



UNITED LISBON
INTERNATIONAL SCHOOL
ACADEMY & CLUBS

2024-2025



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UNITED LISBON ACADEMY & CLUBS

United Lisbon provides a rich environment of opportunities to grow academically as well as personally and has the responsibility of encouraging intellectual, social, artistic, musical and physical development in the students. When selecting the activities for this semester, we worked to offer a broad range of activities, giving the opportunity for each student to find the most suitable one according to their taste and needs.

In this booklet we gathered all the necessary information so that you can get to know, choose and enroll your children in this school year activities. However, if you have any questions, you can always contact school office via email (school.office@unitedlisbon.school) or phone (+351 211 161 110).

What to do next?

1. Study Your Options;
2. Fill in the Form through **Schools Buddy Platform**;
3. You will receive an email with your selections;
4. After the system runs the allocations you will receive an email with confirmations.



UNITED LISBON ACADEMY

Enrollment

To enroll in the 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 each semester starts.
- Enrollment in any of The Academy activities requires a minimum **commitment of one full semester**.
- Student's participation might be subject to a limited number of vacancies.
- The cost of the extracurricular activities is divided in 5 installments to be paid on a monthly basis during each semester. 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 cancellations 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



NEW BEACH VOLLEYBALL

HELISANDS Academy

At HeliSands Academy, your child's journey to greatness begins on the sun-kissed sands! We're more than just a beach volleyball training program - we're a vibrant community that nurtures confidence, friendship, and athletic excellence. As Portugal's leading beach volleyball academy, we offer kids an unforgettable experience filled with learning and laughter. The activity takes place at the Lisbon University Stadium.

What's in Store for Your Child?

- World-Class Coaching;
- Fun & Games;
- A Welcoming Community;
- Pathways to Excellence.

**PRICE - FROM GRADE 6
TO GRADE 12**

100€/month
(Twice a Week)

Transport to the site is
included.



HAPPY CODE

K3 TO GRADE 8

Happy Code is Portugal's leading S.T.E.A.M. school for children and teens, pioneering Soft Tech Skills in Science, Technology, Engineering, Arts, and Mathematics.

Discovery: Learn programming basics and develop solutions to real-world problems through idea generation and prototyping.

Mission: Address global challenges aligned with the UN Sustainable Development Goals, such as health, education, and the environment.

Build: Create and showcase tech projects, focusing on entrepreneurship and MVPs (Minimum Viable Products) to learn and improve quickly.



PRICE

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

happy
code

VENTURE TRACKS 2.0

YOUTH ENTREPRENEURSHIP

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

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

Individual Instrument Lesson

Musical instruments available:

Violin, Viola, Cello, Piano, Classic and Electric Guitar, Trumpet, Saxophone, Side Flute, Drums, Voice, Clarinet

PRICE

Private Lessons:

One lesson per week (45 minute):
143€ per month

Two lessons per week (45 minute):
278€ per month

In Pair:

One lesson per week (45 minute):
101€ per month

Two lessons per week (45 minute):
195€ per month

GRADE 2 TO GRADE 12

Musical Training

PRICE

One lesson per week (45 minute) :
143€ per month

GRADE 2 TO GRADE 12

Ensemble Class

PRICE

One group lesson per week (45 minute): 47€ per month
(Minimum of 4 students)

Ensembles: Strings, Guitars, Clarinet, Trumpet and Drums

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

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

PRICE

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.

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 & Whacking
- **From Grade 8 to Grade 12:**
Popping & Locking and Hip Hop



PRICE

1 Class per week – 58€

2 Classes per week – 99€

3 Classes per week - 130€

Minimum number of students per class is 4.

TENNIS & PADEL

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.



**PRICE
TENNIS OR
PADEL**

From Grade 1

Group class - 174€ (2x per week)

Minimum number of students per class is 4.

Private Class: 394€ (2x per week)

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

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.

THE INVENTORS

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



NEW

CHASING MONSTERS ACROSS ART HISTORY

Embark on an artistic adventure where students uncover the mysterious tales hidden in artworks from different eras and cultures. Each session explores a unique monster, linking mythology, art, and cultural knowledge.

