



## "Ice to Lake" - Camp 2023

### GENERAL INFORMATION

#### 1. Participants

Age: 19 – 25 years  
Max. 20 participants  
2 participants per country

#### 2. Accomodation

Youth Hostels and similar  
Director of the camp: Nadja Klaus

#### 3. Arrival at Youth Hostel Baden (close to Zurich)

**Saturday 5<sup>th</sup> of August 2023 latest 6.00 pm**

Airport pick-up at Zurich Airport (guided and accompanied by members of Rotex/Rotary)

***Please provide your complete travel details for arranging pick-up at the airport to the following email address: [camps@rotaryswissyep.ch](mailto:camps@rotaryswissyep.ch)***

#### 4. Departure: For all participants: **Sunday 20th August 2023**

For those who go via Airport Zurich, please take about 45 min transfer time into account

#### 5. Camp Payment

We ask for a camp fee of CHF 300. With the participation confirmation we will send you an invoice due within 30 days.

#### 6. Equipment

<b>Personal Equipment</b>
<input type="checkbox"/> Your personal suitable clothing. The daytime temperature is between 30 – 20 °C, but at night or in the mountains it can get colder (0 – 15 °C).
<input type="checkbox"/> Personal underwear for 2 weeks
<input type="checkbox"/> Towels and all you need for your personal well-being

<b>Outdoor and Sports Equipment</b>
<input type="checkbox"/> Clothing for outdoor activities and hiking (for 2 weeks). Be aware that in the alpine areas we will visit, the temperatures even in summer can be around zero
<input type="checkbox"/> Raincoat
<input type="checkbox"/> Bathing suit
<input type="checkbox"/> Hiking shoes for outdoor trekking in the mountains and sport shoes
<input type="checkbox"/> backpack for excursions
<input type="checkbox"/> hat, sun block, sunglasses

**7. Insurance**

All participants must be insured against illness, accident and third party liability according to Rotary International recommendation. Email insurance copy for our approval before the start of the camp.

**8. Contact**

If you need any further information, please contact:

Meg Elmiger: [camps@rotaryswissyep.ch](mailto:camps@rotaryswissyep.ch), Skype: rotaryswissyep, Phone +41 (0) 56 426 50 58

**9. Application**

Please send the Application Form to Meg Elmiger, [camps@rotaryswissyep.ch](mailto:camps@rotaryswissyep.ch), no later than 31 May 2023

## **Camp description “Ice to Lake” - Hands-on for sustainability**

Water is the only raw material in Switzerland. What you can do with it and what the Swiss in particular, have made of this medium. What has sprung up around the subject of water, you will have the opportunity to discover on a tour.

Switzerland is one of the most important water sources in Europe. Its rivers, fed by mighty glaciers, flow from the Alps to the North Sea, south to the Mediterranean and east to the Black Sea.

The raw material water is the basis for many branches of industry, from energy production to water treatment and tourism.

In a group of about 20 young people from many different countries, we will show you the unbelievable diversity of our beautiful Switzerland. You will get to know the country and its people with special reference to the topic of water.

We will travel almost 500 km by bus and train. In addition, we will hike to reach some special places like the Morteratsch Glacier and make some special experiences there. We will do some landscape maintenance at “UNESCO-Biosfera Val Müstair”, as a meaningful contribution to sustainability. We will also use the water partly for transport and above all for sporting activities.

You will also have the opportunity to learn more about the fascinating and crucial technical worlds of hydro-electric power generation, water treatment and wastewater.

**Interested? Then sign up now!**

