

- **PARTNER**

This camp is organized for teenagers by **youth sport club Lukas-Basket** which has been running national youth camps for 20 years and International ones for the past 8 years. International teenage camps will be hosted on seaside in the **West of Estonia in Laanemaa County in the municipality of Nova**. Beautiful nature, numerous historical places, 200 years long tradition of health resort, unique cultural events are the treasures of the County. Nova with warm sea, white sand, mushroom and berry crops, picturesque lakes, cobble stone road and many places of interest is ideal place for leisure. *The aim of Nova camp is to give young people possibility to have active, healthy and meaningful summer vacations with different sport adventures, to enjoy unspoiled nature and to learn how to live in harmony with it, also to explore and realize their own capacities and limits.* The program will include **water activities, sport and ball games, eco-hikes, bicycle trips to places of interest, horse riding, fishing, rowing, sailing with Viking boats, acquaintance with local culture and many other exciting things.** **Mens sana in corpore sano (Healthy Spirit in Healthy Body) – this is the message of the camp!**

Besides all this, camp gives possibility for intensive contacts between local youth and their peers from abroad, showing youngsters the diversity of world cultures, broadening their horizons and encouraging active communication through games and creative activities.

Finally, there will be some voluntary work for nature protection and to support local community. The area of the camp is about 3 hectares and it can host over 70 youngsters on one shift. The age of local participants is 10-18. Local teenagers are mainly Russian-speaking of minority communities of Estonia. Videos from past camps are available here

<https://www.youtube.com/watch?v=ZV4WZ61ZxyI> , <https://www.youtube.com/watch?v=nwTAJF6pIGs&feature=youtu.be>

Program

There are diverse activities in the camp program: windsurfing, canoeing, sailing with Viking boats, running scooters, paintball in the forest, sport games - football, rugby, volleyball, athletics, self-defense training, different competitions, guided eco-hikes, forest cross, sport orientation in the forest on and on sea (navigation), fishing, bicycle trips to explore the area, table tennis, petanque, frisbee, disc-golf, trampolines, visit to the horse farm with horse riding, excursion to Keila waterfall and historical places of interest in the area, active games and adventure trail at Roosta Adventure Park, picnics on the seaside, evening of Estonian national dances and food, making castles from sand and stones on the beach, Estonian sauna party, night cinema in open air theatre, etc. In addition, there will be creative workshops on decoupage, soap-making, wooden handicrafts and even Estonian folk dances. Bikes are available for the whole duration of the shift free of charge.

- **WORK**

There will be some voluntary work such as painting of community buildings, making wooden toys and games for local orphanage, repairing benches and tables, cleaning local beach and old seaport from garbage, planting trees, cleaning old cemetery, little renovation works in the local school, clearing pavement, helping seniors living in the community with some household duties, berry and herbs picking to give the crop to the orphanage and seniors home, duty in a kitchen and around the camp once in a shift, etc. The work will be organised in cooperation with local forestry department, municipality of Nova and local school. Please note that the work described above is planned for the whole summer and it may change from one shift to another depending on local needs, the season and actual weather conditions.

- **ACCOMODATION AND FOOD**

In tourist tents set by the local school, nearby to the seaside (500m away). *It is also possible to get accommodation in small wooden houses for modest extra charge - 30 Euro for the whole period.* However it should be booked in advance. Please bring your sleeping bag and mat. Showers, toilets are provided in the school and there will be additional bio-toilets set on camping site. You will also try traditional Estonian sauna. Catering Three times a day. There are water machines with cold water in the school complex. Catering takes place in the school's mess hall or into the lager tent outside near the mess. Meals are cooked by professional cooks. However participants will be asked to help cleaning. Medical Aid Camp staff members have medical certificates and are able to provide first aid. And there is a car on call 24/7 which goes to the nearest hospital, which is 40km away, in more serious case of any emergency.

- **LOCATION & LEISURE ACTIVITY**

Meeting point Airport, bus station, harbor in Tallinn; specially arranged bus to Nova. Although pick up on arrival to Tallinn is possible at additional fee, it is not really needed since the meeting point (sport club gym) is located just 1km from the airport <https://goo.gl/maps/VSCkMgtorvw> and can be easily reached by tram from the airport (3 stops). On arrival day there is an excursion in Tallinn, dinner, accommodation in Tallinn with lodging for the night at the gym of the sport club. Showers and WC are in the facility of the gym. On the next day there is a breakfast at 8 am and departure to camp site. On the last day of the camp there is a breakfast and departure at 11:30 am from the camp with the arrival to Tallinn airport by 13:30. If your departure is scheduled to an earlier hour a special transfer from the camp to the airport can be booked at additional fee. In case of earlier arrival or later departure accommodation in hostel can be booked upon request. Nova is one of 11 municipalities of Laanemaa with about 400 inhabitants, located on the seaside 90 km west from capital of Estonia Tallinn and 40 km north from Haapsalu, famous spa town with many historic and cultural sites. More information on www.novavald.ee/index.php/1 The camp is located on Nova basic School's territory (www.nova.edu.ee)

- **REQUIREMENTS**

Participants have to be sporty (e.g. be ready to run up to 3 km, bike up to 30 km), independent enough, curious and interested in active lifestyle. Please inform us beforehand about allergies, dietary requirements you have or others prescriptions from your doctor. Please bring sleeping bag and mat, wind and waterproof clothes, good shoes, warm and summer clothes. It's desirable to take thermal underwear. It is advisable to take tick vaccination before coming. Generally, age of participants is 14-18, however exceptions are possible. NB! Smoking, drinking alcohol, using drugs is absolutely prohibited in the camp! This policy will be followed strictly! Thus if you cannot quit smoking for a while perhaps it is better not to come. Camp common language is English. Local languages are Estonian and Russian. Participation fee Unlike the "normal" camp there will be not so much of work here. Nevertheless, participants will be provided with board, lodging, local transportation and all equipment necessary to realize camp program. Besides, program involves a lot of extra costs for excursions, trips out, visits, sport activities, equipment, materials and general administration and leadership. Since neither EstYES nor its local camp partner, does not receive financial support for this camp from municipality or private sources, to realize this camp we have to charge **participation fee of 360 Euro, which covers all costs including transfer from Tallinn to and from the camp**, and which has to be paid by bank transfer before the camp or by participants upon arrival to the camp. The bank details will be provided after the acceptance of the participant to the camp.