

ROTARY SUMMER CAMP IN KUUSAMO & OULU, FINLAND 2019

District 1400

- NAME:** *"Nordic International Adventure Health & Wellness Camp 2019"*
- WHERE:** Oivanki Outdoor Education Centre, 800 km north from Helsinki and 215 km east from Oulu, located in town of Kuusamo. The Kuusamo area is famous for its unique nature and attracts around one million visitors every year. See info of the area www.ruka.fi and the camp site www.oivanki.fi
- WHEN:** Camp Period 18th July – 25th July 2019 (In Oivanki, Kuusamo, Finland)
Family Period 25th July- 1st of August 2019 (In Oulu, Finland)
- ARRIVAL:** In Oulu international airport during July 18th 2019. Reception by the Rotarians. Joint transfer of the participants to Oivanki during July 18th 2019. Kuusamo to Oulu trip is around 230 km. Return to Oulu during July 25th to have the family period.
- DEPARTURE:** From Oulu Airport, August 1st. Finnair (<http://www.finnair.fi>) has frequent flights from Oulu to Helsinki. Please, send your travel plans in advance to the organizing Rotary Club (please, see the contact details below).
- PARTICIPANTS:** 20 participants from the EEMA countries interested in nature, outdoor activities, health, wellness and science.
- AGE:** 16 - 20 years
- PROGRAMME:** The Rotary youth camp consists of two parts. During the camp week the participants will stay together in Oivanki. Oivanki is a Finnish Youth Centre and locates 17 km from the city of Kuusamo in the middle of beautiful nature of northern Finland. The goal of the Rotary camp is to expose the participants to different types of in and outdoor activities, to make nature visits and to conduct some practical exercises along side with novel wellness technologies. The camp period is supervised by rotaries and local guides. The family week will be spent in Oulu in the Rotary or Rotary affiliated families. Visits to entrepreneurs will be organized and the Rotary Clubs. We will assemble a memorable program for you.
- EQUIPMENT:** Your personal medication and suitable clothing for outdoors activities and hiking. The daytime temperature is typically between 15-25 °C. Water temperature is around 20 °C. Take your swimming suit with you.
- CAMP FEE:** €150 euros
- OTHER COSTS:** The participants pay their travel costs to and from Oulu and will have their own pocket money. The organizing Rotarians will meet the students in the Oulu airport and will take care of the ground transportations in Oulu, to Kuusamo, in Kuusamo and back to Oulu.
- INSURANCE:** Participants must have a valid insurance policy in case of sickness and injury. We urge the students to purchase their insurance from [CISI Bolduc](#) approved by Rotary organization. Select "Plan B" from the offered options.
- APPLICATIONS:** **To apply for this camp, contact the Camps Coordinator: Alistair Knox**
email: camps@youthexchange.org.uk
- INFORMATION:** For information of Oivanki and Kuusamo, please see;
<https://drive.google.com/open?id=14rGz6sLRtApXnNehaHBCJAsX99d7IChD>