

# ilo

## *Welcome Pack*





# *Welcome to ilo Puglia!*

Dear Families,

Welcome to ilo Puglia! We are so excited to share this adventure with you from **September 28<sup>th</sup> to October 5th.** In the following pack, you will find all the information you need to know before and throughout your stay with us, including proposed day schedules for grown-ups and little ones, menus, travel plans & information about exciting activities to see and do in the area.

As a boutique company, we will happily take on any feedback you have about our scheduling and can be flexible with timings for certain things, so if there is anything you feel is missing or not quite right, please ask, and we will do our absolute best to accommodate everyone.

We look forward to seeing you all very soon,

Best Wishes,

The ilo Team



# Our Team

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Introducing your Team at ilo Puglia!



## **Maria Grabowska**

*Founder of ilo*

She is the one running our operations. Bookings, destinations and activities for parents are managed by her.

## **Alex Lawsaon**

*Childcare Lead & Educator*

Alex is a qualified Montessori directress and has worked with children for over 20 years, both in the UK and at summer camps in the USA. For the past 14 years, she has specialised in Montessori education and working with children under 6 in nurseries and schools across London. She is passionate about empowering young children and helping to develop their self-confidence and independence gently and encouragingly.



## **Irene Olmedo Mariol**

*Educator*

Irene is a qualified preschool teacher and has worked with children for the last 10 years in private, public and international schools. Her journey in the pedagogical world started in Portugal, where she has lived most of her life. During her academic years, she has been able to experience in firsthand how different education systems work around the world and learn from them.



## **Yukako Kiyama**

### *Educator*

originally from Tokyo, has spent over five years as an educator in international schools, forest kindergartens, and English language schools in Japan. Her experience extends beyond Japan, having worked with young children in New Zealand, Australia, and Denmark. Specializing in nature-based art workshops and outdoor play, she creates a safe and engaging environment for children while ensuring plenty of creativity and explorati







# Travel & Airport Transfer

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Puglia is located in the heel of Italy's boot, is a captivating destination perfect for a family retreat. Renowned for its stunning coastline, crystal-clear waters, and charming whitewashed villages, Apulia offers a serene yet enriching escape. You can explore the region's rich history through its ancient ruins, such as the UNESCO-listed trulli houses in Alberobello and the stunning baroque architecture in Lecce.

Nestled in the heart of nature and surrounded by 20 hectares of private land, the venue offers a serene and secluded atmosphere perfect for rest, reflection, and connection. The venue features both indoor and outdoor spaces for dining and events, blending comfort with the beauty of the natural surroundings.

The closest airports are **Brindisi Airport** or **Bari Airport**.

The address is as follows:

**Strada Comunale 59, Contrada Specchiarica  
Manduria (TA), 74024, Italy**

If you are **not** planning on hiring your car and require an **airport transfer**, please let us know through the online form with your flight number & arrival time, number of guests and number of children's car seats (toddler or baby) needed so we can arrange this for you for 190€ per transfer (one way)



# What will a week at ilo Puglia look like?

Take a peek below at our proposed weekly schedule for ilo Puglia. Please note that all group activities are optional with the following additional charge:

1. Parents Group Trip to Ostuni: 100€/ person
2. Pottery Workshop at the venue for families: 10€/person
4. Flamingo salt lake hike: free of charge
3. Group Excursion Visiting Arbellobello: 120€/person

## Proposed weekly schedule

CHECK IN DAY	DAY 1	DAY 2		DAY 3	DAY 4	DAY 5	DAY 6	CHECK OUT DAY
12:30pm- Check in starts	7:30-9:30 Breakfast	7:30-9:30 Breakfast		7:30-9:30 Breakfast	7:30-9:30 Breakfast	7:30-9:30 Breakfast	7:30-9:30 Breakfast	7:30-9:30 Breakfast
3:30- Welcome and snacks.	9:30-10:15- Kids' zone drop off and settling play if necessary	10:00-10:45- Yoga with kids		9:45 Kids' zone drop off	9:45 Kids' zone drop off	10:00-10:45- Yoga with kids	9:45 Kids' zone drop off	11:00 Check out and goodbyes
ilo childcare team will be available at the venue	10:15 - Yoga for parents	10:45- Kids' Zone Drop off	Parents' group trip to Ostuni	10:00 - Yoga for parents	10:00 - Yoga for parents	10:45- Kids' Zone Drop off	10:00 - Yoga for parents	
	2:45 pm - Kids' zone pick up	3:45pm - Kids' zone pick up		2:45 pm - Kids' zone pick up	2:45 pm - Kids' zone pick up	3:45pm - Kids' zone pick up	2:45 pm - Kids' zone pick up	
				5:30 - Pottery workshop at the venue for all families	3pm-Flamingo salt lake hike followed by a picnic-style dinner	Group excursion: Visiting Alberobello		
6:00- 8:00 Dinner	6:00- 8:00 Dinner	6:00- 8:00 Dinner		6:00- 8:00 Dinner			6:00- 8:00 Dinner- Make your own pizza	