Through interactive storytelling, quizzes, and cross-disciplinary connections to literature, science, and history, students will deepen their understanding of global perspectives and the ties between culture, innovation, and expression. This exciting journey nurtures curiosity, creativity, and critical thinking—planting the seeds for a lifelong love of learning.

**PRICE - FROM GRADE 3
TO GRADE 5**

Once a week: 58€



NEW CROSS FIT

Our Teaching Partners

Our team of certified CrossFit trainers, including Bruno Militão, João Jesus, Pedro Nogueira, Gustavo Kuntz, Beatriz Monteiro, and Diogo Ferreira, are dedicated to promoting health and wellness among youth. With degrees in Physical Exercise and expertise in exercise science, physiology, and child development, they specialize in creating safe, inclusive environments where students of all fitness levels can thrive. At CrossFit Alvalade, they've developed programs like "CrossFit Kids" and "CrossFit Teens," tailoring each class to the unique needs of children and teens, ensuring everyone progresses at their own pace.

About the Sport

CrossFit is a high-intensity fitness program combining weightlifting, gymnastics, cardio, and bodyweight exercises to improve overall fitness and functional movement. Founded by Greg Glassman in the early 2000s, it helps combat sedentary lifestyles and obesity while promoting strength, endurance, coordination, and mobility. Introducing CrossFit in schools allows students to develop comprehensive physical skills, enhancing fitness and sports performance. Group workouts and partner exercises foster teamwork, social interaction, and a supportive, engaging environment for kids.

**PRICE - FROM GRADE 7
TO GRADE 12**

Once a week: 58€

Twice a week: 100€



SPORTING TRAMPOLINE ACROBATICS

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

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

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

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

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

REGISTRATION FEE

88€

Kit Included
(jersey, shorts & socks)

UNITED LISBON CLUBS

RULES AND PROCEDURES

- ULIS teachers run the Club's activities after school at ULIS facilities.
- Clubs are subject to a minimum and a maximum number of participants.
- To register your child in any of the extracurricular activities, it is mandatory to enroll through the Schools Buddy Platform.
- Clubs will be shaped according to students' interests.
- Activities will follow the school schedule, including breaks.
- A teacher may exclude a student from a club if they violate board regulations for student discipline. In that case, parents will be contacted.
- All activities require a one-semester commitment with regular attendance on a weekly basis.
- Students who need to stay in school after 15:30 must be enrolled in the after-school activities: Clubs (free of charge) or Academy (fees applied).



CLUB DESCRIPTIONS

- **Art Club** (Available from G1 to G5)

In Art Club children will have the opportunity to explore different media and artists in a fun and engaging way. They will practice using different artistic techniques to express themselves creatively.

- **Astronomy Club** (Available from G9 to G12)

Explore the Solar System and beyond in the astronomy club. We will learn about some of the underlying theories in astrophysics and astronomy, as well as some of the instrumentation involved in developing our understanding of the nature of the Universe.

- **Yearbook Club** (Available from G8 to G12)

The Yearbook Club captures the memories and highlights of the school year, creating a lasting keepsake for students and staff. Members collaborate on photography, design, and writing to showcase school events, activities, and achievements in a creative, fun, and professional way.

- **Atelier** (Available from G6 to G8)

A space where we can experience different artistic techniques and development creative skills. A place to share and construct your artistic language and identity.

- **Band Club** (Available from G8 to G12)

Students must know how to sing or play a Band instrument and bring their own instrument. There will be an audition to guarantee the homogeneity of the level of performance.

- **Basketball** (Available from G9 to G12)

This recreational club is designed to introduce and develop basketball fundamental skills including dribbling, shooting, defending and game play..

CLUB DESCRIPTIONS

- **Board Games Club** (Available from G3 to G5)

Students play board games that are fun but also improve their strategic, creative and cooperating skills.

- **Ceramics Club** (Available from G9 to G12)

Ceramics Club is a vibrant and creative space for students interested in exploring the art of ceramics. Whether you're new to working with clay or have experience in creating ceramic art, this club offers a supportive environment to develop your skills and express your creativity.

