube de Portugal, not only because of the quality of its training program for young judokas but also due to its high level of performance, including hundreds of national champions, participation in European and World Championships, and Olympic athletes.

Judo is a sport that is part of the extracurricular activities at many schools and colleges because of its significant educational value. In this "combat" sport, children develop their physical abilities—such as coordination, balance, agility, and strength—while interacting with their peers in rule-based matches where respect and discipline are highly valued. The activity takes place at the Sporting Multisport Pavilion - Alvalade.



**PRICE - FROM GRADE 1  
TO GRADE 5**

**Once a week - 174€**

Transport to the site is included.

Minimum group required 6  
students.



# SPORTING CAPOEIRA

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Capoeira, which has been practiced at Sporting Clube de Portugal for over 20 years, is an Afro-Brazilian martial art that combines elements of dance, acrobatics, music, games, and combat. Although it is associated with Brazil, Capoeira has African roots and has been practiced in Portugal for over thirty years, making it an excellent vehicle for the Portuguese language.

The benefits of practicing Capoeira include improved physical motor skills, such as agility, balance, coordination, flexibility, endurance, and strength. It requires concentration, determination, and discipline. Capoeira has a rich cultural history and serves as a form of artistic expression that promotes social inclusion, mutual respect, and cooperation among practitioners. Combined with its musical component, it fosters an atmosphere of joy and well-being. The activity takes place at the Sporting Multisport Pavilion - Alvalade.



**PRICE - FROM GRADE 1  
TO GRADE 5**

**Once a week - 174€**

Transport to the site is included.

Minimum group required 6  
students.





# SPORTING SWIMMING

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The swimming section of Sporting Clube de Portugal was created in May 1921. The first decades of swimming were also a reflection of the state of the sport in our country, still in the process of development.

The teachers are: Vítor Joaquim Celestino Aldeias, a swimming teacher at Sporting since 2006 with vast experience in teaching swimming to children, and Andreia Catarina Silva Martins, a Sporting swimming teacher since 2005, also with vast experience in teaching swimming to children.





## Classes

In swimming, children learn through observation and socialization to develop autonomy in the water. The stimuli received in lessons contribute to good physical, mental, and emotional development, preparing children for more complex cognitive reasoning.

At United Lisbon International School, swimming will be carried out according to a model of “Recreational Play.” This is an adjustable and versatile method in which adaptation to the aquatic environment (for beginners) and elementary learning are developed from a playful and recreational perspective, working very well for small or medium-sized groups. The activity takes place at the Sporting Multisport Pavilion - Alvalade.

**PRICE - FROM GRADE 1  
TO GRADE 12**

**Once a week – 174€**

Transport to the site is included.

Minimum group required 6  
students.



# SPORTING CP SOCCER ACADEMY

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The creation of the **Sporting Academy United Lisbon** resulted from a partnership between **Sporting Clube de Portugal** and United Lisbon International School. Its main objective is to provide all children with **high-quality sports training** through football practice, as well as contribute to their development in all aspects, fostering healthy lifestyle habits and a love for regular sports. The academy is open to **boys and girls** aged between **4 and 17 years**.

The Academy's technical team has the training and professional experience necessary to effectively carry out their roles in the sports training of children and young athletes.

The training sessions are based on and evaluated according to the methodological guidelines defined by Sporting Clube de Portugal. This methodology enables children and young practitioners to continuously and progressively develop their technical-tactical, physical, psychological, and social skills and competencies.





## Our Coordinator partner Francisco Vieira

Francisco Vieira is our Coordinator of the Soccer Coaches at the Sporting CP Soccer Academy. With a Masters in High Performance Training with specialization in Soccer, Francisco's past professional experiences started in rugby as professional player and youth coach and later moving on to soccer with FC Barça Academy as a youth coach once again. He then experienced the Saudi Premier league as a Fitness coach across 2 different seasons with 2 different professional teams. To obtain his UEFA B coaching license, he performed the role of Assistant coach with a Northern Portuguese team that competed in the U19 national championship.

Being a level III Sporting CP Certified coach, he applies the methodology that gave us 2 FIFA World Player of the year directly into our Academy!





## PRE-K4 TO KINDERGARDEN

### 1 Lesson per week:

Minimum of 6 students  
Curricular program  
of SportingCP Soccer

**Monthly Price at ULIS  
campus: 58€**

## GRADE 1 TO GRADE 11

### 1 Lesson per week:

Minimum of 6 students  
Curricular program  
of SportingCP Soccer

**Monthly Price at ULIS  
campus: 41€**

## GOALKEEPER TRAINING GRADE 2 TO GRADE 11

### 1 Lesson per week:

Minimum of 3 students  
Curricular program of  
Sporting CP Soccer  
Academy ULIS

**Monthly Price at ULIS  
campus: 48€**

**Please note that all students who are Sporting CP members and can provide proof of membership will receive the following discounts:**

- 15% off the Registration Fee
- 5% off the Monthly Fee

If you would like to become a member, you can do so via the following link: [www.socionumminuto.pt](http://www.socionumminuto.pt)

## REGISTRATION FEE

88€

**Kit Included**  
(jersey, shorts & socks)



# UNITED LISBON INTERNATIONAL SCHOOL **ULIS ACADEMY**

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2024-2025

**For questions, please contact our school office:**

[school.office@unitedlisbon.school](mailto:school.office@unitedlisbon.school)