

Rotary (Solution)





<u>July 31st:</u> Pickup at OSL/Central St, a visit to Spiralen.

<u>August 1st:</u> A visit the fjord at Holmsbu, and Guild Hall in

Aass Bryggeri

August 2nd: A visit to Fossesholm, an old manor in

Ø vre Eiker, a tour around the municipality, and a salmon

dinner at the Hokksund campsite in, next to the

Drammen river

<u>August 3rd:</u> Transport to Modum, a visit to the world's largest ski jumping hill at Vikersundbakken, and a tour of the mines at Blåfarveværket



<u>August 4th:</u> Host in cabins in Gol. Visit a family farm

Buskerud

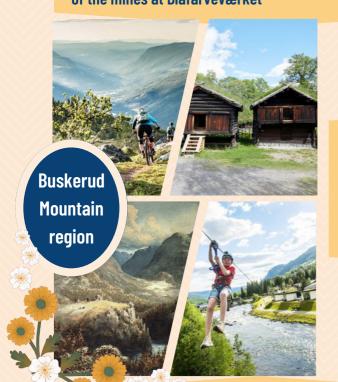
Mid

County

August 5th: Trytetjern leisure area + Hike or Bike in

Hallingdal mountain area

August 6th: Transport to Oslo





<u>August 6th:</u> Settle in at Haraldsheim Hostel, visit the city centre and attend a Pizza and Bowling night

<u>August 7th:</u> Guided tour around Holmenkollen, hiking in the woods around the area, barbecue, games and dinner at the dorm

<u>August 8th:</u> A walk and storytelling at

Middelalderparken, swimming at Sørenga Sjøbad, and a

delicious farewell dinner at a private home

<u>August 9th:</u> Gathering in the gardens of Haraldsheim and transport to departures (OSL, Central Station etc.)





Practical info

Theme: East Norway - From Mountain to Coast

Arrival: Monday 31.07.2023

Departure: Wednesday 09.08.2023

Transport hubs: Oslo International Airport (OSL), Oslo Central Train Station

Participants: 12 students, 6 girls and 6 boys. Maximum 2 from the same country

Age: 17-20

Language: English

Costs: 400 Euro

Accommodation: Private or Hostels

Clothing: Light, swim wear and wind breaker/rain coat. Good hiking shoes

Food: Please inform of any allergies

Insurance: According to the Rotary International requirements for

youth exchange program









Vikersundbakken

Vikersundbakken or Vikersund Ski jump
(https://vikersund.no/) is a ski flying hill at
Vikersund in Modum, Norway. It is one of the two
largest purpose-built ski flying hills in the world
Nine world records have been set there,
including the current record of 253.5 meters, set
by Stefan Kraft. The complex consists of a large
hill, a normal hill and several training hills.

The hill was opened in 1936 as a large hill.

Vikersundbakken was the first ski flying hill to receive floodlights in 2006. It has hosted the FIS Ski Flying World Championships in 1977, 1990, 2000, 2012 and 2022

Site info & links

Blaafarveværket

The Royal Cobalt Works has a long history and was established as early as 1776. For over 100 years, thousands of people worked to extract cobalt from the deep mines at Modum. This special metal was used to make cobalt blue paint - which in turn was supplied to the entire world's porcelain and glass industry. In fact, between 1773 and 1893, Norwegian cobalt extraction accounted for as much as 80 % of the world's production!







Hallingdal mountain valley

Trytetjern is one of Hallingdal's most beautiful places when the sun is shining.
Here you will find a sandy beach, water trampoline, sand volleyball court, outdoor grill, walking and cycling paths, and downhill cycling, gap hut.
In other words, the perfect place for long

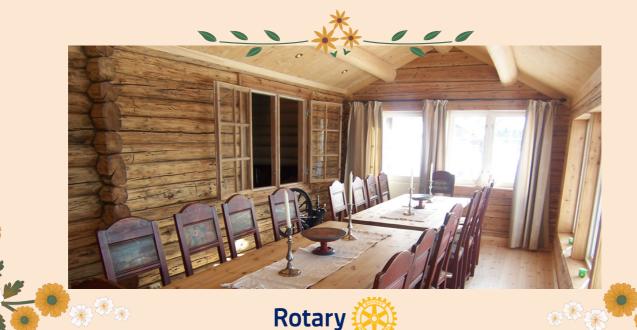
and hot summer days.



