



## **PARTICIPANT INFORMATION PACKAGE**

**ROTARY DISTRICT 5550**

**INTERNATIONAL YOUTH CAMP 2010**

**SIoux LOOKOUT, ONTARIO, CANADA**

**International Youth Camp**  
Sioux Lookout Rotary Club  
P.O. Box 392  
Sioux Lookout, Ontario, Canada  
P8T 1A1

The following information is designed to provide you with a basic understanding of how the IYC will function and what you have to do to prepare for the experience. Based on our past camps, we strongly recommend that you follow the advice contained in this information. We hope we have designed an experience that is enjoyable, challenging and educational.

## THE EXPERIENCE

You have signed on for a **challenging** canoe trip that you will find both enjoyable and rewarding. The International Youth Camp (IYC) committee will prepare you to successfully complete a 200-kilometre canoe trip in two person, aluminum canoes. You will be expected to fully participate in all aspects of the camping/canoeing trip including cooking, setting up tents, paddling, and of course, carrying equipment and canoes over the seven portages (the longest being 2.0 km). Of great importance to the success of your experience will be your willingness to work in a team atmosphere.

The trip will be **physically and emotionally challenging!** You must be comfortable in and around water and have some knowledge of swimming. Prior knowledge of canoeing is not required, as we will teach you everything you need to know to complete the trip.

Please be prepared to discuss the environmental issues that are impacting your country. As part of this wilderness experience we will teach you how to minimize your impact on the environment. Please come prepared to work and play hard, this is your trip and you will get from it what you give.

## PARTICIPANT CRITERIA

**Age:** 18 to 21 years

**Number:** one per country and additional participants from a country should another country decline to send a participant. Invitations are sent to a number of countries.

## REGISTRATION FEE

A non-refundable payment of \$550.00 Canadian dollars must be sent to the camp by **May 30, 2010**. All fees are non-refundable except for cancellation due to medical reasons.

Payment may be made by VISA, MasterCard, or International Money Wire to our local bank, in Canadian Funds in the amount of \$550.00. Wire transfers may be subject to additional service charges, we will advise you of if there are additional costs. Credit card payments will be put through one of our member's retail accounts. Please expect that a charge will be processed through Johnny's Fresh Market.

There is a payment form attached to this document. For security reasons we suggest you either phone or fax us with your credit card number. Do not email it.

Transfers are to be made payable to **Rotary International Dist. 5550 Inc. International Youth Camp** SWIFT = CIBCCATT, IBAN = CC0010-00387-3405613

## DEADLINE FOR APPLICATIONS

Your country's coordinator must confirm participation of your country by **May 15, 2010** by forwarding your application,

<http://essexpa.clubwizard.com/IMUpload/2010%20Application%20STEP.pdf>

with arrangements for full payment by May 30, 2010. The co-coordinator may submit more than one application from your country, indicating priority of the individuals.

Additional applicants may be accepted if other countries do not have participants.

Applicants must follow their own country's (Rotary District) application process, keeping in mind our deadline is May 15, 2010. At May 15, any positions not filled may be offered additional applicants from countries already participating and to local youth 18 – 21 years of age.

**VISAS:** You are responsible for all Visas, permissions, authorizations etc. as required by your own countries and by the Canadian government. Please contact a Canadian Consulate for information on visits to Canada.

**INSURANCE:** The participants must be insured against illness, accident and third party damages according to Rotary International recommendations.

**PARTICIPANT LIST:** We will have a final list of participants compiled as soon as possible after May 30, 2010. We will forward a list of participants as soon as possible. You may wish to contact the other participants, as often you will be on the same planes arriving and departing Canada.

## **TRAVEL**

**ARRIVAL IN CANADA:** Plan your travel to arrive in Sioux Lookout, Ontario, Canada, no earlier than 05:45 hours and no later than 2200 hours on July 07, 2010, except if travelling by train from Toronto.

**DEPARTURE FROM CANADA:** Arrange your travel to depart from Sioux Lookout between 0700 hours and 2200 hours on July 21, 2010 except if travelling by train.

### **Do not make travel plans until we confirm your application.**

By **June 15, 2010** all participants must fax (1 807 737-4365) or email ([susan@susanbarclay.com](mailto:susan@susanbarclay.com)) their travel plans (a copy of their itinerary would be ideal), including:

1. airline being used
2. flight number, date and time of arrival in Sioux Lookout.
3. flight number, date and time of departure from Sioux Lookout.

