

# X ROTARY CAMP SIERRA DE GUADARRAMA (Madrid)

From July 30<sup>th</sup> to August 12<sup>th</sup> 2018



Sponsored by the Rotary Club of Majadahonda in  
collaboration with the Rotary Clubs of Madrid and  
Castilla-Leon (SPAIN)

## PROGRAMME DETAILS

PARTICIPANTS:	25 students (one boy and one girl ONLY per country.
AGE:	18 – 25 years old
DATES:	30 <sup>th</sup> July to 12 <sup>th</sup> August, 2018
ACCOMMODATION:	Casa de la Cueva Youth Hostel (Peguerinos, Ávila) and U Hostel (Madrid)
PROGRAMME:	Nature and culture
LANGUAGE:	Spanish / English
AIM:	To encourage friendship and understanding among people from different backgrounds and cultures.
CLOSING DATE:	Applications should be received by <u>15<sup>th</sup> May, 2018</u>
INSURANCE	All participants are responsible for their medical insurance policies, according to the guidelines in Rotary International Code of Policies on Travel Insurance for Students, which covers illness, accident, third party damages and personal effects. European participants should bring their European Health Insurance Card.
ACCEPTANCE AND PAYMENT:	Students will be accepted provisionally upon receipt of a scanned application form with two passport size photographs on a first come first served basis, allowing for a gender balance.
CAMP FEE:	420 Euros. Preferred method of payment is by transfer to the “Club Rotario de Majadahonda”, Swift / BIC CSPAES2L Account ES93-2108-4832-0700-3346-5710 but it could also be paid in cash upon arrival at the CAMP.
	We advise participants to bring some pocket money for their personal expenses.
ARRIVAL:	30th July, 2018 (between 10 am and 2 pm preferably) Place: Madrid U Hostel Sagasta, number 22 28004 - Madrid
DEPARTURE:	12th August, 2018 (from 10 am onwards)

# PROGRAMME

30 <sup>th</sup> July (Monday)	Arrival to Madrid. Gathering at: Madrid U Hostel, Sagasta 22, 28004 - Madrid). Welcome dinner
31 <sup>st</sup> July (Tuesday)	Guided tour of the Royal Palace
1 <sup>st</sup> August (Wednesday)	Visit to Avila
2 <sup>nd</sup> August (Thursday)	Swimming Pool and sports activities
3 <sup>rd</sup> August (Friday)	Visit to Segovia
4 <sup>th</sup> August (Saturday)	Rotary Day
5 <sup>th</sup> August (Sunday)	Trek to Mount Abantos
6 <sup>th</sup> August (Monday)	Swimming pool and fun activities
7 <sup>th</sup> August (Tuesday)	Visit to Salamanca
8 <sup>th</sup> August (Wednesday)	Fun and sport activities
9 <sup>th</sup> August (Thursday)	Visit to El Escorial and Majadahonda,
10 <sup>th</sup> August (Friday)	Gymkhana and international dinner
11 <sup>th</sup> August (Saturday)	Walking tour of Madrid
12 <sup>th</sup> August (Sunday)	Breakfast, good bye and return home

## OBJECTIVE

We intend to offer participants an enjoyable time that includes cultural activities and the practice of different sports, surrounded by nature up on the hills near Madrid.

## RULES

In order to guarantee the correct functioning of the camp, we have established some general rules:

- Be on time for the activities
- Take part in all activities
- Keep the house and rooms clean and tidy
- Follow activity leaders' instructions
- Maintain a good relation with the other students
- Respect nature and follow our moto:

Treat others the way you would like others to treat you

## LIST OF THINGS TO BE BROUGHT

- Student Card (extremely important)
- Sleeping bag
- Towel
- Hiking boots or trainers and socks
- Swimming clothes (costume and sandals)
- Jumpers or fleece (temperatures can go down to 10° C at night)
- Long trousers
- Toilet bag
- Torch and water bottle

Bear in mind that we will alternate day trips to towns with hiking and sports days. Therefore, plan your luggage accordingly.

Optional: you can bring some traditional products from your respective countries to prepare something for the International Dinner, if you wish.

## ACCOMMODATION DETAILS

The accommodation during the camp, with the exception of the days of arrival and departure, which will take place at the U Hostel Albergue Juvenil Madrid, Sagasta, number 22, Madrid, will take place at the Albergue “Casa de la Cueva”.

The Albergue “Casa de la Cueva” is situated at 8 km from the village of Peguerinos in Ávila and at 14 km from the El Escorial or from El Alto del León, surrounded by a beautiful pine area which forms the Regional Park of Guadarrama, it is managed by the Association 2001, as well as other existing leisure facilities in the area.

The Albergue “Casa de la Cueva” offers the following:

- 45 vacancies in rooms of four people in bunk beds
- Living room and dining room with a fire place and a barbeque
- Heating as well as hot water by Propane Gas
- Electricity by diesel generator

Because “Casa de la Cueva” is within the Regional Park of Guadarrama boundaries, it is subject to environmental restrictions, such as not having electricity, which is supplied by the diesel power generator, which does not operate between 12 pm to 7 am.

For the same reason, no WI-FI connection is available and the telephone communication is done through mobile network for voice, not having coverage for data.

However, in the all the visits to the various cities, which the programme contemplates, there will normally be voice, 3G data connection (4G in Madrid), as well as free WI-FI in many establishments in the city.