



Rotary International – District 2040, Italy Youth Exchange Program



“Lariano Trekking” Summer Camp June 28 – July 11, 2009



pictures from the 2008 edition

Hosting Clubs	R.C.Appiano, Cantù, Como, Como Baradello, Erba Laghi, Meda Rotaracts Appiano, Brianza Nord, Cantù, Como, Erba Laghi
Main activity	trekking on the Como lake mountains
Participants	we invite <u>6 girls and 6 boys</u> to attend a Camp organized by the Lariano Group Rotary Clubs.
Age	16 ÷ 18 years old
Periode	arrival on Sunday June 28 st – departure on Saturday 11 th
Train station	preferably Como San Giovanni (or Milano Centrale)
Airports	preferably Milan/Malpensa (Milan/Linate or Milan/Bergamo whether no flights to Malpensa) <i>The arriving airport or train station, flight number, arriving day and time also if arriving by car, must be specified <u>within the end of May</u></i>
Formula	easy walking mountain paths have been selected for three days, the fourth one is a resting day: the final excursion & activities calendar will be issued within the end of March
Clothing	Knapsack for mountain tour Robust trekking boots (<i>essential !!!</i>) Light wind jacket (waterproof) Long and short trekking pants Bathing costume Underwear for mountain conditions (about 2000 mt height) Waterproof hut or hood, light mountain mantle Sunglasses Sleeping bag is useless: we will provide a light bed bag
Hosting	youngsters will be hosted all together in a gardening school college, three bed rooms. During the night a surveillance service will be provided by Rotaractors. (www.fondazioneminoprio.it)



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- Eating** we will provide all meals: at lunchtime when walking it could be just a snack, dinner in the college refectory when at home or in mountain huts during excursions.
- Guiding** two or three experts will guide the group every day.
It is strictly required to stay on group, under the guide permission only it is possible to do anything else.
- Transportation** private or public, will be provided by us
- Particip. fee** we request to remit via bank transfer a participation fee of **100 Euro** (please ensure that no bank expenses will be charged to us) **within the end of April** over this account:
* **Bank :** C.R.A. Cantù, fil. Minoprio
* **Account :** "Pessina Marta"
IBAN IT18 G084 3089 1600 0000 0082 962
SWIFT ACAR IT 22
- Deadline :** applications are welcomed **within the end of March**, in any case they must arrive no later than May 5th, 2009
- Information** for any kind of information, pls contact
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SCHOOL RULES FOR THE GUESTS OF THE FONDAZIONE MINOPRIO

Dear guests,

We would like to ask you to read and accept the following rules, in order to respect the educational aim of the Fondazione Minoprio

- It is necessary to show a correct behaviour and to be respectful to people and things.
- Smoking is allowed outside the school buildings only.
- Drinking alcoholics and using drugs is absolutely not allowed.
- The person responsible for the group or every person of the group, in case the culprit won't be identified, will be charged for any damage to the dormitory, to the gym or to other structures of the school.
- It is compulsory to stay in your room from 22:30 to 7:00, keeping quiet.
- Should you go out at night, it's compulsory to be back within 23:00 (weekly days) or 24:00 (at weekends) and in one group.
- Canteen service (not available at weekends):
 - o Breakfast : 07:15 - 07:45
 - o Lunch : 12:00 - 13:00
 - o Dinner 18:45 - 19:30
- The dormitory will be closed from 09:00 to 16:30

The General Director gives educator staff the responsibility of managing these regulations. The hospitality can be officially interrupted at any time in case the school rules aren't respected.