

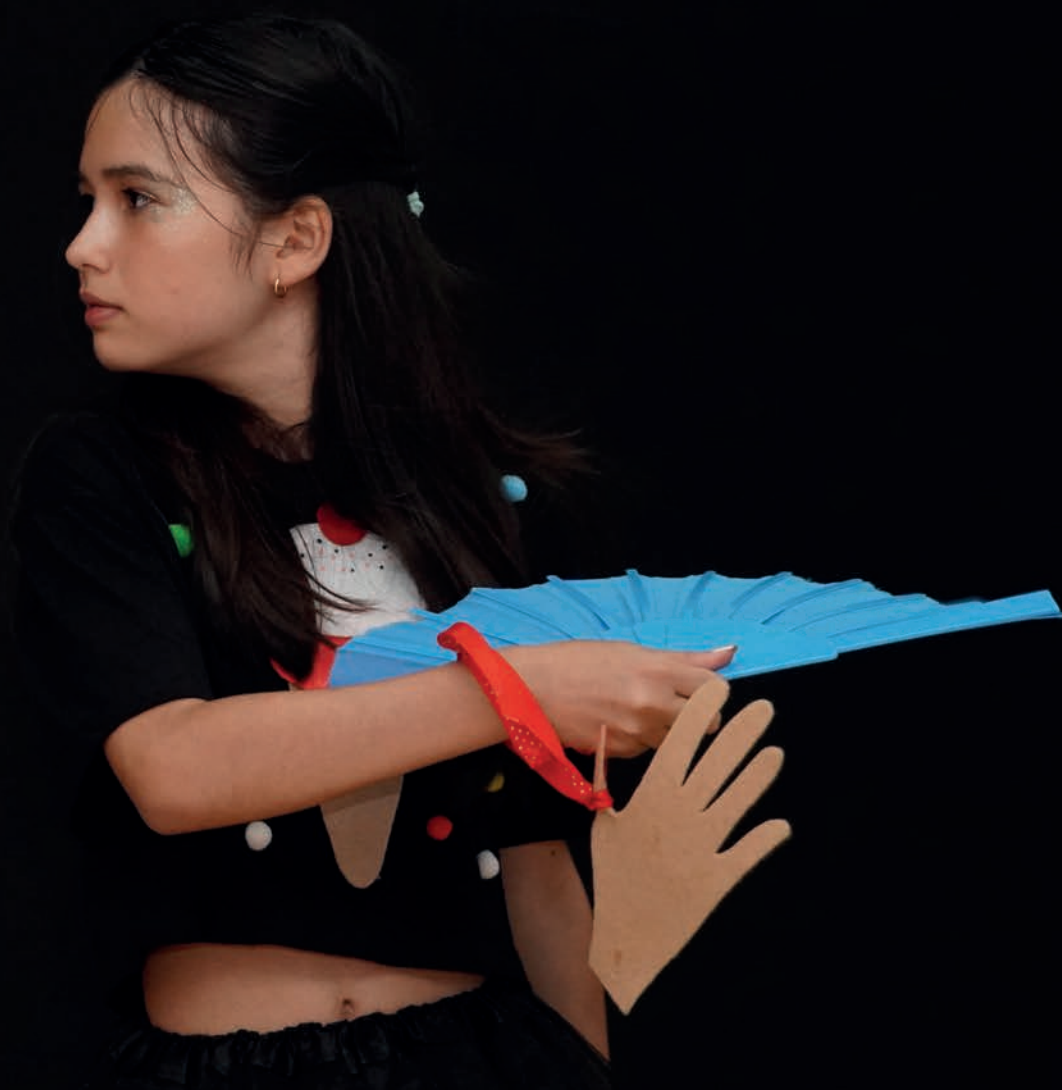


INTERNATIONAL SCHOOL

Part of the Dukes Education family.
Together we're extraordinary.



Dukes
EDUCATION



Beyond the classroom

School year 2024/2025

General Conditions

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-To enrol your child in the extracurricular activities (AECs), it is mandatory to complete the form (sent via email) until 23h00 on September 26th. Registrations are processed on a first-come, first-served basis.