- **Choir Club** (Available from G1 to G5)

Come sing together in our chorus group.

- **Dancing Stars** (Available for Kindergarten)

Let your little ones shine in the Dancing Stars Club! This space is designed for kindergarten students to express themselves through movement, learn fun and simple choreographies, and build confidence at stage.



CLUB DESCRIPTIONS

- **Debate Club** (Available from G6 to G8)

Students will learn different debate strategies and engage in structured debate regarding various controversial topics such as "Should teachers be replaced by robots"?

- **Drama Club** (Available for G3 to G5)

Join us to explore the world of drama, unleash creativity, and build confidence through engaging performances and teamwork.

- **Early Childhood Child Care** (Available for Pre - K4 and Kindergarten)

Our after-school child care is available for families who need extended care due to work commitments. Children will be in a safe environment with light activities and time for relaxation until they can be picked up.

- **Competitive Coding Club**

(Available from G9 to G12)

Unlock your potential in problem-solving and algorithmic thinking with the Competitive Coding Club! This club is designed for students who are eager to enhance their coding expertise and tackle real-world challenges through programming. Participants will learn strategies for competitive programming, practice with coding problems, and prepare for local and international competitions. Join us to code, compete, and conquer!

- **D&D Club** (Available for G4 and G5)

The club has been organized to provide students with access to the fantasy role - playing game Dungeons and Dragons to facilitate better communication skills and create a social bond, also, it's fun.

Note: Students need to be proficient in reading and writing for this activity.

- **Performing Arts Club** (Available for G1 and G2)

Come join us for a mix of drama, music and dancing!

CLUB DESCRIPTIONS

- **Eco-Club** (Available from G8 to G12)

This will be a space for a student-led club. Investigating the biodiversity and rewilding efforts in Portugal, assessing and improving the "green level" of the school as well as planning nature walks to Parque Monte

- **E-Sports Club** (Available from G6 to G12)

Students will be exploring an academically rigorous gaming curriculum designed for schools by experts in the field called Gaming Concepts. In addition, club members will be responsible in organizing Esports tournaments for the ULIS community, where everyone will have the opportunity to participate in competitive gaming tournaments, show their skills and win prizes.

- **Field Games Club** (Available from G1 to G5)

Students will enjoy playing various sports such as football, dodgeball, basketball, handball, hockey and Gaelic football(Irish game) in 'Field Games'. Students will learn the basic skills of the different games and have lots of fun outside!



CLUB DESCRIPTIONS

- **IB Support Group** (Available for G11 and G12)

The Afterschool IB Support Club is a dedicated space for IB students to receive guidance and support as they navigate the various components of the IB curriculum. This club provides a structured environment where students can work on their assignments, such as Extended Essays, Internal Assessments, and other coursework. The goal is to help students manage their workload effectively, improve their academic skills, and achieve their full potential.

- **In class supervision** (Available from G1 to G6)

Students that are not able to go home on Wednesdays will be directed to a room where they can read or finish homework supervised by one of our assistant staff.

- **MS Drama Club** (Available for G6, G7 and G8)

Join us to explore the world of drama, unleash creativity, and build confidence through engaging performances and teamwork.

- **MUN - Model United Nations**
(Available from G9 to G12)

The ULIS MUN club mission is for students to dive deeper into global politics simultaneously learning about the worrisome issues of our world whilst promoting a fun, respectful, and competitive atmosphere.

- **Portuguese Club** (Available for G4, G5 and G6)

In Portuguese Club we do all things Portuguese: we write, we read, we sing, and we talk! Come join us in the fun Discovery of the Portuguese World!

- **Math Support** (Available from G6 to G12)

Math support is designed for students who are struggling with math throughout the school year. Math teachers are available to assist with homework, review lessons, provide extra exercises, or facilitate study groups.