This information is necessary to arrange someone to meet you at the Airport or Train station and to arrange accommodations in Sioux Lookout.

## **TRANSPORTATION OPTIONS**

**Air:** Airlines in Canada include Air Canada, WestJet, to Winnipeg or Air Canada, WestJet and Porter Air to Thunder Bay and Wasaya or Bearskin from Winnipeg or Thunder Bay to Sioux Lookout.

[www.aircanada.ca](http://www.aircanada.ca)

[www.westjet.com](http://www.westjet.com)

[www.bearskinairlines.com](http://www.bearskinairlines.com)

[www.wasaya.com](http://www.wasaya.com)

[www.flyporter.com](http://www.flyporter.com)

**Rail:** Train transportation company is VIA Rail. We recommend flying into Winnipeg, Manitoba first. The eastbound trains departs Winnipeg on Tuesday, July 06 at 23:30 arrive Wednesday am at 0545. If travelling by train from Toronto the train leaves Toronto 22:00 on Tuesday, July 06 and arrives in Sioux Lookout on Thursday am, July 08 at 00:56. You must make reservations in advance for the train.

[www.viarail.ca](http://www.viarail.ca)

## **MEALS AND DIET RESTRICTIONS**

**We do not have the ability on the canoe trip, to cater to special diets.** Requirements for religious and allergy reasons can be accommodated. Vegetarian options will be available. It is essential that participants eat well on the trip, as you will be expending a lot of energy. Please ensure that you inform the planning committee of **any food allergies or religious/medical dietary requirements** on your application form, as changes cannot be made once you arrive. The menu for the trip will be nutritious, and limited by weight and lack of refrigeration.

## **ACCOMMODATIONS**

Accommodations, before and after, the canoe trip will be with host families. These families will be Rotarians or friends of Rotarians. During the canoe trip, you will be staying in tents in the remote wilderness. The IYC committee is responsible for accommodations from July 7 to 20 inclusive.

## **EXTENDED STAYS IN CANADA**

Participants wishing to arrive before July 7 or depart after July 21 are free to do so, **at their own expense and they must make their own arrangements for accommodations.**

## **TRIP RULES**

The International Youth Camp is governed by Rotary International rules for Exchange Students. As such, the following rules will be enforced:

1. Participants are not allowed to operate motorized vehicles of any kind
2. Participants may not use any drugs, except those prescribed by a medical doctor or trip paramedic.
3. Participants are not allowed to consume alcoholic beverages.
4. No serious romantic involvement will be allowed.
5. For safety reasons, instructions issued by the trip leaders are to be followed without question or delay.

Participants not following the rules may be verbally disciplined, removed from the trip environment or returned home as required.

## **SAFETY**

We will be in the remote wilderness but we will have a satellite phone to use in case of an emergency. We will have well trained personnel on the trip who can deal with medical or wilderness emergencies.

## **PARTICIPANTS WHO SMOKE**

The committee has found that problems have arisen in the past with smokers. You are going on a wilderness camp experience, and you will not be able to purchase cigarettes while on the trip. Plan to bring enough cigarettes for the trip. Do not attempt to quit smoking on the trip, you will find this very difficult. At all times, you must refrain from discarding cigarette butts in the woods. Save butts and matches for the garbage, in order to keep the woods clean and avoid forest fires. Smoking may be prohibited if there is a "Restricted Fire Zone" in place. (You can ask us about what this is later.) Participants under 19 years of age are not able to bring cigarettes into the province of Ontario or purchase them in Ontario.

**LANGUAGE & CULTURE**

The language used on the trip is English. Participants from other countries often speak a variety of languages. You will have the opportunity to learn about other languages and cultures.

**SPENDING MONEY**

The amount of spending money that you will require for the trip will depend very much on the activities that you wish to participate in during your experience. You should have money for things like: phone calls, souvenirs, social evenings, and personal items. You should arrive with \$100 Canadian or American dollars in cash.

Currencies other than American dollars are hard to exchange in Sioux Lookout. Bank machines and Credit Cards are extensively used. Traveler's cheques are cashable at the banks with passport identification.

**CAMERAS AND VIDEO EQUIPMENT**

We encourage you to bring any camera and video equipment that you wish. There are many opportunities for taking pictures on the trip. However, you are going on a wilderness experience and we strongly recommend that any equipment be insured against loss and damage. The Sioux Lookout Rotary Club, District 5550 and Rotary International cannot be held responsible for any damage or loss. Some participants choose to purchase disposable waterproof cameras for the eight (8) days spent in the wilderness, minimizing loss or damage to their equipment. These cameras are available in Canada, with or without flash, waterproof or non.