-Each activity has a minimum and maximum enrolment limit, and parents/guardians will receive an email indicating which (AECs) their child has been placed in.

-Any questions related to AECs should be directed to aecs@cjd.pt for individual review and consultation.

-The teachers involved in the AECs will send an email to all parents/guardians of their class or year group to facilitate communication. The registration form will also be made available on our eCommunity platform.

-The AECs will run from October 1st to June 27th for Primary P1-P5 and October 1st to June 13th for Primary P6, Lower secondary, Upper and Advanced levels. AECs will be suspended during school breaks.

-The presented schedules are subject to change.

-The fees for the AECs will be billed together with the monthly payments.

-The AEC monthly fee will be adjusted if the school break is equal to or longer than two weeks. In months where public holidays fall on the same day of the week, the monthly fee will be adjusted accordingly. If the teacher is absent, the missed classes will be rescheduled.

- Some AECs require the mandatory purchase of CJD sports equipment (available at CJD).

- To cancel the enrolment, an email notification must be sent 15 days before the end of the month to **secretaria@cjd.pt**.

Team sports

Rugby

Rugby is a sport played by both boys and girls. For all participants, the aim is to develop valuable qualities such as strength, endurance, agility, balance, and physical fitness, while combining them with tactical intelligence and game vision. It also emphasizes respect for the sport, the rules, opponents, and teammates.

In short, rugby is much more than just a sport; it's a way of approaching life with greater energy and respect for both individual well-being and the common good.



For ages 6 to 15

Location: Based on the age group

Monthly Fee: €35 (includes transportation to training)

Person in charge: Rui Montenegro

Rugby

Timetable

- **Under 08** - Tuesday and Thursday from 16h20 to 18h00.
- **Under 10** - Tuesday and Thursday from 16h20 to 18h00.
- **Under 12** - Wednesday from 14h20 to 16h00.
- **Under 14** - Tuesday from 14h20 to 16h00, Wednesday from 18h00 to 19h30 and Thursday from 14h20 to 16h00.
- **Under 16** - Monday from 20h30 to 21h30 (Inatel); Tuesday from 19h45 to 21h15 (Parque da Cidade); Wednesday from 18h to 19h30 (CJD); Thursday from 14h20 to 16h (CJD). Friday from 19h45 to 21h15 (Parque da Cidade).

OTHER INFORMATION

- **Equipment:** CJD Kit
- **Registration fee under 14:** 50 €*
- **Registration fee under 16:** 75 €*

*It includes registration, insurance, and a medical examination.

Volleyball

Playing volleyball is a fun and enjoyable way to embrace a healthy physical activity. With all its benefits and demands—agility, coordination, balance, speed, and muscle strength—volleyball fosters physical development appropriate for each age group, while also promoting values such as effort, dedication, and team spirit.

Primary P2-P6, Lower Secondary, Upper Secondary and Advanced

Location: Colégio Júlio Dinis

Monthly Fee: Primary (P1 to P5) 30€, and Primary P6, Lower Secondary, Upper Secondary and Advanced 40€

Person in charge: Fabiana Silva

Volleyball

Timetable

- **Primary P2-P5** – Friday from 17h10 to 18h30.
- **Primary P6 and Lower Secondary Year 7** – Wednesday and Friday from 14h20 to 15h10.
- **Lower Secondary Year 8, 9 and Upper Year 10** – 10 Tuesday and Thursday 15h10 to 16h00.
- **Upper Year 11 and Advanced Year 12 and Year 13** – Tuesday, Wednesday and Friday from 18h50 to 19h30.

OTHER INFORMATION

- **Equipment:** CJD Kit
- **Registration fee Primary P2-P6, Lower Secondary Year 7:** 40 €*
- **Registration fee for Lower Secondary Year 8 and 9, Upper Secondary, and Advanced:** 55 €*

*It includes registration, insurance, and a medical examination.

Football

Football is a sport that contributes to the development of individual and collective physical abilities. Individual football training, through IFT (Individual Football Training), aims to develop and enhance the individual performance of the football player.



