



# ROTARY YOUTH EXCHANGE

**POLAND**

**District 2231**

**SHORT TERM EXCHANGE PROGRAM**

## 10<sup>th</sup> SUMMER CAMP SPORT and HORSES - WROCLAW, POLAND 2023

- NAME:** 10<sup>th</sup> Summer Camp "Sport and Horses" 2023
- WHERE:** Wielka Lipa – near Oborniki Śląskie, (25 km North from Wrocław, 300 km East from Berlin)
- WHEN:** July 28 – August 09, 2023
- |  |                 |                     |
|--|-----------------|---------------------|
|  | Wrocław Period, | July 28 – July 30   |
|  | Camp Period,    | July 30 – August 09 |
- ARRIVAL:** Train, bus station or airports in Wrocław, July 28
- DEPARTURE:** Train, bus station or airports in Wrocław, August 09
- PARTICIPANTS:** 6 boys and 6 girls - one participant from each country, with a good knowledge of English.
- AGE:** 18 - 24 years

### PROGRAMME:

#### - Friday 28<sup>th</sup> of July 2023

Arrival Day.

The camp starts 15<sup>th</sup> of July 2023. The participants arrive to the Train station, Bus station or airports in Wrocław on the July 15<sup>th</sup> of 2023. We look forward to the participants in the arrival times on the station or airport. On the Station please look for the symbol of Rotary. From there, participants will be transported to host-family.

Dinner with families.

#### - Saturday 29<sup>th</sup> of July 2023

Visit Wrocław with host families and members of RC Wrocław –

Panorama Raławicka, Ostrów Tumski, Rynek

#### - Sunday 30<sup>th</sup> of July 2023

Visit Wrocław

Departure to the Wielka Lipa – Arkadia

<https://www.facebook.com/139735672771740>

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#### - Monday 31<sup>th</sup> of July 2023

-Ośrodek Jeździecki "Arkadia". Short lecture about the safety rules when working in the stables and riding. Lesson of the topography. Time for get to know all camp participants. Working in the stables.

-Welcoming evening campfire in Arkadia- singing to the sound of the guitar

- Snooker

Volleyball and basketball court



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**-Tuesday 01<sup>st</sup> of August 2023**

Work in the stable. First horse ride.  
The theory about horses, horseback riding after lunch

**-Wednesday 02<sup>nd</sup> of August 2023**

Work in the stable.  
Aquapark

**-Thursday 03<sup>rd</sup> of August 2023**

Bike tour around the area  
Water sports - canoes, pedal boats  
Horse ride

**-Friday 04<sup>th</sup> of August 2023**

Horse ride -  
Polish Evening – dinner prepared by European participants.

**- Saturday 05<sup>th</sup> of August 2023**

Work in the stable  
Sailing

**-Sunday 06<sup>th</sup> of August 2023**

Work in the stable  
Walking tour to the palace in Bagno  
  
Evening with the campfire and music.

**-Monday 07<sup>th</sup> of August 2023**

Work in the stable  
Horse ride  
Saying goodbye to the horses. Goodbye dinner in Arkadia

**-Tuesday 08<sup>th</sup> of August 2023**

Basketball, volleyball matches

**-Wednesday 09<sup>th</sup> of August 2023**

Saying goodbye to the camp participants and departures from Wielka Lipa to the Train Station, Bus Station or Airport in Wrocław.

**Daily exercise at the fitness room, volleyball and basketball!**

COSTS: Participation fee – 330 €

The participants will cover their travel costs to Wrocław and back home. Be prepared to have some pocket money.

**INSURANCE: Participants must have a valid insurance.**



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More: <https://www.facebook.com/Rotary-Summer-Camp-Wroclaw-1762040397404261/>

**APPLICATION FORMS:** Must be sent to the following address by 25 June , 2023 at the latest. Please note that the number of participants is limited and the acceptance will be on a "first come – first served" basis.

**Other:**

|           |               |
|-----------|---------------|
| Breakfast | 7.30 - 8.30   |
| Lunch     | 13.00 - 14.00 |
| Dinner    | 18.00         |