



**SPONSOR CLUBS:** Rotary Club Martin (SK) + Rotary Club Žilina (SK)

## **SUMMER CAMP 2024**

### **An Adventure in Northern SLOVAKIA**

- WHERE:** Slovakia – Martin and Žilina
- WHEN:** **July 10<sup>th</sup>, 2024** to **July 23<sup>th</sup>, 2024** (week in Martin, week in Žilina)
- ARRIVAL:** **Martin (Slovakia)** - Wed, **July 10<sup>th</sup>, 2024** by 17:00 (afternoon preferred)  
Participants will be picked up:
- at Vrútky or Martin – Railway station – trains from Bratislava, Vienna, Prague, Katowice, Krakow
  - at Vrútky or Martin - Bus Station – buses from Bratislava, Vienna, Prague, Katowice, Krakow
- Pick up from Vrútky/Martin station will be provided by Rotarians
- DEPARTURE:** **Žilina (Slovakia)** – Tue, **July 23<sup>th</sup>, 2024** after 08:00,  
Participants will be delivered:
- to Žilina Railway stations – trains to Bratislava, Vienna, Prague, Katowice, Krakow
  - to Žilina Bus Station – direct buses to Bratislava, Vienna, Prague, Katowice, Krakow
- Transport to Žilina station will be provided by Rotarians.
- PARTICIPANTS:** 1 boy and 1 girl from each country, max. 12 participants.
- AGE:** 16 -18 years old. (Date of birth between **July 31<sup>st</sup>, 2006** and **June 30<sup>th</sup>, 2008**)
- LANGUAGE:** English, other languages are welcomed
- ABILITIES:** Physical fitness
- be able to ride a bike approximately 20 km a day (also hilly terrain) and operate a changing gear on a bike.
  - be able to swim

- INSURANCE:** Each participant must have travel insurance, which includes such coverage as medical, emergency medical evacuation, repatriation of remains and legal liability with coverage from the time of the departure from home until the return home according to Rotary International Requirements (CISI Bolduc).
- FOOD:** Participants will try lot of typical Slovak meals. Participants **should not have** major food restrictions/diets (e.g. vegans, serious food allergies etc.).
- PROGRAM:** The hosting Rotary Clubs have prepared a program of various interests, e.g. cultural tours, sightseeing (towns, castles, plants), sports (swimming, mountain hiking, cycling, climbing, bowling), shopping etc.  
Participants will need both **swimsuits** and **good hiking equipment (boots etc.)**.
- ACCOMMODATION:** Rotarian families
- COST:** The air/bus/train ticket **to Martin/Vrútky** and **from Žilina** + insurance must be paid by the participants. They should also bring adequate pocket money (at least €100-200). All other costs for the camp are sponsored by the organizing clubs and District 2240.

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| <p><b>All Applications:</b> To apply for this camp, contact the Camps Coordinator:<br/>Alistair Knox - email: <a href="mailto:camps@youthexchange.org.uk">camps@youthexchange.org.uk</a></p> |
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**PROGRAM**  
**14 days of intensive sports and cultural activities**