Portuguese Preschool, Primary Individual Football Training

Location: Colégio Júlio Dinis

Monthly Fees: Portuguese Preschool and P1: €20 | Primary P2-P5: €40 | Individual Football Training: 1 session/week: €30, 2 sessions/week: €40

Person in charge: Ricardo Teixeira e IFT

Football

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Timetable

- **Portuguese Preschool and P1** - Tuesday or Thursday afternoons (once a week)
- **Primary P2-P5** – Tuesday from 16h30 to 18h00 and Thursday from 17h10 to 18h30.
- **Individual Football Training** – schedule to be determined.

OTHER INFORMATION

- **Equipment:** CJD Kit
- **IFT:** An organization that, following a specific and targeted training methodology, aims at the development of the technical, tactical, coordinative, and mental components of a football player.

Basketball

Basketball is a team sport where each member significantly contributes to the collective success through their individual efforts. It not only promotes healthy physical activity but also enhances social integration. Additionally, basketball develops technical skills such as upper and lower body coordination, while also sharpen tactical game vision and the ability to anticipate opponents' movements and plays. Overall, it is a sport that fosters physical abilities and contributes to the development of tactical and social skills.

Portuguese Preschool, Primary, Lower Secondary and Upper Year 10

Location: Colégio Júlio Dinis

Monthly Fee: Portuguese preschool and P1 (5 years) €30.
Primary P2-P6, Lower Secondary and Upper Year 10 €40

Person in charge: Duarte Bandeira

Basketball

Timetable

- **Portuguese Preschool and P1** – Tuesday or Wednesday afternoon (once a week)
- **Primary P2 - P5** – Monday and Wednesday, from 17h10 to 18h00
- **Primary P6, Lower Secondary and Upper Secondary Year 10** – Monday, Wednesday, and Thursday, from 17h10 to 18h00 (twice a week)

OTHER INFORMATION

- **Equipment:** CJD Kit.
- **Registration:** 10 €

Floorball

Floorball is a team sport played with a very light stick and ball. The aim is to develop a range of technical-tactical skills such as passing, receiving, off-the-ball movement, and the rational occupation of space (both defensive and offensive), among others. Additionally, it enhances motor and conditional abilities like hand-eye coordination, running, strength, and body movement control. Autonomy, cooperation, competition, resilience, and other psychosocial skills will also be simultaneously cultivated.

For ages 4 and up

Location: Colégio Júlio Dinis

Monthly Fee: €30 (once a week)

Person in charge: Educ10

Floorball

Timetable

- Schedule to be determined based on the age groups of the enrolled students.

