



# Rotary International – District 2040, Italy Youth Exchange Program



## Lariano Trekking Camp

June 26th – July 9th 2011



**Host Country / Club**

**ITALY / Rotary Club:**

Appiano, Cantù, Como, Como Baradello, Erba Laghi, Parchi Altomilanese, 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 the discovery of our region, through trekking on the beautiful mountains of Como Lake and the surrounding area. 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**

**6th May 2011**

**Participants**

**Total of 12, 6 boys and 6 girls**  
Limited to one participant per country

**Age**

**16 - 18 years**

**Language**

**English – good level**

**Accommodation**

Fondazione Minoprio  
Viale Raimondi 54  
22070 Vertemate con Minoprio  
Tel +39-031-900224  
[www.fondazioneminoprio.it](http://www.fondazioneminoprio.it)



## Rotary International – District 2040, Italy Youth Exchange Program



Youngsters will be hosted all together in a gardening school college, three bed rooms. During the night a surveillance service will be provided

### Clothing

Knapsack for mountain tour  
Robust trekking boots ( essential !!! )  
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. It is strictly 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, 2011** (preferably in the afternoon)

### Departure

**Saturday - July 9th, 2011**  
Airport Milan Malpensa (preferred)  
Alternatives Milan Linate or Bergamo Orio  
Railway Milan Central Station, Varese State/FNM Station  
Rotary Club rep's will provide for welcome and escort service from/to airport/station

### Transportation

private or public, will be provided by us

### Contact

Marta Pessina (Camp coordinator)  
via Guaita, 16  
22070 Vertemate (Como – Italy )  
[marta.pessina@alice.it](mailto:marta.pessina@alice.it)  
+39 335 7732 706



## Rotary International – District 2040, Italy Youth Exchange Program



Laura Brianza (Organizing Team)  
P.za Santa Maria Solaro 6  
22076 Mozzate (Como – Italy)  
[laura.brianza@abcbrianza.it](mailto:laura.brianza@abcbrianza.it)  
+39 335 7908904

### SCHOOL RULES FOR THE GUESTS OF THE FONDAZIONE MINOPRIO

Dear guests,

We would like to ask you to read and accept the following rules, in order to respect the educational aim of the Fondazione Minoprio

- \*It is necessary to show a correct behaviour and to be respectful to people and things.
- \*Smoking is allowed outside the school buildings only.
- \*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, to the gym or to other structures of the school.
- \*It is compulsory to stay in your room from 22:30 to 7:00, keeping quiet.
- \*Should you go out at night, it's compulsory to be back within 23:00 (weekly days) or 24:00 (at weekends) and in one group.
- \*Canteen service ( not available at weekends ):
  - o Breakfast : 07:15 – 07:45
  - o Lunch : 12:00 – 13:00
  - o Dinner 18:45 – 19:30
- \*The dormitory will be closed from 09:00 to 16:30

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.