



Rotary International



Experience Switzerland and Liechtenstein by Bike!

Date	Saturday 19th July to Saturday 2nd August 2014
Host district/country	District 2000, Switzerland (East of Switzerland) and Liechtenstein
Applications	Not later than 30 th April 2014 STEP Application Form (respective parts) to be sent to: Rotary Youth Exchange Switzerland / Liechtenstein Tel. +41 56 426 50 58 Bleicheweg 6 / P.O. Box 45 Fax +41 56 426 79 91 CH-5605 Dottikon, Switzerland camps@rotaryswissyep.ch
Aim of camp	2 weeks tour by bike in the eastern part of Switzerland and in Liechtenstein with a mixed program consisting of cycling, a cultural/historical program and experiencing international friendship.
Participants	Max. 21 participants, 1 - 2 girls or boys from each country. The first 21 applicants will be accepted. Important: Only experienced cyclists should apply; however, bikers don't need to be "professionals"!
Age	19 – 24
Language	English
Lodging	Youth hostels or modest accommodation
Costs	Travel costs to and from the camp. Compulsory Rotary International basic Insurance of CHF 60.-- and hire of a mountain bike CHF 300.-- to be paid cash at arrival by the participant. Maximum costs Swiss Francs 360.-- . All other camp costs are sponsored by the organising Rotary Clubs and District. If participants prefer to bring their own mountain bike, it needs to be in a very good condition as repairs can be expensive in Switzerland and the bike needs to be approved by the Tourleader before you bring it to Switzerland. We hire the mountain bikes at: www.rentabike.ch - Type: MTB Standard
Program	Primarily biking in the pre-alpine and alpine area combined with a cultural program with local Rotary Clubs. 3 biking groups will be formed; 1. Casual and basic cycling , riding on tar and off roads. 2. Middle group , more experienced cyclists. 3. Very experienced and skilled cyclists with demanding routes. The camp is basically a <u>non-smoking</u> camp (participants will be advised when smoking is permitted!)
Itinerary	Zürich (Höri) – Jona – Walenstadt – Thusis – Schaan – Bächli-Hemberg – Kreuzlingen – Schaffhausen – Zürich (daily stages between 50–70 km) 1 free day
Insurance	In addition to your own private medical insurance you are required to buy our extra Rotary International basic Insurance for this camp (illness, accident, personal liability and all other risks) according to Rotary International requirements. This insurance will be made out by the Office Rotary Youth Exchange, Dottikon, Switzerland. Fee CHF 60.--).
Clothing and Equipment/	Accepted applicants will receive the tour program, list of required clothing and equipment.
Arrival	On Saturday afternoon 19 th July 2014. Meeting Point at Zurich-Airport. Arrival not later than 17.00 h.