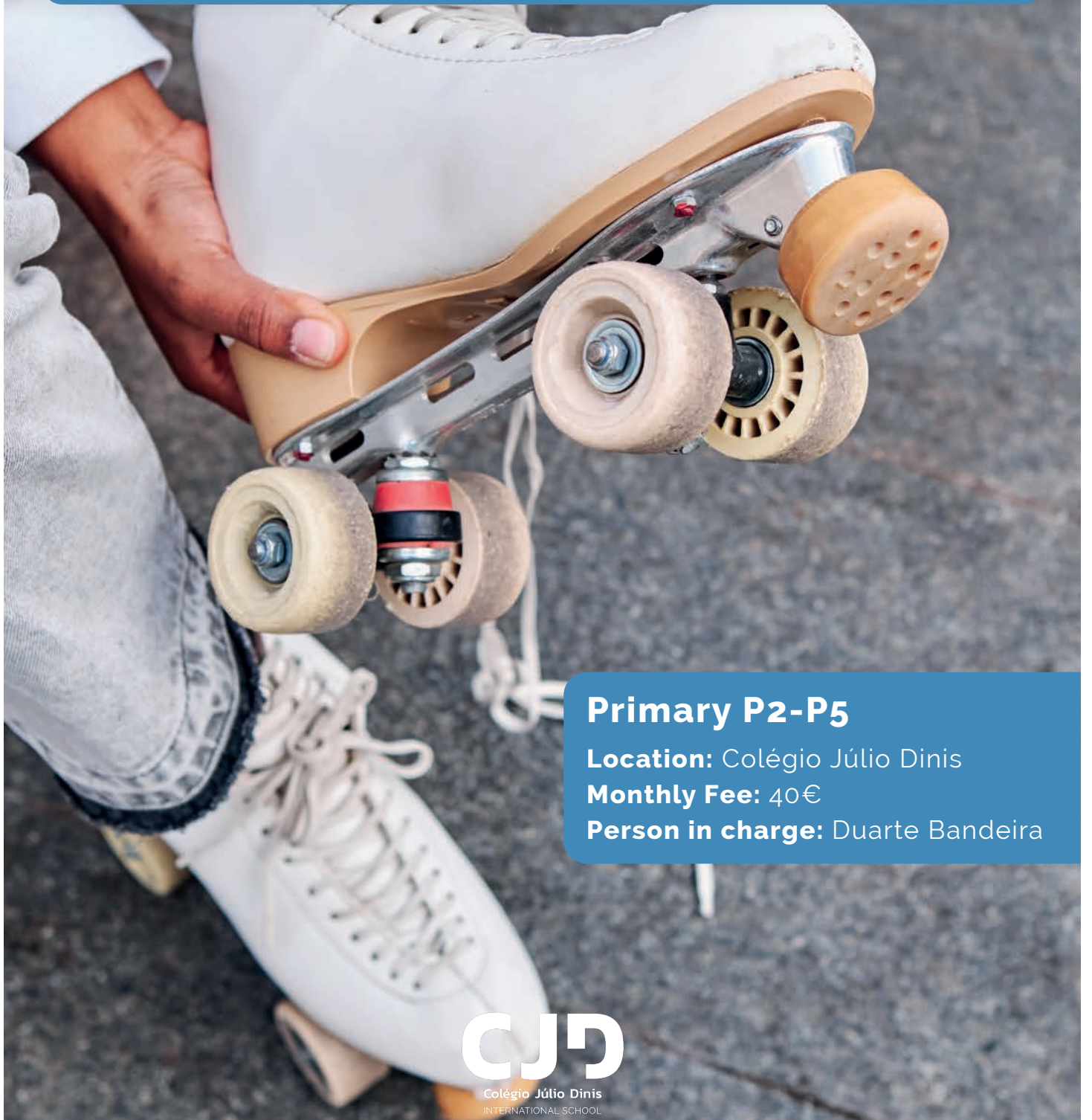
OTHER INFORMATION

- **Registration fee:** 10 €

Individual Sports

Roller Skating

Skating is a sport that combines mastering the use of skates with the technical execution of movements, ranging from simple to more artistic. In this sport, emphasis is placed on strength, movement coordination, self-control, and concentration, all of which contribute to the balanced physical and mental development of its participants.



Primary P2-P5

Location: Colégio Júlio Dinis

Monthly Fee: 40€

Person in charge: Duarte Bandeira

Roller Skating

Timetable

- **Primary P2 – P5** – Monday and Thursday from 18h00 to 19h00

OTHER INFORMATION

- **Registration fee:** 10 €

Swimming

Water facilitates movements that enhance cardiovascular and muscular strength, promoting a healthier lifestyle. Swimming, therefore, is a complete sport that helps individuals develop healthy habits, offering significant benefits while also providing opportunities for social integration and enjoyment. Additionally, swimming is a vital skill for its practitioners, as it fosters respect for water and its environment.

Portuguese Preschool, Primary and Lower Secondary Year 7

Location: Campanhã Swimming Pools

Monthly Fee: 40€ (includes transportation)

