

# INVITATION TO ROTARY SUMMER CAMP

IN western NORWAY – 2026 – DISTRIKT 2250:

Sotra Rotary Club, Askøy Rotary Club, Fenring Rotary Club, Os Rotary Club, Kvam Rotary Club, Nordhordland Rotary Club and Voss Rotary Club.



The Rotary clubs of District 2250 of Norway invite YOU to a summer camp in the west part of Norway, for lots of fun and adventures.

## **PROGRAM:**

**Arrival:** Saturday **8th August** 2026 at Bergen Flesland Airport

**Departure:** Sunday **16th August** from Bergen Flesland Airport

**Participants:** 6 boys and 6 girls, maximum two from each country  
**Age:** 18-20 years

**Accommodation:** Cottages at Lone Camping, Bergen

**Language:** English

**Costs:** EUR 300 + pocket money and travel expenses to and from Norway

**Clothing:** Summer clothes, including swimsuit, warm clothes, wind jacket and good hiking shoes.

**Food:** Traditional Norwegian food. Please inform us if you have any food restrictions.

**Insurance:** Participants must be insured against illness, accidents and third-party liabilities according to Rotary International recommendations.

**Acceptance:** Applications will be considered in order of being received. Still the gender balance will be in focus.

# Saturday 8. August

## Arrival Bergen and Lone Camping

**Lone Camping** is a popular campsite located about 20 km from Bergen city center. It offers accommodation for tents, caravans, motorhomes, as well as cabins and apartments. With modern facilities, easy access to public transport, and beautiful natural surroundings, Lone Camping is an ideal base for enjoying both outdoor activities and exploring Bergen.



# Sunday 9. August

## Visit Bergen

Bergen is Norway's second-largest city, located on the west coast, beautifully set between fjords, mountains, and the sea. The city has deep historical roots as a trading hub, especially during the Hanseatic period, which is still reflected in the Bryggen area, a UNESCO World Heritage Site.

Bergen is known for its mild and rainy climate, a vibrant cultural scene with music, festivals, and theatre, and strong traditions in seafaring and fishing. The city is often called the gateway to the Norwegian fjords.



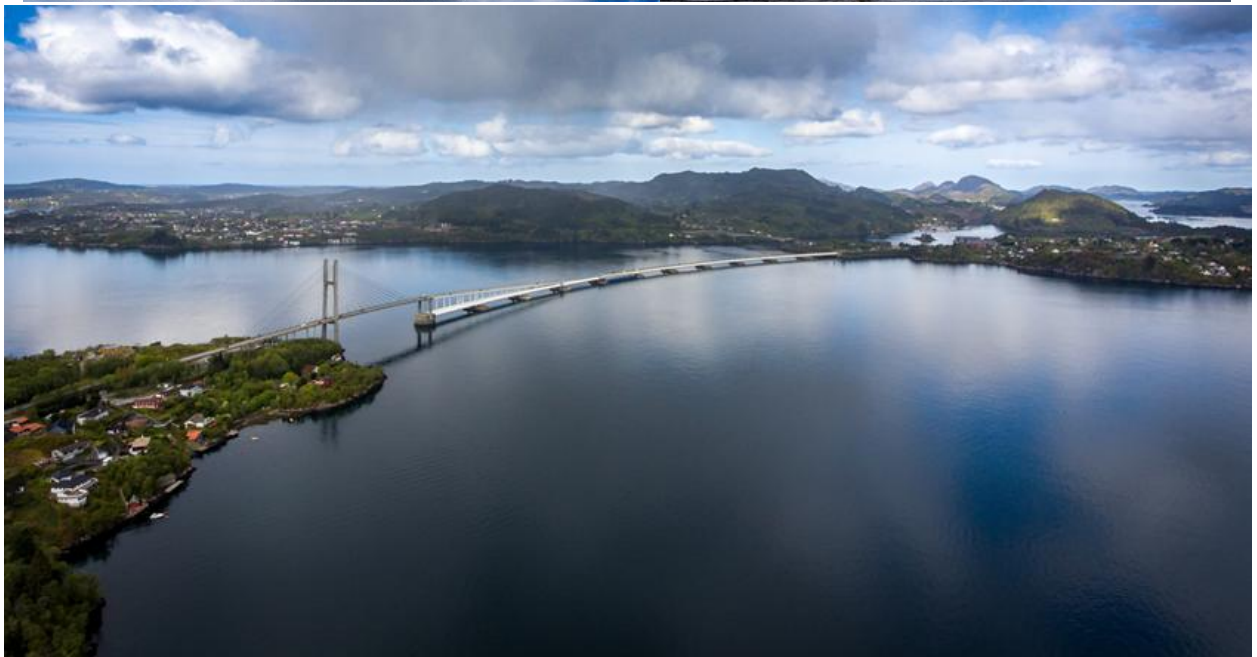
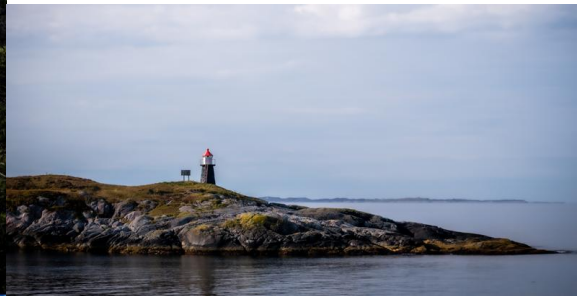


