



# 3rd Edition of "Supera-te": The Holiday Camp that makes you stronger!



The Psychotherapeutic Holiday Camp, exclusive to APDJ - "Supera-te" - is an experience that leaves its mark.



Campaign active from  
**14/11/2024 to 13/01/2025 - 18:00**

<https://ppl.pt/en/causas/supera-te>



## PPL Support now.

It's fast and easy. Follow these three simple steps.



### STEP 1

Specify the contribution value and click Contribute or click on the desired reward. You can specify any integer amount from 1€.



### STEP 2

Fill in your identification (name and email) and click Next. You can leave a public and private message, and make your contribution anonymous.



### STEP 3

Review your pledge, select the payment method and click Submit. For international payments we recommend PayPal. Thank you!