Person in charge: Guilherme Marques

Swimming

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Timetable

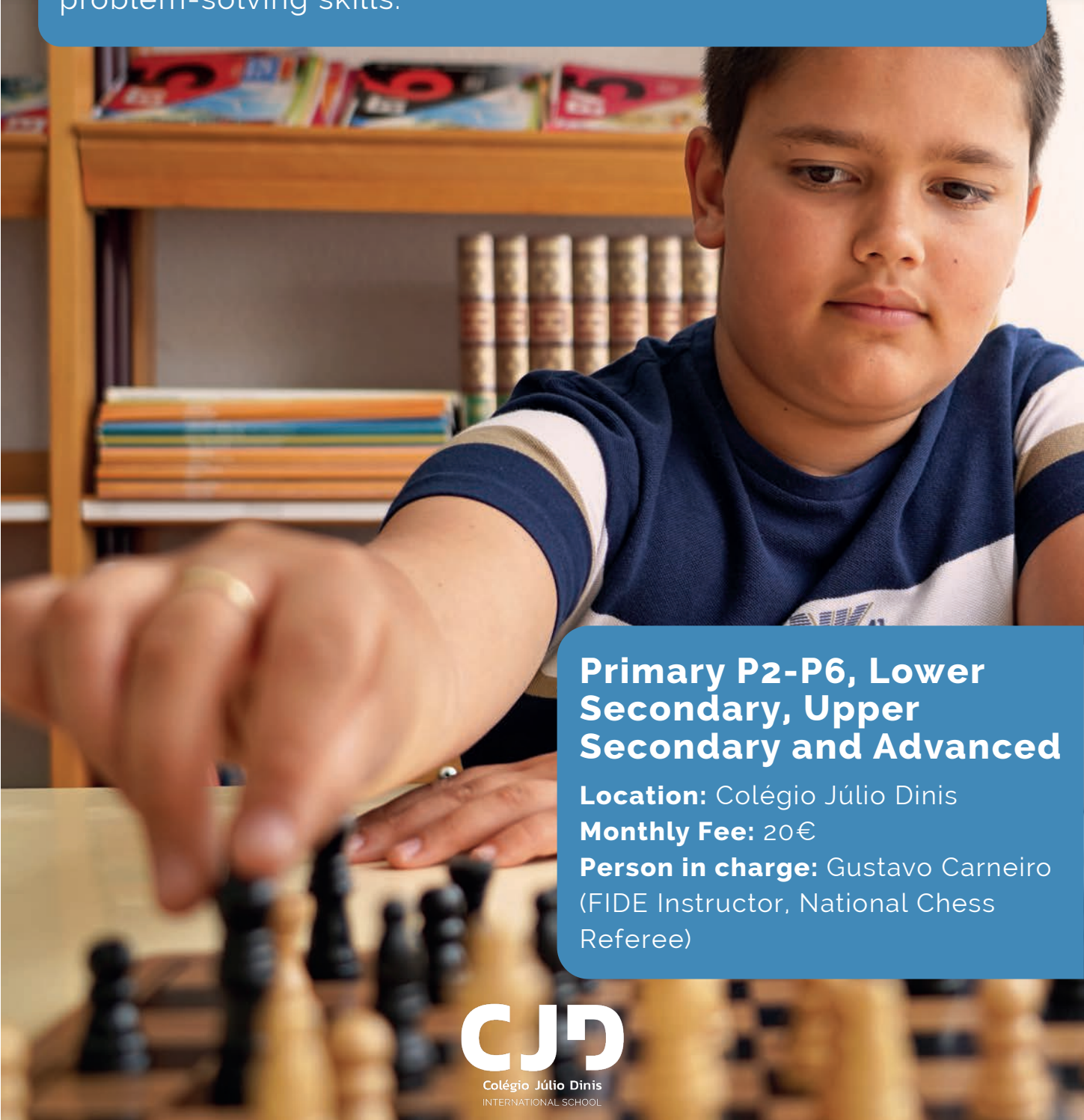
- **Portuguese Preschool** – Schedule provided by the teachers
- **Primary P1-P5** – Schedule provided by the teachers
- **Primary P6 and Lower Secondary Year 7** – Wednesday at 15h10

OTHER INFORMATION

- **Registration fee:** 10 €

Chess

Chess is one of the oldest and most popular board games in the world. Recognized as a sport, chess has fixed rules and a competitive nature. It is a strategic game played by two players on a board, and its benefits have been widely acknowledged by educational and mental health organizations. Chess helps children and adults develop various skills, such as concentration, creativity, and confidence. Additionally, it is recognized for its value in promoting reasoning abilities and problem-solving skills.

A young boy with dark hair, wearing a blue and white striped shirt, is focused on playing chess. He is reaching out with his right hand to move a black chess piece on a wooden board. In the background, there is a wooden bookshelf filled with books, creating a quiet, studious atmosphere.