- on the first day of the retreat the childcare team and the families spend some time together for the children to get comfortable with ilo's educators

# Activities at the venue

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During your stay with us, there are many things to do and see. Here is a list of activities that you can request, but are not a part of the proposed schedule, and you can do them during childcare hours.

If you would like us to book any activities for you, please let us know via email, at least **2 weeks** before the retreat. There is a strict 48 hours cancellation policy for all activities

## Pasta-making class

Learn to make traditional orecchiette pasta from Puglia with local Nonnas, then enjoy a multi-course meal featuring your handmade creation.

Duration: 1 hour 30 minutes

Price: €35 /person

## Wine tasting

We will taste 4 natural wines of local wine makers such as Primitivo di Manduria and Negroamaro grapes from regenerative agriculture, accompanied by local cheese and snacks.

Duration: 1 hour 30 minutes

Price: €35 /person

## Olive oil tasting

Enjoy a unique sensory journey as you taste three organic extra virgin olive oils, discover their stories, and finish with a seasonal local aperitif.

Duration: 1 hour 30 minutes

Price: €35 /person

## Massages

Deep tissue massage, relaxing massage or a holistic total body massage.

Duration: 1 hour

Price: €95 /person



# Activities outside the venue

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## Horse Riding (minimum 3 people)

Discover Salento's beauty on horseback with guided rides through Mediterranean scrub and along the Ionian Sea beach, including a refreshing summer ride into the sea.

Duration: 30min to 3 hours

Price of return trip: €60 / person (20-minute drive from the venue).

Price of activity: €20 to €60 /person - payment to be made to the stables.

## Pottery workshop in Grottaglie (minimum 8 people)

Grottaglie, known for its traditional ceramics, is a historic town nestled among limestone cliffs with artisan workshops and narrow streets where you can join a pottery-making experience.

Duration of the workshop and visit of Grottaglie: half a day.

Price of return trip: €85 / person (1 hour drive from the venue).

Price of activity: €50 /person - payment to be made to the workshop.

## Visiting Gallipoli (minimum 3 people)

Gallipoli is a picturesque coastal town in Puglia known for its historic old town, beautiful beaches, and vibrant fishing port along the Ionian Sea.

Duration: half a day

Price of return trip: €95 /person

## Visiting Grottaglie (minimum 3 people)

Grottaglie is a historic town in Puglia renowned for its traditional ceramics, artisan workshops, and charming old quarter nestled among limestone cliffs.

Duration: half a day

Price of return trip: €90 /person

## Visiting Oria (minimum 3 people)

Oria is a historic town in Puglia known for its medieval castle, ancient churches, and rich cultural heritage.

Duration: half a day

Price of return trip: €65 /person





# Childcare

At ilo Puglia Alex, Irene and Yukako are beyond excited to take care of your little ones for up to 5 hours a day and plan plenty of activities based on the Montessori philosophy to ensure they get the best holiday ever.

**On top of the provided 5 hours of childcare, we are excited to offer a private babysitting service if you and your partner need some extra time or would like to go out for a late dinner together. This would be charged at an hourly rate of 30€ .**

**If you would like to book extra childcare, we would like to ask you to let us know latest the night before.**

## **Proposed little ones' schedule \*** **Subject to change based on age groups attending**

CHECK IN DAY		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	CHECK OUT DAY
9:30am	Families Check-In	Settling and get to know the little ones	Morning songs & stories	Morning songs & stories	Morning songs & stories	Morning songs & stories	Morning songs & stories	Goodbyes
10:00-10:30			Outdoor Free Play	Outdoor Free Play	Outdoor Free Play	Outdoor Free Play	Outdoor Free Play	
10:30-10:45		Snack Time	Snack Time	Snack Time	Snack Time	Snack Time	Snack Time	
10:45-11:30		Activity 1	Activity 1	Activity 1	Activity 1	Activity 1	Activity 1	
11:30-12pm		Lunchtime	Lunchtime	Lunchtime	Lunchtime	Lunchtime	Lunchtime	
12.15-1.30pm		Activity 2	Activity 2	Activity 2	Activity 2	Activity 2	Activity 2	
1.30-2:30pm		Music & Goodbyes	Music & Goodbyes	Music & Goodbyes	Music & Goodbyes	Music & Goodbyes	Music & Goodbyes	
2-2.30pm								
2.30-4pm	Introduction & Meet the Team							
4-5pm								





# Baby Equipment & Packing List

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Please let us know via the intake form if there is any equipment you require during your stay. This includes cribs, toddler beds, car seats, high chairs, baby bouncers or anything else you can think of to make your stay that little more comfortable! We will do our best to help you with whatever you need.

