



WAY UP 2025

ADVENTURE WEEK FOR YOUNG ADULTS
IMPACTED BY CANCER

Free summer camp program for international English
speakers aged 18-45

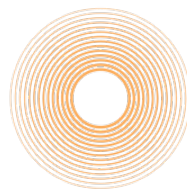
For Information:

associazionecampobase.org/wayup
connect@associazionecampobase.org

A PROJECT OF:



IN COLLABORATION WITH :



ANDREA ARGENIO
FOUNDATION





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BASE**



WAY UP 2025

PROGRAM INFO



Overview

<i>What is Way Up?</i>	Way Up is a FREE program open to international adults who want to experience the magic of the Italian Dolomites with a small group of peers. This week-long adventure is a week of epic Alpine excursions, outdoor explorations, and a chance to immerse yourself in Italian culture with other awesome adventurers. Way Up is an opportunity for people who have or have had cancer to (re)discover their physical abilities and stay with new friends in a centuries old castle. On a wider scale, Way Up is working to challenge the cultural taboos that surround illness and individual need for psychological support throughout their experience.
<i>What is Campo Base?</i>	Associazione Campo Base ETS is an Italian non-profit organization based at Castel Campo, Trentino. It runs residential camps and retreats for adults, children, and families and aims to create empowering programs that encourage growth, build self-esteem, and establish a network of support for participants. This English-facilitated program was created thanks to the generous support of the US-based Andrea Argenio Foundation, which is dedicated to celebrating the achievements of YACs worldwide (www.theandreaargeniofoundation.com)
2025 Dates	International Multisport Session (Facilitated in English) Arrivals: September 13th 2025 (early afternoon group shuttle) Departures: September 20th 2025 (morning group shuttle)
<i>Who is facilitating the program?</i>	Campo Base works with trained volunteers and professional staff members. Mountain guides and instructors will lead participants on excursions and activities. All activities will be facilitated in English.
<i>What is included?</i>	<ul style="list-style-type: none">• All meals (with the exception of travel days)• Accommodation• All activities• Transfer Bus to and from Verona Airport (VRN) on arrival/departure
<i>Criteria</i>	Way Up sessions are open to a maximum of 15 participants. Applicants must be between the ages of 18 and 45 and have been diagnosed with cancer after the age of 15. Participants must be able to commit to the entire program week. Our programs are tailor-made to each group, and no particular experience in sports is required. Campo Base requires that an applicant's health specialist be informed of their potential participation (via form B) so that we can plan a safe and appropriate program for the group. Proficiency in spoken English is required, as all activities will be facilitated in English or translated into English from Italian.



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CASTEL CAMPO OUR BASE CAMP





About Castel Campo

The Way Up week takes place at Castel Campo, in the North of Italy. This centuries old castle and organic farm is private property and will be of exclusive use of participants. Deep within the woods in Trentino, our home base is ideal for retreating from the daily noise of everyday life and is a place where it is possible to learn connect with the natural environment and its rhythms.

At the foothills of the Dolomite Mountains and 20 km from Lake Garda, Castel Campo is the ideal location to create a community of individuals that is eager to explore the outdoors and the unique culture of this region.

Visit www.castelcampo.com to learn more.

<i>Rooming</i>	<p>All participants will stay in Castel Campo's bedrooms or apartments on the property. It is important to know that there is no WI-FI connection available at the castle. We ask that you organize your personal and work needs so that you can (almost) completely disconnect from technology for this week.</p> <p>Some of the rooms may be shared with other guests at the castle and all participants will share rooms at the mountain lodge.</p>
<i>Meals</i>	<p>Breakfast, lunch and dinner will be chef- prepared in the Castel Campo kitchen and served on site or during our excursions. Please indicate any dietary restrictions/allergies in your application.</p>
<i>How to get to Castel Campo</i>	<p>Castel Campo is located 40 minutes from the city of Trento, and 25 minutes from Riva del Garda, near the town of Fiave'(Google Maps: https://maps.app.goo.gl/dp5Syc4Asibv5HGp6). The closest airport is Verona (VRN) at 1.5 hour drive, then Milan Bergamo (BGY) at 2.5 hours, then Milan Linate and Venice Marco Polo (VCE) (both just over 3 hour drive). Italian cities are well connected by the national rail system- times are available on Trainline Europe's website.</p> <p>Participants are welcome to arrive in Italy before the program to travel on their own and make their own way to the castle via taxi/bus from Trento or public transportation from another city. A free shuttle will travel from Verona airport to Castel Campo at a time TBD on arrivals day- all participants are welcome to join regardless of when they fly in to Italy. A shuttle will travel from Castel Campo back to Verona airport on departure morning-from there buses and trains can take participants to other airports/destinations.</p>



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PROGRAM





Multi Sport International Session

The multi-sport session offers a program where every day is different, with instructor-led activities such as hiking, sailing, outdoor rock climbing, archery, rafting, cooking, bushcraft and teambuilding challenges. No previous experience in any of these is required. Every day will end with a closing campfire where participants and staff can reflect on the day and discuss the following one.

In addition to the stay in Castel Campo, this week will include a night in an Alpine mountain Lodge. These "Rifugi" are often family run and include shared bunk bed rooms and a restaurant which will provide our group with dinner and breakfast the following morning. This is a unique way to experience the mountains and Alpine communities.

The program will be adapted to the group and weather conditions, but below is a rough programme:

Day 1	Arrivals/Intross Rooms Assignments/ Welcome dinner
Day 2	Sailing on Lake Garda
Day 3	Archery Yoga
Day 4	Rock Climbing Night in the Mountain Lodge
Day 5	Hike to Castel Campo Free Afternoon
Day 6	Rafting on the river Noce
Day 7	Bushcraft Closing
Day 8	Morning Departures





How to Apply

Applications for Way Up's International session can be downloaded in pdf or .doc from the website www.associazionecampobase.org/wayup. The application consists of 2 Forms: **Form A** must be completed by the participant while **Form B** must be completed by the participant's primary care doctor or oncologist. **BOTH completed forms must be sent to: connect@associazionecampobase.org by April 30st 2025.**

Once received, the forms will be reviewed by the Campo Base staff and our medical coordinator.

Campo Base will work to confirm individual admissions by May 31st 2025. A telephone interview with Campo Base's program coordinators/healthcare coordinator may be required before this date in order to review applications and any questions related to program and logistics of travel.

The order in which applications are received will be considered, so we recommend sending forms in as soon as possible! Applicants that are not initially accepted will be placed on a "waiting list" and, if one or more places become available between May 31st and August 15th, we will contact you as soon as possible to offer you a spot.

*International
Session: **September
13-20, 2025***

Deadline for Applications : please send forms to connect@associazionecampobase.org by **April 30th, 2025**

Thank you!



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