

Lariano Trekking Camp
June 28th – July 11th 2015



Host Country / Club

ITALY / Rotary Club:

Appiano, Cantù, Como, Como Baradello, Erba Laghi, Saronno

Aim of Camp

Trekking on the Como Lake mountains

Program

Trekking on the Como Lake mountains

During these two weeks you will be guided to discovery of our region, through trekking on the beautiful mountains of Como Lake and the surrounding area of it
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

Application before

20th April 2015

Participants

Total of 12, 6 boys and 6 girls

Limited to one participant per country

Age

16 - 18 years

Language

English – good level

Accommodation

Opera Don Guanella
Via Tommaso Grossi 18
22100 Como
Tel +39-031-296711



Rotary International *District 2041/2* *Youth Exchange Committee*

<http://www.guanellacomo.it>

Youngsters will be hosted all together in a school college, three/four bed rooms. During the night a surveillance service will be provided

Clothing

Robust trekking boots (MANDATORY, if you do not have them, you might not be allowed to take part in some excursions)
Knapsack for mountain tour
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

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. You are strongly required to stay on group, under the guide permission only it is possible to do anything else

Payment

150 Euro, via bank transfer, due at confirmation to:
Bank : C.R.A. Cantù, fil. Minoprio
Account Pessina Marta
Title Trekking Camp, Country, Name of participant
IBAN IT18 G084 3089 1600 0000 0082 962
SWIFT ACAR IT 22

Arrival

Sunday - June 28th, 2015 (preferably in the afternoon)

Departure

Saturday - July 11th, 2015
Airport Milan Malpensa (preferred)
Alternative Milan Linate
Railway Milan Central Station
Rotary Club rep's will provide for welcome and escort service from/to airport/station

Transportation

private or public, will be provided by us

Contact

Marta Pessina (Camp coordinator)

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WE REMIND FAMILIES AND SENDING DISTRICTS THAT WE WILL ACCEPT PARTICIPANTS ONLY IF DULY INSURED ACCORDING TO RI REQUIREMENTS AS BELOW:

- a) Provide coverage on a 24-hour basis from the time the student leaves their home until they return home inclusive of any personal travel before and/or after the agreed exchange period
- b) Be valid in all countries in which travel will take place with the exception of student's home country
- c) 24-hour emergency assistance services
- d) US\$1,000,000 for expenses related to injury or illness such as hospital, doctors/physicians, dentist, ambulance or other usual and customary medical services
- e) US\$100,000 for accidental death, dismemberment, or disability
- f) US\$50,000 for necessary emergency transport or evacuation of student in the event of severe illness or bodily injury
- g) US\$50,000 for repatriation of student's remains or cremation expenses in the event of the death of the student
- h) US\$50,000 for necessary emergency transport or evacuation of student in the event of a non-medical emergency, including due to a political crisis or a natural disaster



Rotary International
District 2041/2
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SCHOOL RULES FOR THE GUESTS OF THE OPERA DON GUANELLA

Dear Guests,

We would like to ask you to read and accept the following rules, in order to respect the educational aim of the Opera Don Guanella

- *It is necessary to show a correct behaviour and to be respectful to people and things.
- *Smoking is somehow tolerated, but we generally discourage it.
- *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.
- *It is mandatory to stay in your room from 22:30 to 7:00, keeping quiet.

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.