



SIERRA DE GUADARRAMA CAMP 2009 CULTURE+NATURE

SPONSOR CLUBS:	R.C. of MAJADAHONDA, D 2201 and RC Madrid zone 9-10
MAIN ACTIVITY:	Visiting around. Cultural and Recreational activities in a nature environment.
PARTICIPANTS:	Invitation to a group of 30 boys/girls from different countries (only one per country).
AGES:	From 18 to 25 years-old.
LANGUAGE:	English and Spanish. Participants will also be able to speak German, French, Italian and Portuguese with the monitors.
LOCATION:	"Casa de la Cueva", Peguerinos, Ávila (Spain)
DATES:	From July 30 th to August 10 th of 2009
ARRIVALS BY PLANE:	July 30 th at Madrid Barajas Airport before 17:00.
ARRIVALS BY TRAIN:	Chamartín Station (Madrid) before 17:00 hrs. In both cases candidates should send the form with a detailed description of plane/train and arrival time. From there R.C. Majadahonda will arrange transportation to the camp.
ACCOMMODATION:	The CAMP has medical facilities, a cook, a swimming pool and library services. You will use the CASA DE LA CUEVA hostel facilities.
INSURANCE AND DOCUMENTATION:	The following documentation should be sent: <ul style="list-style-type: none">- Photocopy of valid passport or identity card.- Rotary International application form filled in.- Photocopy of European Medical Insurance Card.- Two small passport size photos





- EQUIPMENT:** Every boy/girl must bring:
- Sleeping bag and insulator.
 - Trekking boots and socks.
 - Swimming suit and sandals.
 - Jumper, warm clothes and raincoat.
 - Long trousers.
 - Torch and water bottle.
 - Sunscreen lotion.
- MEALS:** All meals are included. When trekking is done, a packed lunch will be provided.
- INSTRUCTORS:** All the activities will be led by two professional instructors trained by the Rotary Club, the camp principals and all the rotarians of the club. At museums, they will be helped by specific guides.
- TRANSPORT:** All the trips between the arrival and the departure dates will be provided and supported by the sponsor club.
- COSTS:** Participants will have the following costs:
- Trip to / from Madrid to his / her home.
 - 120 € to be deposited in:
 - IBAN ES05 0049 1916 1428 1006 0247
 - After the acceptance of each application and before the closing date.
 - Pocket money.
- CLOSING DATE:** MAY 20th of 2009
- FAMILIES:** Families will be able to follow the camp activities daily and live at: www.penasblancas.net
- ORGANISATION:** APPLICATION FORMS TO BE SENT TO:
- ROTARY INTERNATIONAL
MARQUES DE URQUIJO, 6 - 28008 - MADRID
+34 91 548 7879
Paloma Cabeza secretaria@yep.rotaryspain.org
- ADDITIONAL INFORMATION
Eduardo San Martín: esanmartin@yep.rotaryspain.org
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