



ROTARY YOUTH EXCHANGE

POLAND

District 2231

SHORT TERM EXCHANGE PROGRAM

10th SUMMER CAMP SPORT and HORSES - WROCŁAW, POLAND 2023

- NAME:** 10th Summer Camp "Sport and Horses" 2023
- WHERE:** Wielka Lipa – near Oborniki Śląskie, (25 km North from Wrocław, 300 km East from Berlin)
- WHEN:** July 28 – August 09, 2023
- | | | |
|--|-----------------|---------------------|
| | Wrocław Period, | July 28 – July 30 |
| | Camp Period, | July 30 – August 09 |
- ARRIVAL:** Train, bus station or airports in Wrocław, July 28
- DEPARTURE:** Train, bus station or airports in Wrocław, August 09
- PARTICIPANTS:** 6 boys and 6 girls - one participant from each country, with a good knowledge of English.
- AGE:** 18 - 24 years
- PROGRAMME:**
- **Friday 28th of July 2023**

Arrival Day.
The camp starts 15th of July 2023. The participants arrive to the Train station, Bus station or airports in Wrocław on the July 15th of 2023. We look forward to the participants in the arrival times on the station or airport. On the Station please look for the symbol of Rotary. From there, participants will be transported to host-family.

Dinner with families.
 - **Saturday 29th of July 2023**

Visit Wrocław with host families and members of RC Wrocław –

Panorama Racławicka, Ostrów Tumski, Rynek
 - **Sunday 30th of July 2023**

Visit Wrocław

Departure to the Wielka Lipa – Arkadia

<https://www.facebook.com/139735672771740>
 - **Monday 31st of July 2023**

-Ośrodek Jeździecki "Arkadia". Short lecture about the safety rules when working in the stables and riding. Lesson of the topography. Time for get to know all camp participants. Working in the stables.

-Welcoming evening campfire in Arkadia- singing to the sound of the guitar

- Snooker

Volleyball and basketball court



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-Tuesday 01st of August 2023

Work in the stable. First horse ride.
The theory about horses, horseback riding after lunch

-Wednesday 02nd of August 2023

Work in the stable.
Aquapark

-Thursday 03rd of August 2023

Bike tour around the area
Water sports - canoes, pedal boats
Horse ride

-Friday 04th of August 2023

Horse ride -
Polish Evening – dinner prepared by European participants.

- Saturday 05th of August 2023

Work in the stable
Sailing

-Sunday 06th of August 2023

Work in the stable
Walking tour to the palace in Bagno

Evening with the campfire and music.

-Monday 07th of August 2023

Work in the stable
Horse ride
Saying goodbye to the horses. Goodbye dinner in Arkadia

-Tuesday 08th of August 2023

Basketball, volleyball matches

-Wednesday 09th of August 2023

Saying goodbye to the camp participants and departures from Wielka Lipa to the Train Station, Bus Station or Airport in Wrocław.

Daily exercise at the fitness room, volleyball and basketball!

COSTS: Participation fee – €330

The participants will cover their travel costs to Wrocław and back home. Be prepared to bring some pocket money.

INSURANCE: Participants must have valid travel insurance.



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More: <https://www.facebook.com/Rotary-Summer-Camp-Wroclaw-1762040397404261/>

APPLICATION: To apply for this camp, contact the Camps Coordinator:
Alistair Knox - email: camps@youthexchange.org.uk

Other:

Breakfast	07.30 - 08.30
Lunch	13.00 - 14.00
Dinner	18.00