**Primary P2-P6, Lower
Secondary, Upper
Secondary and Advanced**

Location: Colégio Júlio Dinis

Monthly Fee: 20€

Person in charge: Gustavo Carneiro
(FIDE Instructor, National Chess
Referee)

Chess

Timetable

- **Primary P2–P5** – from 17h10 to 18h00
- **Primary P6 and Lower Secondary Year 7** – Friday, from 16h20 to 17h10
- **Lower Secondary Year 8 and 9, Upper and Advanced** – Friday, from 17h10 to 18h.

OTHER INFORMATION

- **Registration fee:** 10 €

Martial Arts

Judo

Judo is a martial art and an Olympic sport with recognized educational value. The practice of judo contributes to good physical condition, developing endurance, strength, flexibility, and motor coordination. However, it is also a sport that aims to cultivate a mindset and approach to life where self-control and mental discipline are essential. More than just a martial art, judo is a true philosophy of life, where values such as friendship, courage, honor, and respect form a moral code to be followed.



Preschool (ages 4 and 5), Primary P1-P6 and Lower Secondary Year 7

Location: Colégio Júlio Dinis

Monthly Fee: 35€

Person in charge: Rui Macedo, former National Judo Team Athlete, Level II Judo Coach (F.P.J.)

Judo

Timetable

- **Portuguese Preschool and P1** – Friday from 16h20 to 17h10
- **Primary P2-P5** – Friday, from 17h10 to 18h00
- **P6, Lower Secondary and Upper Year 10** – Friday, from 18h00 to 18h50

OTHER INFORMATION

- **Registration fee:** 10 €

Karate

Karate is a Japanese martial art that is widely practiced around the world. It is a method of self-defence where the only weapons used are natural: hands, arms, feet, and legs. Karate emphasizes the balance between physical and mental discipline, developing quick reflexes in its practitioners through the use of both physical abilities and strategic intelligence in their actions and those of their opponents. Overall, karate is a martial art that combines physical endurance, muscular strength, and motor and visual coordination with important qualities such as patience, concentration, and discipline.

Portuguese Preschool, Primary and Lower Secondary Year 7

Location: Colégio Júlio Dinis

Monthly Fee: 35€

Person in charge: Gustavo Carneiro (6th Dan in Okinawa Goju Ryu Karate Do, Level III Coach of FPK, and National Karate Referee)



Karate

Timetable

- **Portuguese Preschool and P1** – Wednesday at 16h20
- **Primary P2-P5** – Wednesday at 17h15
- **P6, Lower Secondary Year 7** – Wednesday at 15h10

OTHER INFORMATION

- **Registration fee:** 10 €

Jiu-Jitsu

Brazilian Jiu-Jitsu, known as the "Gentle Art," is much more than just a fight; it's a true lesson in strategy and self-control. Unlike other disciplines, in Jiu-Jitsu, brute strength is not the main factor for victory. What truly matters is the intelligent use of technique, which makes this martial art a real "human chess."

Children learn that, just like in chess, every move on the mat must be calculated and executed at the right time. They develop the ability to think quickly, solve problems, and stay calm under pressure. More than just fighting, Jiu-Jitsu teaches that through patience, strategy, and control, it is possible to overcome any challenge.

Primary P2-P6, Lower Secondary and Upper Year 10

Location: Colégio Júlio Dinis

Monthly Fee: 35€

Person in charge: Carlos Cunha,

- Jiu-Jitsu Instructor at Academia 77
- Gold Medalist in London (2013 and 2015)
- Gold Medalist in Paris (2014)
- European Champion (2013)
- Champion in Abu Dhabi (2016)

Jiu-Jitsu

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Timetable

- **Primary P2–P5** – Thursday from 17h10 to 18h00
- **P6, Lower and Upper Secondary Year 10** – Thursday from 18h00 to 18h50.

OTHER INFORMATION

- **Registration fee:** 10 €

Performing Arts

Ballet

More than just a performing art, ballet is a form of expression that combines music, rhythm, flexibility, and the subtlety of movement. It contributes to physical fitness and motor coordination through the demands of its movements and choreography, while simultaneously promoting correct body posture and muscle strengthening. Ballet is beauty serving art, health, and entertainment!