Please Note: There are two ways to sign up for Math support: you can either commit for the full semester or choose individual sessions. If you opt for a single session, please book at least 24 hours in advance

CLUB DESCRIPTIONS

- **Portuguese Games Club** (Available for G1, G2 and G3)

The Traditional Portuguese Games Club is an extracurricular activity dedicated to preserving and promoting Portugal's rich cultural heritage through its traditional games. This club offers students the opportunity to explore and experience a variety of games that have been passed down through generations, such as Malha, Jogo do Berlinde, Petanca, and Sueca.

- **Chess Club** (Available for G3, G4 and G5)

Discover the exciting world of strategy and problem-solving in our Chess Club! Open to students in grades 3 to 5, this club offers a fun and engaging environment for learning and playing chess. Whether you're a beginner or an experienced player, you'll develop critical thinking, concentration, and sportsmanship skills while enjoying friendly matches and challenges. Join us to make new friends, sharpen your mind, and explore the fascinating game of chess!

- **Homework Club** (Available from G4 to G8)

Homework Club gives students the opportunity to complete any homework or projects from their classes at ULIS. A teacher will be on hand to help with any questions the students may have. This is a great opportunity for students to stay up to date on their tasks and focus on their studies.

- **Reading Club** (Available for G1, G2 and G3)

Join our fun and interactive Reading Club for Grades 1 and 2! Each week, we explore new books, enjoy exciting stories, and participate in creative activities like storytelling, crafts, and games. It's a great way to build reading skills, make new friends, and develop a love for books!

- **Science Club** (Available from G6 to G10)

The club will give students the opportunity to explore the fascinating world of physics, biology, and chemistry through hands-on experiments. In addition to sparking curiosity, they will also learn how to conduct lab experiments safely and accurately.

CLUB DESCRIPTIONS

- **Themed Art Projects** (Available from G6 to G12)

Focus on creating art related to different seasons or holidays to decorate the school, such as Halloween decorations, Christmas ornaments, or spring-themed paintings.

- **United Football Girls/Boys** (Available from G4 to G10)

It's with great excitement that we announce to you United Football for Grades 4 to Grades 10! The goal is to increase Football provision for United Lisbon and have time for children to have training and be able not only to improve their abilities but represent the school in fixtures.

- **Volleyball Club** (Available from G6 to G12)

Join us to improve your volleyball skills, make new friends, and have a blast on the court! Whether you're a beginner or an experienced player, this club offers a fun and supportive environment for everyone.

- **Math and Science Competition Practice** (Available from G5 to G12) *

In the Science and Math Competitions Club students will sharpen their problem-solving skills, explore fascinating concepts, and prepare for exciting challenges! Whether you're passionate about physics, chemistry, biology, or mathematics, this club is your gateway to unlocking potential, having fun, and making new friends along the way. We focus on building a strong foundation, developing critical thinking, and practicing for national and international competitions, all in a supportive and dynamic environment.

*This activity is set up differently from regular clubs, as students are not required to commit for the entire semester. They can join only when they want to practice for a competition or simply for fun.

To participate, click on "Math and Science Competition" to view the upcoming sessions. Select the box next to your name for the dates you wish to join, then click "Book".

Please note: Bookings must be made at least 24 hours before the session.



SCHEDULES

MONDAY

	PRE K3	PRE K4	KINDER	G1	G2	G3	G4	G5	G6	G7	G8	G9	G10	G11	G12				
CLUBS	03:45			EC Child Care	EC Child Care	EC Child Care	Field Games	Field Games	ULIS Football	ULIS Football	ULIS Football	Atelier	Atelier	Atelier	MUN	MUN	MUN	MUN	
				Reading Club	Reading Club	Reading Club	Homework Club	Homework Club	Homework Club	Homework Club	Homework Club	Basketball	Basketball	Basketball	Basketball				
				Art Club	Art Club	Art Club	Art Club	Art Club	Art Club	Math Support	Math Support	Math Support	Math Support	Math Support					
							Portuguese Club	Portuguese Club	Portuguese Club				Ceramics	Ceramics	Ceramics	Ceramics			
										Math Competition	Math Competition	Math Competition	Math Competition	Math Competition	Math Competition	Math Competition	Math Competition	Math Competition	
													Band Club	Band Club	Band Club	Band Club	Band Club	Band Club	
	04:45												ULIS Boys Football	ULIS Boys Football					
	03:45						The Inventors	The Inventors	The Inventors	The Inventors	The Inventors	Dance: Hip Hop	Dance: Hip Hop	Dance: Hip Hop					
				STAT Martial Arts	STAT Martial Arts	STAT Martial Arts	STAT Martial Arts	STAT Martial Arts	STAT Martial Arts	STAT Martial Arts	Volleyball	Volleyball	Volleyball	Volleyball	Volleyball	Volleyball	Volleyball	Volleyball	
											Cross Fit	Cross Fit							
04:45																			
												STAT: Krav Maga	STAT: Krav Maga	STAT: Krav Maga	STAT: Krav Maga	STAT: Krav Maga	STAT: Krav Maga		
05:45																			
												Cross Fit	Cross Fit	Cross Fit	Cross Fit	Cross Fit	Cross Fit		