Gol & Ål

Gol is the trading center in Hallingdal. But in summer you have the chance to see farm livestock up close, experience local traditions and rural Norwegian culture in the scenic surroundings of the Golsfjell mountains.

Welcome to Ål in Hallingdal - When nature calls! Situated in the middle of Southern Norway halfway between Oslo and Bergen, you will find the cozy small cultural village



Holmenkollen Ski Arena

Holmenkollen is a state-of-the-art arena for cross-country skiing, biathlon and ski jumping, and includes the famous Holmenkollen Ski Jump, Midtstubakken Ski Jump, five smaller recruitment slopes, cross-country skiing trails and a ski stadium.

You will get the thrilling story on how it is to fly on ski by one of the former skijumpers



Oslo City

The capital of Norway - Oslo - sits on the country's southern coast at the head of the Oslofjord.

Oslo is pretty unique with direct access to the sea and summer sports and on the opposite side, the forests and mountains within 20 minutes. Oslo is a hip city with a

rich culture life and has a bigger
percentage of immigrants and Norwegianborn children with immigrant parents than
any other region in Norway.

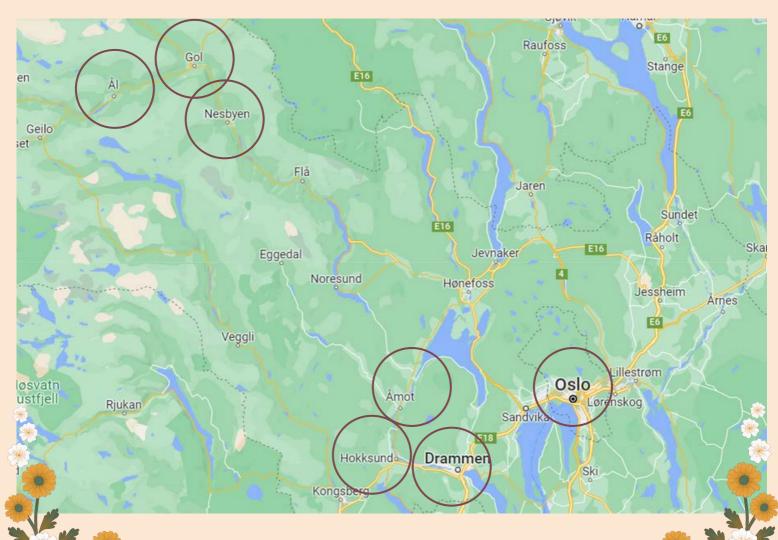






The map













Rotary's Hosting Clubs:

This Rotary Summer Camp is supported by passionate Rotarians who have dedicated their time and energy to provide you with the opportunity to experience the best of Eastern Norway. The primary contact person for each of the participating clubs is listed below. To learn more about each club, please click on the club's name below.

Welcome to Buskerud and Oslo; we are excited to see you this summer!

Buskerud Mid-county:

Drammen Rotaryklubb: Wenche Jacobsen

<u>Hokksund Rotaryklubb</u>: Magnus Røken

Modum Rotaryklubb: Pål Morten Skollerud

Buskerud Montain Region:

Nesbyen Rotary Klubb: Anne Marie Kollhus

Gol Rotaryklubb: Kjersti Kleven

<u>Ål Rotaryklubb</u>: Olaf Buseth

Oslo The Capital:

Oslo International Rotary Club: Siri M L Joli