Baby Class, Preschool and Primary P1-P5

Location: Colégio Júlio Dinis

Monthly Fee: 50€ (beginners), 60€ (other levels of instruction)

Person in charge: Estúdio de Dança
Margarida Valle

Ballet

Timetable

- **Baby class (Ages 3 and 4)** – Tuesday at 15h15
- **Pre Primary (Age 5)** – Tuesday and Thursday at 16h30
- **Primary (Age 6)** - Monday and Wednesday at 16h30
- **Level 1 (Ages 7 and up)** - Tuesday and Thursday at 17h30

OTHER INFORMATION

- **Registration fee:** 10 €

Creative dance

Creative dance is fun in motion! It serves as a form of artistic expression that can also introduce participants to classical dance, emphasizing the promotion of correct body postures and the training of flexibility and coordination. Additionally, it highlights the ability to interact with others and convey messages that are enhanced by the expressiveness and originality of the associations made between movements, sounds, objects, space, and stories.

Creative dance is a performing art that simultaneously serves as a means to work both the body and mind in a healthy and enjoyable way. It promotes body awareness and also develops coordinative, psychomotor, cognitive, and rhythmic abilities. This holistic approach not only enhances physical skills but also nurtures mental and emotional well-being, making it a comprehensive and beneficial form of artistic expression.

Portuguese Preschool and P1

Location: Colégio Júlio Dinis

Monthly Fee: 30€

Person in charge: Qieduka

Creative dance

Timetable

- **Portuguese Preschool (Ages 3 and 4)** – Tuesday, from 15h10 to 16h00
- **Portuguese Preschool and P1 (Age 5)** – Tuesday, from 15h10 to 16h00

OTHER INFORMATION

- **Registration fee:** 10 €

Dance

Dance involves learning various styles, placing significant emphasis on motor coordination with rhythm and musicality, strong and energetic movements, jumps, and acrobatic maneuvers. On a relational level, dance can help overcome inhibition, recognize spaces and boundaries, and promote acceptance of differences. Physically, it enhances motor coordination, spatial/temporal awareness, rhythm, reflexes, flexibility, relaxation, and body awareness. Through these diverse elements, dance offers a holistic approach to personal and physical development.

**Primary P2-P6 and
Lower Secondary
Year 7**

Location: Colégio Júlio Dinis

Monthly Fee: 30€

Person in charge: Qieduka



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Dance

Timetable

- **Primary P2-P5** – Tuesday, from 17h10 to 18h00
- **Primary P6 and Lower Secondary Year 7** – Tuesday, from 14h20 to 15h10

OTHER INFORMATION

- **Registration fee:** 10 €

Yoga

Through stories, music, games, movement, and relaxation, children learn various lessons: how to live in society, how to respect nature and animals, how to always play respectfully with others, how to breathe correctly, and how to coordinate movements with music. In yoga classes, children develop concentration, learn to relax and calm down, thereby improving their focus and learning, and developing a positive attitude towards life. This holistic approach not only supports their physical development, but also nurtures their emotional and social growth.

Portuguese Preschool and P1

Location: Colégio Júlio Dinis

Monthly Fee: 30€



CJD

Colégio Júlio Dinis
INTERNATIONAL SCHOOL

Yoga

Timetable

- **Portuguese Preschool (Ages 3 and 4)** – Wednesday, from 15h10 to 16h00
- **Portuguese Preschool and P1 (Age 5)** – Wednesday, from 14h20 to 15h10

OTHER INFORMATION

- **Registration fee:** 10 €

Art and Discovery

Art and discovery is a project based on the concept of participatory, collaborative, and community art. The aim is to develop artistic, social, and community work in which participants are invited to explore various forms of artistic expression, such as painting, drawing, dramatic expression, sculpture, among others, to create meaningful opportunities for experimentation, reflection, cooperation, and sharing. This contributes to the development of autonomy, awareness, and confidence. By engaging in these diverse artistic activities, participants not only sharpen their creative skills, but also enhance their ability to work collaboratively and think critically, thereby enriching their personal and communal lives.