# Monday 10. August

## Visit Nordhordland

Nordhordland is a diverse region north of Bergen in Vestland county, known for its dramatic contrasts between fjords, coastline, mountains, and fertile valleys. The area offers excellent opportunities for outdoor activities such as hiking, fishing, and boating, and has a strong cultural heritage rooted in coastal life, agriculture, and seafaring traditions.

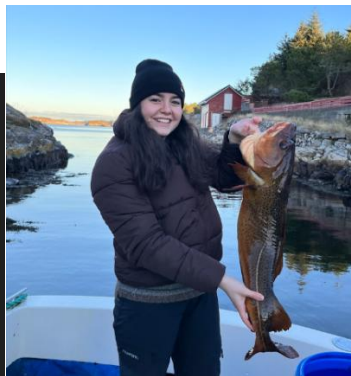
Nordhordland is also a **UNESCO Biosphere Reserve**, recognised for its unique combination of natural landscapes, cultural heritage, and sustainable use of resources. This status highlights the region as a living model where people and nature coexist, making Nordhordland a distinctive and meaningful destination to experience.



## Tuesday 11. August

**Visit Øygarden:** Øygarden is a spectacular coastal municipality west of Bergen, known for its chain of islands, dramatic seascapes, rich wildlife, and strong maritime traditions. The area offers unique opportunities to experience Norway's coastal culture up close—through bridges stretching across open sea, small fishing villages, sea-based activities, nature trails, and historic sites. Øygarden is also home to the Norwegian Coastal Museum and the North Sea Trail, making it an ideal place to explore both natural beauty and local heritage.

Experience fishing, culture, seafood, recourses of the sea, museums WWII, outdoor activities, oil industry.



## Wednesday 12. August

### Visit Voss

Voss is located between Bergen and Oslo and has long been an important transport and meeting point in Western Norway.

The town is surrounded by mountains, waterfalls, and lakes, with Lake Vangsvatnet right in the center, offering beautiful views and excellent opportunities for outdoor activities.

Voss is especially known as one of Norway's leading destinations for extreme sports, including skydiving, paragliding, rafting, and mountain biking.

In addition, Voss has strong cultural traditions, particularly in folk music, folk dance, and local food.





# Thursday 13. August

## Visit Hardanger

**Hardanger** is a scenic region in western Norway, one and a half hours driving from Bergen. The region is famous for its beautiful fjordlandscape, dramatic, steep mountains, powerful waterfalls, glaciers, and rich cultural heritage. Hardanger is especially known for its fruit farming—particularly apples, cherries, and plums—which bloom beautifully in spring. The region also has strong traditions in folk music, traditional costumes, and crafts, and it is a popular destination for hiking, outdoor activities, and nature-based tourism.



# Friday 14. August

## Visit Os

**Os** is a small town south of Bergen, beautifully located by the Bjørnafjorden. It is known for its coastal culture, scenic surroundings, and the traditional Oselvar boat, and serves as an important local center in Bjørnafjorden municipality.





# Saturday 15. August

## Visit Askøy

Askøy is the large green island just across the bridge from Bergen. Locals treat it like their backyard for quick hikes, shoreline swims, and slow evenings by the water. Visitors usually breeze past on their way to fjords farther north. That is a shame. Askøy has quiet trails, historic hamlets, and a wild bird sanctuary at Herdla that feels a world away from the cruise crowds in Bryggen.

