



# ROTARY YOUTH EXCHANGE

**FINLAND**

**District 1390**

<http://www.ryefinland.com>

## MULTISPORT SUMMER CAMP IN TAMPERE, FINLAND 2010

**NAME:** Multisport Summer Camp

**WHERE:** Tampere (170 km north from Helsinki)

**WHEN:** August 1<sup>st</sup> – Aug 15<sup>th</sup>, 2010  
Family Period, August 1<sup>st</sup> - August 8<sup>th</sup>  
Camp Period, August 9<sup>th</sup> - August 15<sup>th</sup>

**ARRIVAL:** Tampere (Pirkkala) Airport , August 1<sup>st</sup>

**DEPARTURE:** Tampere (Pirkkala) Airport, August 15<sup>th</sup>

**PARTICIPANTS:** 20 participants from EEMA countries. Preferably 10 girls and 10 boys.

**AGE:** 15 - 17 years

**PROGRAMME:** The camp consists of two parts. The participants will spend one week together with their host families to get an idea of the Finnish way of life. The second week you will be staying in the sports institute Varala in the city of Tampere.

A detailed program will be sent later, but as you can see from the theme it includes different local sports activities, such as orienteering, floor ball, football, rock climbing and not forgetting salsa, aerobics and beach volley.

**EQUIPMENT:** Your personal medication and suitable clothing. For sports you need only regular sportswear, both indoor and outdoor. You should also pay attention to warm and waterproof clothing for the outdoor sessions. The daytime temperature is normally between 15 – 25 degrees Celsius. Water temperature is around 20 C°. Take your swimming suite with you.

**COSTS:** Participants pay their own costs to and from Tampere and shall have their own pocket money.

**INSURANCE:** Participants must have valid insurance policy in case of sickness or injury.

### MORE INFORMATION:

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[http://www.visitfinland.com/en\\_GB/web/guest/finland-guide/home](http://www.visitfinland.com/en_GB/web/guest/finland-guide/home)  
City of Tampere in English: <http://www.gotampere.fi/eng>  
The Varala sports institute: <http://www.varala.fi/index.php?get=/ENG/Varala>

### SEND ALL APPLICATIONS TO:

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