Overall, this project aims to establish structures that encourage cultural, artistic, and civic participation, effectively promoting social inclusion and creating appealing spaces for citizenship education. This endeavor seeks not only to enrich individual artistic capabilities but also to foster a broader engagement with community life, enhancing participants' sense of belonging and responsibility towards their community.

**Primary P2-P6 and
Lower Secondary Year 7**

Location: Colégio Júlio Dinis

Monthly Fee: 30€

Person in charge: Ricardo Silva

Art and Discovery

Timetable

- **Primary P2-P5** – Wednesday, from 17h10 to 18h00
- **Primary P6 and Lower Secondary Year 7** – Wednesday, from 16h20 to 17h00

OTHER INFORMATION

- **Registration fee:** 10 €

Acrobatic Gymnastics

Acrobatic Gymnastics is a comprehensive discipline that incorporates several key components, including strength, coordination, flexibility, and balance. These elements are essential for performing the varied and complex maneuvers that make up a routine. This sport challenges athletes to work closely together to execute lifts, throws, catches, and balance figures with precision and grace, highlighting the importance of teamwork and mutual trust among participants.

**Portuguese
Preschool, Primary
and Lower Secondary
Year 7**

Location: Colégio Júlio Dinis

Monthly Fee: 30€

Person in charge: Educ10



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Acrobatic Gymnastics

..... Timetable

- **Portuguese Preschool and P1** – Monday, from 15h10 to 16h00
- **Primary P2-P5** – Monday, from 17h10 to 18h00
- **Primary P6 and Lower Secondary Year 7** – Monday, from 18h00 to 18h50

OTHER INFORMATION

- **Registration fee:** 10 €

Technology

Robotics

Robotics is seen as a challenge to intelligence and creativity. It integrates knowledge and principles from areas such as physics, chemistry, electronics, and mathematics to address real-world situations, often derived from everyday scenarios. It embodies true project-based work that relies on scientific observation and questioning, hypothesis formulation, and the sustained search for solutions to established problems. Robotics is science in motion.



**For ages 10 and up
(Level 1 and 2)**

Location: Colégio Júlio Dinis

Monthly Fee: 55€

Person in charge: Robotics
Academy

Robotics

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Timetable

- Monday from 17h10 to 18h00

OTHER INFORMATION

- **Equipment:** Kit: 80€
- **Registration fee:** 10 €

Inventors

The Inventors is dedicated to developing educational experiences in the fields of engineering, art, and creativity. Their aim is to develop 21st-century skills and to promote confidence, curiosity, and inspire the generations that will build the future.

Primary and Lower Secondary Year 7

Location: Colégio Júlio Dinis

Monthly Fee: 50€

Person in charge: The Inventors

Inventors

..... Timetable

- **Primary P1 (5 years old)** – Tuesday, from 14:20 to 15:10
- **Primary P2-P5** – Tuesday, from 16:20 to 17:10
- **Primary P6** – Tuesday, from 17:10 to 18:00
- **Lower Secondary Year 7** – Tuesday, from 18:00 to 18:50

OTHER INFORMATION

- **Registration fee:** 10 €

Design Thinking

With our methodology in "Design Thinking," children and young people will develop skills such as reflection and curiosity, initiative, creativity, problem-solving, improved communication, self-confidence, organization and planning, multidisciplinary, teamwork, and even entrepreneurship!

**Portuguese Preschool,
Primary, Lower Secondary and Upper Year
10**

Location: Colégio Júlio Dinis

Monthly Fee: 60€

Person in charge: Dois S

Design Thinking

..... Timetable

- **Portuguese Preschool and P1** – Monday, from 15:10 to 16:00
- **Primary P2-P5** – Tuesday, from 16:20 to 17:10
- **Primary P6 and Lower Secondary Year 7** – Tuesday from 15:10 to 16:00
- **Lower Secondary Year 8 and 9 and Upper Year 10** – Tuesday, from 14:20 to 15:10

OTHER INFORMATION

- **Registration fee:** 10 €



Colégio Júlio Dinis
INTERNATIONAL SCHOOL

**TOGETHER WE'RE
EXTRAORDINARY**



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