



Rotary

Summer Camp 2022

July 2 – July 16 2022

Connection, Culture and Dutch hospitality
Heemstede & Heerenveen
The Netherlands



Heemstede & Heerenveen

- ▶ 16 participants (one per country)
- ▶ Age 16-18
- ▶ 50/50 male/female
- ▶ You must be able to speak English
- ▶ You must be able to cycle/swim
- ▶ Cost of camp Euro 300,-

Heemstede & Heerenveen

- ▶ The first week will be spent in Heemstede. Heemstede is a relatively small city, now predominantly functioning as a suburb around major cities like Haarlem and Amsterdam. This area is part of the larger urban area 'Randstad', further consisting of The Hague, Rotterdam, Utrecht and the areas around it. It is situated in the north west of The Netherlands, close to the beach.
- ▶ The second week you'll move to Heerenveen. Heerenveen is a city in the quieter northern province of Friesland (Fryslan). Today the Province of Friesland (Fryslan) is still a special part of the Netherlands with their specific culture and their own, official language.
- ▶ Heemstede and Heerenveen are proud to host our foreign Rotarian guests and certainly students. During these two weeks we will offer you a varied program with culture, sports, activities and always fun and pleasure.



Historically (around the year 790) the Magna Frisia stretched from the North part of Germany until the Belgium coast.

Saturday July 2

- ▶ We will meet you at the Amsterdam Airport Schiphol and afterwards you'll first meet each other on a unique small island on the lake Westeinder.
- ▶ We will welcome the guest with a traditional Dutch dinner and spend the evening and the night on this beautiful island near Aalsmeer, where you/we will camp in tents.



Sunday July 3: Getting to know each other

- ▶ This first full day together we will spend with fun activities and sports to get to know each other better and help you and your campmates to build a warm and strong international team.
- ▶ In the evening you will be introduced to your host families for this week and spend the evening over there.



Monday July 4: Amsterdam, music and history

- ▶ We will go to Amsterdam, where we will visit a rehearsal of the famous Dutch Philharmonic Orchestra.
- ▶ Also, we will learn about Anne Frank and visit the Achterhuis, where she wrote her famous diary and where she and her family hid during World War II.



Tuesday July 5: Haarlem City

- ▶ We will visit the Cruquius museum. This is an old pumping station, used to create the polder area most part of Holland is living in. After this we will go to the city of Haarlem and walk through the old city with a guide.
- ▶ In the evening you will join our weekly Rotary meeting at restaurant Groenendaal and meet the other Rotarians.



Wednesday July 6: Zandvoort Beach

- ▶ Today we will have some beach time and we will introduce you to surfing. Please be aware you need to know how to bike and swim!
- ▶ After the lessons you can stay at the beach where you can have dinner with the group.



Thursday July 7: Amsterdam



- ▶ Today we will visit Amsterdam again.
- ▶ We will enjoy the 'This is Holland' flight, in which you fly in a virtual way over our country and learn about the different parts and landscapes.
- ▶ We will also visit the most important museum of the Netherlands: the Rijksmuseum. Here you can see various paintings of Rembrandt and other Dutch masters.
- ▶ After this, you will get some free time to spend in Amsterdam.

Friday July 8: Last day in Heemstede

- ▶ Unfortunately your last day in Heemstede already. We'll prepare our farewell party together and invite you to make your typical dishes from your own country.
- ▶ During the evening we'll join with the Rotary members and enjoy the food, drinks and activities.



Saturday July 9

- ▶ The Rotary members from Heerenveen will meet our guests who venued first in Heemstede today. After the collective acquaintance you will join with the hosting families individually.
- ▶ For the evening we will meet in the village of Langezwaag were we all show creativity to prepare each our own Pizza's. A campfire will contribute a pleasant and cosy evening.



Sunday July 10

- ▶ We will drive to Earnewâld for a challenging and sportive activity in the beautiful Friesland lake area. In the Earnewâld village there are only 420 inhabitants. This is a natural green area combined with splendid lakes and small canals. In your own kayak you will explore the real nature, beauty and quietness.



Monday July 11

- ▶ Today we will visit Schiermonnikoog, one of the smaller islands from the chain known as 'Wadden Islands'. During the day you will explore the island on bicycle and play sport games on the beach. For the 'die hards' swimming in the sea is of course a fresh nice challenge. During the evening you are invited to join the meeting of Rotary Club Heerenveen. We'll have a shared dinner and a short RC meeting. And off course we'll invite you to introduce yourselves .



Tuesday July 12

- ▶ We will visit today the Frisian Museum and the Frisian Government House in Leeuwarden (capital of the Frisian Province). Some time for shopping is an option. After dinner with your hosting families there is time to meet the group and have time to 'chill'.



Wednesday July 13

- ▶ Being brave, show your courage and challenge your team members.
 - Climb and trail in the trees
 - Abseiling
 - Wall climbing
 - Pole jumping
- *We are guided by experienced trainers*



Thursday July 14

- ▶ Today we will challenge your brains and your creativity. You'll get an introduction in 'Serious Gaming' at the Stenden University in Leeuwarden. Further we'll share with you our Rotary project on Digital Literacy. Since we are in an international mood you will be asked to prepare a specific meal related to your country. Of course your hosting families will assist and be supportive to create the greatest international meals. You can surprise the Rotary members during the evening with the presentation of your own special meals.



Friday July 15

- ▶ Friesland is well known by its top skaters. World champions have shown their capabilities in the Ice skating temple : **Thialf**.
- ▶ A new activity is Summer skating. You can show your talent on skates today.
- ▶ The evening is the final evening of your stay in the Netherlands. Together with the hosting families and all Rotary members and partners you will join the farewell BBQ.



Saturday July 16

- ▶ After a week with cultural and sportive activities . Building friendships with your team members and hosting families, the day of saying good bye is there. Of course the Rotarians of Heerenveen will make sure that you all will be in time at Schiphol Airport.



- ▶ **Heemstede and Heerenveen are proud to welcome and host friends from many countries over the world.**
- ▶ The Rotary youth exchange is a perfect opportunity to meet people and Rotarians all over the world. Get acquainted with cultures and foreign countries. But most important get acquainted with international Rotarians.

