

Lariano Trekking Camp
June 23th – July 6th 2019



Host Country / Club

ITALY / Rotary Club:

Appiano, Cantù, Como, Como Baradello, Erba Laghi, Lomazzo e Dei Laghi, Saronno

ITALY / Rotaract Club:

Cantù e Appiano, Como, Erba e Saronno

Aim of Camp

Trekking on the Como Lake mountains

Program

Trekking on the Como Lake mountains

During these two weeks you will be guided to discovery of our region, through trekking on the beautiful mountains of Como Lake and the surrounding areas of it. Two-days excursions in the mountains of the regions, up to 2.500 mt in Val Biandino and to Monte San Primo (1.800 mt) will be the most important events during the two weeks. Preparation to them will be part of the program as well as medium-heavy trekking days; you will also visit Milan and Como. Definite programme will be issued by the end of March

Application before

20th April 2019

Participants

Total of 12, 6 boys and 6 girls

Limited to one participant per country

Age

16 - 18 years

Language

English – good level

Accommodation

Details will be confirmed in the next few weeks

Clothing

Robust trekking boots (MANDATORY, if you do not have them, you might not be allowed to take part in some excursions)



Backpack for mountain tour
Light wind jacket (waterproof)
Long and short trekking pants
Bathing costume
Underwear for mountain conditions (about 2000 mt height)
Waterproof hat or hood, light mountain mantle
Sunglasses
Sleeping bag is useless: we will provide a light bed bag

Eating

we will provide all meals: at lunchtime when walking it could be just a snack, dinner in the college refectory when at home or in mountain huts during excursions

Guiding

Two or three experts will guide the group every day.
You are asked to stay in group, to follow your guides' suggestions and to abide by their instructions

Payment

180 Euro, via bank transfer, due at confirmation
Bank details will follow directly to applicants

Arrival

Sunday - June 23th, 2019 (preferably in the afternoon)

Departure

Saturday - July 6th, 2019
Airport Milan Malpensa (preferred)
Alternative Milan Linate
Railway Milan Central Station
Rotary Club rep's will provide for welcome and escort service from/to airport/station

Transportation

private or public, will be provided by us

Contact

Marta Pessina (RC Appiano e delle Colline Comasche)

Laura Brianza (RC Saronno)

INSURANCE

As per Rotary rules, all participants must be insured against liability for damage to properties or people and in case of need of medical care according to what Rotary Code of Policy states. This insurance is MANDATORY , **we will not accept students who cannot prove they have one.**

Please ask your Rotarian officer if outbound students are already insured by the sending district. In case they are not, we will send you all details to purchase an insurance compliant with Rotary International requirements, whose cost is 55,00 euro.

For your reference, please find herewith minimum requests as per RI Code of Policy

a) Provide coverage on a 24-hour basis from the time the student leaves their home until they return home inclusive of any personal travel before and/or after the agreed exchange period

b) Be valid in all countries in which travel will take place with the exception of student's home country

c) 24-hour emergency assistance services

d) US\$1,000,000 for expenses related to injury or illness such as hospital, doctors/physicians, dentist, ambulance or other usual and customary medical services

e) US\$100,000 for accidental death, dismemberment, or disability

f) US\$50,000 for necessary emergency transport or evacuation of student in the event of severe illness or bodily injury

g) US\$50,000 for repatriation of student's remains or cremation expenses in the event of the death of the student

h) US\$50,000 for necessary emergency transport or evacuation of student in the event of a non-medical emergency, including due to a political crisis or a natural disaster

i) US\$500,000 for personal legal liability for liability arising from the student's actions or omissions that cause bodily injury to a third party or damage to a third party's property.