TUESDAY

	PRE K3	PRE K4	KINDER	G1	G2	G3	G4	G5	G6	G7	G8	G9	G10	G11	G12			
CLUBS	03:45			Toddler Movement	Reading Club	Reading Club	Reading Club	Homework Club	Homework Club	Homework Club	Homework Club	Homework Club	Homework Club	Strategy Games	Strategy Games	Strategy Games	Strategy Games	
	Child Care	Child Care	Child Care	Portuguese Games	Portuguese Games	Portuguese Games	ULIS Girls Football	ULIS Girls Football	ULIS Girls Football	ULIS Girls Football	ULIS Girls Football	ULIS Girls Football	ULIS Girls Football	IB Support	IB Support			
				Performing Arts	Performing Arts	Board Games	Board Games D&D	Board Games Math Support	Math Support	Math Support	Math Support	Math Support	Math Support	Math Support	Math Support	Math Support	Math Support	Math Support
								D&D	Science Club	Science Club	Science Club	Science Club	Science Club	Science Club	Science Club	Science Club	Science Club	Science Club
									D&D	Volleyball	Volleyball	Volleyball	Volleyball	Volleyball	Volleyball	Volleyball	Volleyball	Volleyball
												Competitive Coding Club	Competitive Coding Club	Competitive Coding Club	Competitive Coding Club	Competitive Coding Club	Competitive Coding Club	Competitive Coding Club
	04:45									ULIS Boys Football	ULIS Boys Football	ULIS Boys Football						
	03:45			Acrobatics	Acrobatics	Acrobatics	Dance: Ballet	Dance: Ballet	Dance: Ballet	Dance: Ballet								
		Happy Code	Happy Code	Happy Code	Padel	Padel	Padel	Padel	Padel	Padel	Padel	Padel	Padel	Padel	Padel	Padel	Padel	Padel
					Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis
04:45				Happy Code	Happy Code					Happy Code	Happy Code	Happy Code						
								Dance: Whacking	Dance: Whacking	Dance: Whacking								

WEDNESDAY

PRE K3	PRE K4	KINDER	G1	G2	G3	G4	G5	G6	G7	G8	G9	G10	G11	G12
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CLUBS	03:45													
	In Class Supervision	In Class Supervision	In Class Supervision	In Class Supervision	In Class Supervision	In Class Supervision	In Class Supervision	In Class Supervision	In Class Supervision	In Class Supervision	In Class Supervision	In Class Supervision	In Class Supervision	In Class Supervision
04:45														

ACADEMY (Paid Activities)	03:45													
	STAT Martial Arts	STAT Martial Arts	STAT Martial Arts					Soccer Academy U11	Soccer Academy U11					
			Fencing	Fencing	Fencing	Fencing	Fencing	Fencing	Venture Tracks	Venture Tracks	Venture Tracks	Venture Tracks	Venture Tracks	Venture Tracks
					Happy Code	Happy Code	Happy Code	Happy Code	Volleyball	Volleyball	Volleyball	Volleyball	Volleyball	Volleyball
					Chasing Monsters	Chasing Monsters	Chasing Monsters	Chasing Monsters						
04:45														
									STAT Martial Arts	STAT Martial Arts	STAT Martial Arts	STAT Martial Arts	STAT Martial Arts	STAT Martial Arts
							Soccer Academy: Goal Keeper	Soccer Academy: Goal Keeper	Soccer Academy: Goal Keeper	Soccer Academy: Goal Keeper	Soccer Academy: Goal Keeper	Soccer Academy: Goal Keeper	Soccer Academy: Goal Keeper	Soccer Academy: Goal Keeper
									Fencing	Fencing	Fencing	Fencing	Fencing	Fencing

