



Dutch summer tour 2011 – Organised by Rotary clubs Dronten, Staphorst Reestland and Raalte.

Period: 16-30 July 2011

Age: 15 or 16 years. So you're at least 15 years of age when you arrive and not older than 16.

Conditions: you're able to swim, cycle and walk. You're obliged to bring a recipe from your home country.

Group size: 16 participants max

Theme: Land and water, city and country

Programme

You'll be a guest of three different Rotary clubs in the Netherlands and will get to know the country in a fortnight in a pleasant way. By biking, sailing and walking and a programme consisting of nature and culture. Also there will be time for sports activities and recreating.

In the first five days you'll visit Amsterdam, see how we manage to live in a land below sea level, how our farmers use modern technology in farming, how they make cheese and how they do this in different regions.



In the second part of your stay you'll visit stone age remnants, you'll learn something about second world war history in the Netherlands and go for two days sailing in the lakes in the north.

The last five days there will be more sports, and a visit to the medieval town of Deventer and a long walk in the National Park of Salland. At the end of your stay you'll organise a fete for all participants and all your host families. That's the reason why you'll have to bring recipes because we will prepare things ourselves.



July 30 you will return home from Schiphol airport

See detailed programme below!!!!





Saturday July 16th

Arrival at Schiphol Amsterdam or other central station, and transfer to Dronten. There you'll meet your hostfamily where you'll sleep the next five nights, together with some other participant in this adventure.

Sunday July 17th

You'll get to know each other and learn something about Dutch traffic rules for bikers. Afterwards there is a match of soccer and a film in the evening.



Monday July 18th

All participants will go to Amsterdam. You'll get an impression of this city in all its aspects including a tour on the canals. The group will be guided the entire day by someone who really knows where to go.



Tuesday July 19th

How do the Dutch make their famous cheese? After a tour on bike you'll get to know the secrets at a 'cheese-farm'. In the middle of the day there's time to shop, to go swimming and sports activities.

Wednesday July 20th

How do the Dutch keep their feet dry? In one of the cities, founded in a 'polder' below sea-level you'll see how we manage that. In the evening we'll do some indoor wintersports and bowling.

Thursday July 21st

The Netherlands are leading in agricultural developments. You'll see how a farm and a small food industry use modern technologies. Tonight we're eating Dutch pancakes. In the evening transfer to Staphorst takes place. There you will be welcomed by your new host family.



Friday July 22nd

This first day in Staphorst you'll see how people used to live on their farmhouses in this region. You will also visit the oldest monuments in the Netherlands dating from the stone age: the 'Hunebedden'. Also you will visit the museum 'Westerbork' which was a deportation camp in the second World War.



Saturday and Sunday July 23rd and 24th

Sailing on the lakes in northern Overijssel. Especially when you don't know how to sail yet, there is a chance to learn now. Simple meals in the day and healthy meals for the sailors in the evening.



Monday July 25th

Once again you'll see that The Netherlands have a lot of water. You'll visit a nature reserve and the 'Venice of northern Europe', the small town of Giethoorn.



Tuesday July 26th

Transfer to Raalte. After lunch we'll go on bike to an outdoor centre, where we will follow a programme and finish the day of with a barbeque. In the evening you'll meet your third host family.

Wednesday July 27th

By bike we'll go to the medieval city of Deventer. Once rich and famous it now is a pleasant place to be. We'll have a tour in the old medieval part of the town. It's church tower gives a beautiful sight on the landscape and around its central square you'll find a nice shopping area. The town is famous for its gingerbread. In the evening we'll bike home to Raalte.



Thursday July 28th

Again on bike we will go to one of the National Parks of the Netherlands. Here a forester will take us on a walking tour and explain about the origins of this landscape and its flora and fauna. In the evening we'll have dinner and a movie.



Friday July 29th

Already the last day of your stay. We'll stay in Raalte and organize together a fare well party for ourselves and all our hostfamilies. In the morning we'll start with discussing a menu. All of you brought the recipes of a soup , a salad a main dish and a desert. Then we'll do the shopping and after lunch we start preparing the meal and fare well party. Be sure to bring a recipe you can prepare by yourself with the help of one or two others. Afterwards you'll have your last night in the Netherlands.

**Saturday July 30th**

Transfer to Amsterdam airport Schiphol or other station and go back home.