**You can access the kitchen if you need the fridge for baby food & milk or store your kids' favourite snacks.**

**What to bring for your little ones for a successful playtime with our team:**

- Water bottle
- Sun hat
- A comforting item such as a blanket/teddy - if they have it
- Sunscreen (if you have a preferred brand)



# How will mealtimes work?

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Manon is our on-site private chef who will whip up some delicious meals for our families to enjoy. We also have the luxury of having local staff assisting in the kitchen and serving you.

As parents, we understand that mealtimes can be messy and stressful, so we hope to create a casual and relaxed environment where fun and carefree food experiences are had - don't worry about any mess left; we have you covered! All our meals will be served **family style** in the allotted window scheduled for each meal, which means you can leave once you think your family is done to take the pressure off of waiting until everyone is served and finished!

- Every morning, our families will be served a hearty & healthy seasonal breakfast.
- Your little ones will then be served snacks & lunch over the 5 hours they are with our childcare team.
- **Optional lunch for adults will be available separately at 1 pm each day at an additional cost depending on whether you are at the lodge or not that day** - (you can let us know in the intake form if you are planning on having lunch or not)
- We will then rejoin altogether in the early evenings and will be served a delicious dinner.

A note on drinks - water, fresh juices, tea & coffee are included in the price. We have local wines carefully selected by Villa Nirvana owners that can be purchased for 18€/bottle

Of course, high chairs will be provided for any children that need them at meal times.

You can inform us of any allergies or food preferences in the intake form so we can cater for everyone!





# FAQs

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## 1. How many educators will be there?

We're committed to creating a safe, nurturing, and engaging environment for your children, which starts with the right adult-to-child ratio. We ensure a 1:3 ratio of educators to children. So while you'll see two educators listed in your retreat booklet, we'll add an educator from our team if the number of children exceeds six. This way, every child gets the attention and care they deserve.

## 2. What are the ages of the children attending?

Most of the kids are between 6 months old and 7 years old. The Kids' Zone activities are tailored to this age group, with Montessori-inspired play, outdoor adventures, and creative time designed to engage, not overstimulate. We aim to foster a calm, joyful environment where children can connect naturally, just like their parents.

## 3. Should I bring baby gear?

No need to pack big gear. We provide cribs and/or toddler beds based on your child's age and needs. Before the trip, you'll fill out an intake form where you can let us know your preferred sleeping arrangements. That way, everything will be set up and ready for your arrival.

## 4. Do I need to bring a week's worth of diapers/nappies?

Nope — save the luggage space! Our Kids' Zone is fully stocked with nappies in all sizes, so you won't need to pack a week's supply. We've got your little ones covered, literally. If your child uses a specific eco brand or has special skin sensitivities, feel free to bring your preferred option — but otherwise, we've got this sorted.



# FAQs

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## **5. Will milk for little ones be available?**

Yes, we stock organic whole milk or plant-based milk for children who still drink it. If your little one prefers a specific type of milk (like oat, almond, or a certain formula), let us know in advance, and we'll do our best to accommodate or point you to a local shop where you can find it.

## **6. Can I use the kitchen during the retreat?**

Absolutely. While meals are taken care of, you'll still have access to the kitchen and fridge if you'd like to prep snacks, make a cup of tea, or store a few personal items.

## **7. Is there laundry access during the retreat?**

Yes, there's a washing machine available at the villa that you're welcome to use anytime. As is the norm in most of Europe, drying is done on a line — but thanks to the warm Italian sun, clothes dry quickly. We provide fragrance-free, sensitive-skin-friendly detergent to keep things simple and safe for everyone.

## **8. Is there extra cleaning during the week?**

Yes, we have housekeeping every second day, and they're happy to change your towels and clean your room upon request.

## **9. Do I need to bring towels?**

No need! The Masseria provides towels for all guests. They're soft, plentiful, and ready for both pool splashes and post-shower snuggles. You're welcome to bring your own if you have a beach favorite, but it's not necessary.







# *See you soon!*

If you have any questions do not  
hesitate to contact us.



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