Rotary Finland - Estonia | Multidistrict 1385 – 1430 youth exchange

SUMMER CAMP IN IMATRA, FINLAND 2023 **District 1430**

NAME: Lake Saimaa Summer Camp 26.12.2022

WHERE: Imatra (260 km east of Helsinki, near southeastern border of Finland)

WHEN: Jul 2nd – Jul 16th, 2023.
Camp Period Jul 2nd - Jul 9th
Family Period Jul 9th - Jul 16th

ARRIVAL: Helsinki Airport, Jul 2nd
DEPARTURE: Helsinki Airport, Jul 16th

PARTICIPANTS: 16 participants, interested in nature and outdoor activities.
AGE: 16 - 20 years

PROGRAMME: The camp consists of two parts. During the camp week, the participants will all stay together in Imatra Spa Sport Camp hostel. Accommodation is in shared rooms for 2-6 people, boys and girls separated. The camp site is located by the beautiful Lake Saimaa, the biggest lake in Finland and the fourth largest natural freshwater lake in Europe. We will make excursions to investigate the nearby nature and participate in numerous outdoor activities. The camp period is supervised by organizing Rotarians. After the camp week the participants will spend one week with their host families to get an idea of the Finnish way of life.

EQUIPMENT: Your personal medication and suitable clothing for outdoor activities and hiking. The daytime temperature is typically between 15 – 25 °C. Water temperature is around 20 °C. Take your swimming suit with you.

CAMP FEE: 250 euros
OTHER COSTS: Participants pay their own costs to and from Helsinki and shall have their own pocket money. Organizing Rotarians will meet the student at the airport and will take care of all ground transportations in Finland.

INSURANCE: Participants must have a valid insurance policy in case of sickness and injury. We urge the student to purchase the insurance from CISI Bolduc which is approved by Rotary. Select “Plan B” from the offered options.

APPLICATIONS: The applicant must use the official Rotary Youth Exchange – Short-Term Exchange Program (STEP) Application form when applying to the camp. Student must include an official COVID Vaccination Certificate in her/his Application Form. The deadline for the applications is 15th April, 2023.

MORE INFORMATION:

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