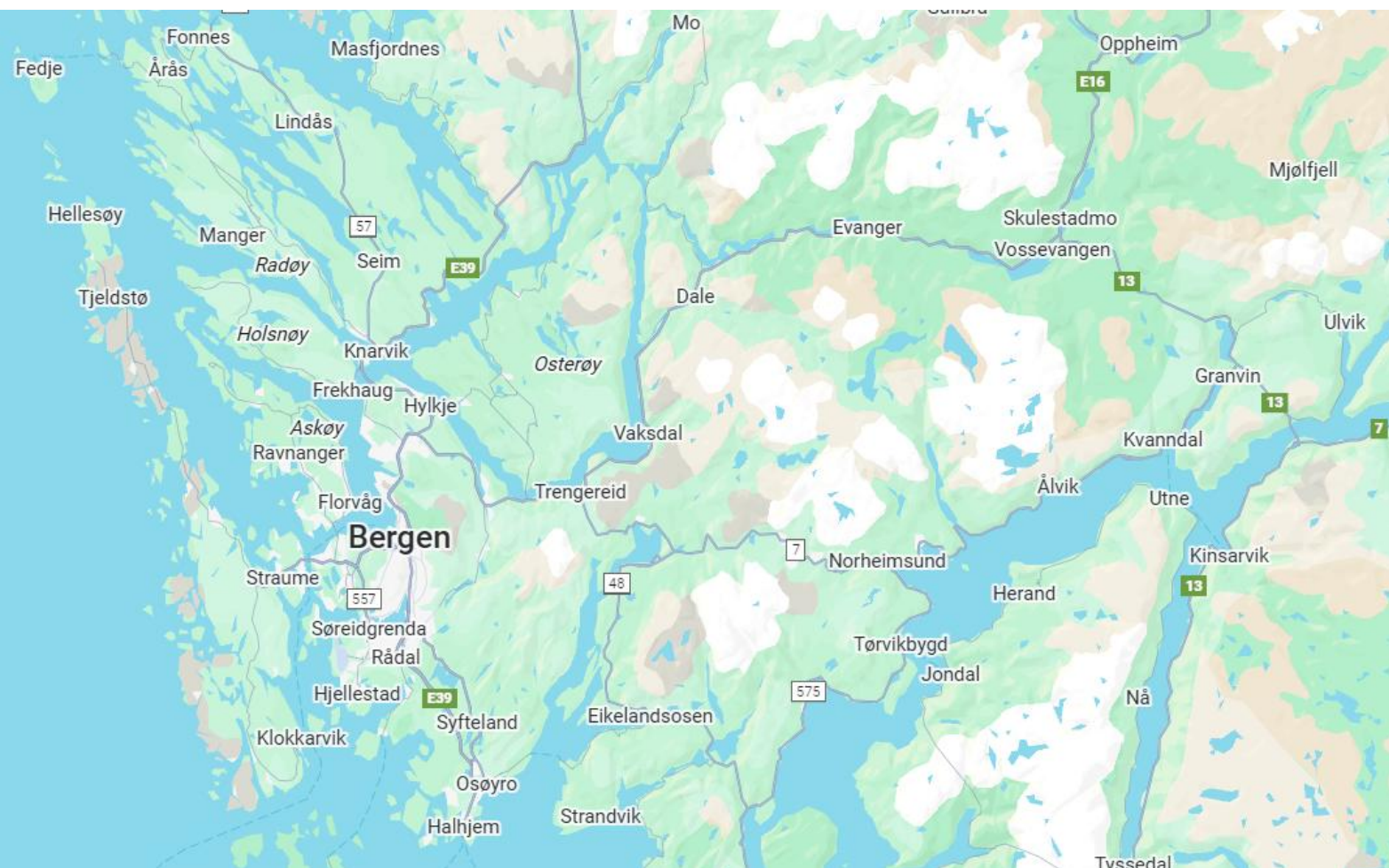


# Sunday 16. August

Departure Bergen and Lone Camping. Thank you for visiting us 😊







The map shows the area where the Rotary Clubs, taking care of you, are situated:  
Sotra Rotary Club, Askøy Rotary Club, Fenring Rotary Club, Os Rotary Club, Kvam Rotary Club, Nordhordland Rotary Club and Voss Rotary Club.



Rotary

rotary  
youth  
exchange

Short Term Exchange Program  
**CAMP Application Form**

Content revision date: 2022-12-13    Fillable form updated: 2023-04-10

[Rotary Youth Exchange Short Term Exchange Program: Camp Application Form](#)

Please send the Application form to May-Lis Sjøstad: mail:  
**step.inbound@rotary.no**