**THE CANOE TRIP - July 7 – July 21, 2010**

July 7 - Arrival day - Arrive in Sioux Lookout before 2200 hr. You will be met when you arrive in Sioux Lookout.

July 8 - Training Day 1 - Training at Cedar Bay Recreation Complex, including group team building, canoeing, portage instruction, packing instruction, camping equipment orientation and checking. Dinner at Rotary Club meeting 1800 hours.

July 9 - Training Day 2 - Training continues.

July 10 - Training Day 3 - Training continues, final backpack inspection

July 11 - Trip Departure Day - breakfast 0600 hours, departure 0700 hours.

July 12-17 - Trip Days 2-7 - Canoeing and camping through Canadian wilderness

July 18 - Trip Day 8 - Arrival back in Sioux Lookout, real toilets and showers available

July 19 - Rest Day and Clean up Day - get together with other participants

July 20 - Sioux Lookout Activity Day – local activities will be planned for the group and International Night- International potluck dinner, presentation and socialization. Each student will prepare a traditional food item of their culture and/or country.

July 21 - Departure Day – Variable times depending on route.

**WHAT TO BRING**

Bring what ever you wish for your time in Canada.

For the canoe portion of 8 days, we recommend that you bring old clothing that is not made of cotton. We recommend the following:

- at least 2 pairs of underwear
- 2 pairs of wool socks
- 1 T-shirt
- 1 long sleeved shirt
- 1 sweater (fleece) or light weight warm jacket
- 1 pair of swim shorts or a bathing suit

- 1 pair of fast drying shorts
- 1 pair of fast drying long pants
- 1 rain suit - must be waterproof
- baseball cap or hat
- sunglasses
- sun block lotion (can be purchase locally)
- insect repellent (can be purchase locally)
- personal items: toothbrush, deodorant, hairbrush, 30ml shampoo

All other clothing and items brought to Canada can be left with your host family until you return from the canoe trip. No other items are required on the trip. If you do not have all of these items, we will help you obtain them in Canada. We will be providing tents, sleeping bags, ground mat, canoes, cooking and eating equipment, paddles, water shoes, life jackets, canoes and backpacks.

### **INTERNATIONAL NIGHT**

The last evening of your stay in Sioux Lookout is a meal and party to celebrate your completion of the trip and to say goodbye. You will be asked to prepare a dish of food typical of your country. Come to Canada prepared to cook something for this meal. You may need to bring a recipe and any special items you can't get in small town Canada. Your host family will assist you in preparing your dish if requested.

One souvenir that you will be taking home will be the paddle that you used on the trip. The International Night concludes with a "Paddle Signing" where your fellow travelers sign your paddle. This becomes a treasured item for many participants.

### **CONCLUDING COMMENTS**

This will be a rewarding, challenging experience that you will remember for the rest of your life. There will be times when you will wonder why you ever agreed to participate. Participate in everything on the trip, get involved, try everything, look for extra opportunities and you and all on the trip will have a better time for your efforts. For further information contact Susan Barclay at [susan@susanbarclay.com](mailto:susan@susanbarclay.com) phone 1 807 737-1148, fax 1 807 737-4365.

**District 5550 - Sioux Lookout Rotary Club – Canoe Trip  
APPLICATION FORM**

Applicant Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email address: \_\_\_\_\_

Fax number: \_\_\_\_\_

Phone number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Height: \_\_\_\_\_ cm T-shirt size: X-small  small  medium  large  X-large

Gender: \_\_\_\_\_

Allergies Religious/medical dietary restrictions (if any): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**APPLICATIONS DUE MAY 15, 2010 AND FULL PAYMENT DUE BY MAY 30, 2010**

**Credit Card Payment Form**

I hereby authorize the Rotary Club of Sioux Lookout, or its agent, to charge the amount of \$550.00 Canadian dollars to my credit card.

Type of Card: \_\_\_\_\_ VISA \_\_\_\_\_ MasterCard

Card #: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

All applicants must complete the Rotary International Short Term Exchange application form. Please use the STEP form approved in Madrid 2008 - **General Application Page 3-7** and the **Supplementary Page B**

<http://essexpa.clubwizard.com/IMUpload/2010%20Application%20STEP.pdf>

The STEP application is to be submitted to your Rotary District and forwarded to the Sioux Lookout Club by email or fax will be sufficient.

**Fax number 1-807-737-4365**