



# ROTARY YOUTH EXCHANGE

FINLAND

District 1430

<http://www.ryefinland.com>

## SUMMER CAMP IN LAPPEENRANTA, FINLAND 2009

- NAME:** The Spirit of Lake Saimaa
- WHERE:** Asinsaari (close to Lappeenranta, 220 km east of Helsinki)
- WHEN:** July 26th – Aug 9th, 2009
- Family Period, July 26th - Aug 1st  
Camp Period, Aug 2nd - Aug 9th
- ARRIVAL:** Helsinki (Vantaa) Airport , July 26th  
**DEPARTURE:** Helsinki (Vantaa) Airport, Aug 9th
- PARTICIPANTS:** 8 boys and 8 girls, together max. 16 participants from EEMA countries  
**AGE:** 16 - 20 years
- PROGRAMME:** The camp consists of two parts. The participants will spend first one week together with their host families to get an idea of the Finnish way of life.
- During the camp period we will all stay together in Asinsaari close to Lappeenranta. Camp activities consist of experiences about life at Lake Saimaa: water activities, hike along the water and forest, forest industry, visits in the European Union Border Crossing Station beside Russia and in a paper mill. The camp is located in a beautiful place by the water. During the Finnish summer night there is light almost the whole night and you can have fire by the water in the evenings. Camp language is English.
- EQUIPMENT:** Your personal medication and suitable outdoor clothing. The daytime temperature is normally between 15 – 25 degrees Celsius. Water temperature is around 20 C°. Take your swimming suite with you. In the evenings participants can go swimming and try the Finnish sauna.
- COSTS:** Participants pay their own costs to and from Helsinki and shall have their own pocket money.
- INSURANCE:** Participants must have a valid insurance policy for accidents and sickness.
- MORE INFORMATION:** <http://spiritoflakesaimaa.url.fi>

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