



**Rotary International - District 2201, Spain
2025 Youth Exchange Program**

OBJECTIVE

We aim to provide participants with an unforgettable experience, blending cultural activities in **Madrid, Ávila, and Segovia** with the tranquility of nature in the scenic hills surrounding 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 relationship with the other students

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 **(Remember that any products you bring must comply with Spain's Customs regulations)**



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ACCOMMODATION DETAILS

The accommodation during the camp is “**Guadarrama**” Youth Hostel and “**Ávila**” Youth Hostel, with the exception of the days of arrival and departure, which will take place at the first night in **Madrid Rotary Homestays** and the old night in **Madrid Motion Chueca** Hostel.

The **Casa Fray Luis de León** is located in the heart of Guadarrama, offering a serene and inspiring environment surrounded by the stunning natural landscapes of the Sierra de Guadarrama. Its privileged location provides breathtaking views of the surrounding mountains and forests, making it an ideal setting for multi-purpose sports facilities, outdoor activities and retreats.

The building reflects traditional architecture, blending seamlessly with its natural surroundings. **Casa Fray Luis de León** features comfortable accommodations, including multiple rooms with a total capacity of 60 people, as well as spacious common areas such as a dining room, meeting rooms, and multipurpose activity spaces.

The facility is fully equipped with showers and bathrooms with hot water, heating, and bed linens provided for all guests. A wide range of activities is available, including educational workshops, hiking, climbing, zip-lining, and other adventure programs tailored for school groups, camps, and retreats.

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 programe contemplates, there will normally be voice, 3G data connection (4G in Madrid), as well as free WI-FI in many establishments in the city.