

**Lariano Trekking Camp**  
**June 26<sup>th</sup> – July 9<sup>th</sup> 2016**



**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**

**20<sup>th</sup> April 2016**

**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  
<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 hat 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 26th, 2016** (preferably in the afternoon)

**Departure**

**Saturday - July 9th, 2016**  
Airport Milan Malpensa (preferred)  
Alternative Milan Linate  
Railway Milan Central Station  
Rotary Club reps will provide for welcome and escort service from/to airport/station

**Transportation**

private or public, will be provided by us

Application: If you would like to apply for this camp, please contact the Camps Coordinator,  
Alistair Knox - email: [camps@youthexchange.org.uk](mailto:camps@youthexchange.org.uk)

## INSURANCE

As per Rotary rules, all participants must be insured against liability for damage to properties or people and in case of need of medical care according to what Rotary Code of Policy states. This insurance is MANDATORY , **we will not accept students who cannot prove they have one.**

Please ask your Rotarian officer if outbound students are already insured by the sending district. In case they are not, and you have a personal insurance, you have to check if it meets the minimum required amounts.

Should you not have an insurance, you have to apply for it, directly to the Italian Larizza Consulting Assicurazioni, approved broker for D2041/2.

You can subscribe the policy directly on the website:

<http://www.larizzaconsulting.com/Rotary-YEP/Buy-Online/Form-20412042-District.kl>

Please write the Personal Code **I-D20412-RYE** in the required field. Without this code, the system will not let you buy the policy. Please have all important details of you and of the District with you, you will need them when subscribing the policy.

Please send us copy of the insurance as soon as you have it.

For your reference, please find herewith minimum requests as per RI Code of Policy

- 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

## **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.