THURSDAY

	PRE K3	PRE K4	KINDER	G1	G2	G3	G4	G5	G6	G7	G8	G9	G10	G11	G12
CLUBS	03:45														
	EC Child Care	EC Child Care	EC Child Care	Art Club	Art Club	Drama Club	Drama Club	Drama Club	Debate Club	Debate Club	Debate Club	Basketball	Basketball	Basketball	Basketball
				Lego Club	Lego Club	Chess Club	Chess Club	Chess Club	Eco Club	Eco Club	Eco Club	Eco Club	Eco Club	Eco Club	Eco Club
				Choir Club	Choir Club	Choir Club	Choir Club	Choir Club	Yearbook Club	Yearbook Club	Yearbook Club	Yearbook Club	Yearbook Club	Yearbook Club	Yearbook Club
				Reading Club	Reading Club	Reading Club	Homework Club	Homework Club	Homework Club	Homework Club	Homework Club	Astronomy Club	Astronomy Club	Astronomy Club	Astronomy Club
									Math Support	Math Support	Math Support	Math Support	Math Support	Math Support	Math Support
									Band Club	Band Club	Band Club				
ACADEMY (Paid Activities)	03:45														
	Dance: Creative Dancing	Dance: Creative Dancing	Dance: Creative Dancing	Acrobatics	Acrobatics	Acrobatics	Acrobatics								
			The Inventors												
			Soccer Academy U6	Soccer Academy U6	Padel	Padel	Padel	Padel	Padel	Padel	Padel	Padel	Padel	Padel	Padel
			Soccer Academy U6	Soccer Academy U6	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis	Tennis				
			Soccer Academy U7	Soccer Academy U7	Soccer Academy U9	Soccer Academy U9									
04:45															
			Dance: Breaking	Dance: Breaking	Dance: Breaking	Dance: Breaking					Soccer Academy	Soccer Academy			
			The Inventors	The Inventors	The Inventors	The Inventors	The Inventors	The Inventors				Cross Fit	Cross Fit	Cross Fit	Cross Fit

FRIDAY

	PRE K3	PRE K4	KINDER	G1	G2	G3	G4	G5	G6	G7	G8	G9	G10	G11	G12
CLUBS	03:45														
	EC Child Care	EC Child Care	EC Child Care	Little Clown	Little Clown	Field Games	Field Games	Field Games	E-Sports Drama Club	E-Sports Drama Club	E-Sports Drama Club	E-Sports	Themed Art	Themed Art	Themed Art
			Dancing Stars	Reading Club	Reading Club	Homework Club	Homework Club	Homework Club	Homework Club	Homework Club	Homework Club	Homework Club	Themed Art	Themed Art	Themed Art
	04:45														
ACADEMY (Paid Activities)	03:45														
				Capoeira	Capoeira	Capoeira	Capoeira								
			Dance: Afro	Dance: Afro	Dance: Afro										
			Judo	Judo	Judo	Judo									
			Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	
			Trampolines	Trampolines	Trampolines	Trampolines	Trampolines	Trampolines							
									STAT Martial Arts	STAT Martial Arts	STAT Martial Arts	STAT Martial Arts	STAT Martial Arts	STAT Martial Arts	
									Soccer Academy	Soccer Academy					
											Dance: Hip Hop and Commercial	Dance: Hip Hop and Commercial	Dance: Hip Hop and Commercial	Dance: Hip Hop and Commercial	
	04:45														



UNITED LISBON
INTERNATIONAL SCHOOL
ACADEMY & CLUBS

2024-2025

For questions, please contact our school office:
school.office@unitedlisbon.school