



Overview

The Rotary Friendship Exchange (RFE) *Matching Board* is a forum for districts to publicize exchange opportunities in their regions. It is updated on a quarterly basis. Contact information for districts listed in the RFE *Matching Board* may be found in the *RFE District Chair Directory*.

To learn how you can contribute to the next *RFE Matching Board*, please contact friendshipexchange@rotary.org, and please visit the RI Web site, www.rotary.org, for more information about Rotary Friendship Exchanges.

Argentina, District 4850

District 4850 Highlights

District 4850 is located between Buenos Aires and the green fields of the "gauchos" country. As in any cosmopolitan city, our capital offers a variety of attractions, such as, museums, shopping malls, walking tours, river tours, theatres, and a very exciting night life for every age. Just an hour drive from the concrete jungle, fields start to appear with attractive little country towns where the real Pampa air is breathed. Visitors can enjoy horseback riding, folk shows, and an impossible to miss experience of eating a real barbacue!. Sports lovers can enjoy the countryside and its wide open spaces. Accommodation ranges from tiny boutique hotels to five star international chains and even a five star ranch hotel in the middle of the district. Very affordable today, Argentina is an impossible to miss destination.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 4850 Friendship Exchange Web site

Not Available

Australia, District 9640

District 9640 Highlights

District 9640 is located in a sub-tropical region of eastern Australia. It includes part of Queensland, south of the city of Brisbane, and the coast of New South Wales including Byron Bay. This is a fast growing and culturally diverse part of Australia. The towns are small by international standards and there is much open country with a variety of farming including a range of tropical fruits. It includes miles of clean uncrowded sandy beaches and World Heritage listed national parks. To the west, District 9640 extends into a drier inland climate that could be described as the edge of the outback.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges

Preferred Regions for Exchange

Africa & parts of Europe; EuropeNorth America; South America & the Caribbean

Additional Exchange Preferences

District 9640 prefers a maximum of 12 visitors at a time. Couples or individuals are welcome.

District 9640 Friendship Exchange Web site

www.rotary9640.org

Australia, District 9650

District 9650 Highlights

Rotary District 9650 is located in Northern New South Wales (NSW), Australia. From a

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coastline of 250 kilometres on the Mid-North Coast of NSW our district extends 500 kilometres westwards over the Great Dividing Range to the Western plains, and the arid lands on the very edge of the outback. The coast has spectacular beaches and estuaries and the dynamic towns here boast the best climate in Australia. The temperate rain forests atop the divide are World Heritage listed.

The university town of Armidale sits on the tablelands. A little further west Tamworth is the “country and western capital” of Australia; Gunnedah is the “koala capital” while at the western limit of our district Lightning Ridge is the chief source of the famed black opal. The wide array of scenery is matched by the diversity of industry across the district. On the coast, tourism is the major contributor to the economy, which is boosted by fishing, forestry and pastoral pursuits. The grazing lands of the tablelands and slopes produce beef cattle, pigs, and sheep with the best fine wool. Further west, on the flat black plains where sheep, cattle and wheat once dominated cotton is now a major crop. Across the district, mining and fossicking yield coal, gold, diatomite, opals, and sapphires.

The Rotarians of our district are typical gregarious Australians. Our involvement with Friendship Exchange commenced in 1983 and since then we have hosted Rotarians from no less than 25 Rotary Districts from across the world. We look forward to welcoming many more.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

The Rotarians of District 9650 are especially keen to exchange with districts in South America and Europe, including Britain. We have a preference for Team Exchanges. We

also are keen to link exchanges with International Conventions so that convention attendees are able to participate in an exchange en route, usually, to the convention. Our team sizes can vary from 6 couples up to about 12 couples, subject to negotiation with our exchanging district. Single Rotarians may be included in teams. Subject to agreement our preference is for exchanges a minimum of two weeks duration, with about 16 or 17 days the optimum.

District 9650 Friendship Exchange Web site

www.d9650.rotarnet.com.au

Australia, District 9680

District 9680 Highlights

Rotary District 9680 in New South Wales is the premier District of Sydney, Australia. Its boundaries stretch from the southern shores of Sydney Harbour, west to the Parramatta River and Kellyville, reaching across the Hawkesbury River and north to Toukley on the Central Coast. Within its boundaries are the business districts of North Sydney, Chatswood, Gosford and the Ryde industrial area. Beautiful beaches define its eastern border, and rural communities make up its western and northern borders. Whilst compact in size by Australian standards the District contains 68 Rotary Clubs and approximately 2,100 Rotarians. Sydney Harbour Bridge and the Opera House are one of the star attractions to Sydney. The Blue Mountains and number of native wildlife parks are located in our district. We know our district and would like to showcase it to fellow Rotarians around the world. So take the challenge and come downunder for your next Holiday.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

No Preference

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Additional Exchange Preferences

No Preference

District 9680 Friendship Exchange Web site

www.rotarynews.info/district9680

Australia, District 9690

District 9690 Highlights

District 9690 stretches from Sydney's inner western suburbs, westwards to the World Heritage listed Blue Mountains region. Rotary Friendship Exchange visitors have easy access to the attractions of coastal beaches, the city of Sydney, the Opera House and Sydney harbour. Excursions are easily arranged to the Blue Mountains region, with scenic views, cable car rides, limestone caves and much more to see and do.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges

Preferred Regions for Exchange

Africa & parts of Europe, Europe, South America & the Caribbean

Additional Exchange Preferences

No Preference

District 9690 Friendship Exchange Web site

www.rotary9690.org.au/projects/friendship.htm

Australia, District 9700

District 9700 Highlights

District 9700, only a short distance from Sydney, is the gateway to a rich and productive region whose economy includes sheep and cattle, dairy, orchards, fine wool and mohair production, market gardens, cereal crops, wine industry, forestry and rich mineral mining. Industry, commerce and education play an important role in our district, along with a strong tourism industry on account of our superb scenery and the colourful history of our proud heritage. The district has 42 clubs and 1,200 members in all.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

Africa; Europe; North America

Additional Exchange Preferences

No Preference

District 9700 Friendship Exchange Web site

<http://rotarnet.com.au/users/9/9700Dist>

Australia, District 9790

District 9790 Highlights

District 9790 consists of 60 Rotary clubs and has approximately 1,870 members. It includes some of the most scenic areas in Australia and has a diverse range of interests and attractions for our visitors from overseas. It encompasses part of the city of Melbourne, the irrigation areas of the Goulburn Valley, the gold fields of the 1850's and the clear mountain streams and spectacular old mountains of the Great Dividing Range.

The southern most point of the District begins with the northern suburbs of the City of Melbourne, the capital city of our state of Victoria. The population of the city of Melbourne now approximates 3.5 million people and the city area covers 3,142 hectares, based on a 19th century layout, with simple grid-like patterns. Within this area, 844 hectares have been set aside as parks, gardens and reserves. Gracious trees line many of Melbourne's streets, and as a result, Melbourne is appropriately termed 'the garden city'. Melbourne is a flourishing city full of little arcades, exclusive boutiques, busy markets and modern office towers. Charming historic mansions and relaxing parklands add to its diversity. Of particular note are Melbourne's electric trams – a novelty for many visitors as they travel throughout the city and environs. The Dandenong Ranges are a beautiful 'backdrop' to Melbourne, as is Port Phillip Bay with its numerous beaches.

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The township was named Melbourne after Lord Melbourne, Prime Minister of Great Britain in 1835. It was incorporated into the colony of New South Wales, until the new colony Victoria, was proclaimed in 1851 and Melbourne became the capital of the colony. This remained so, until Canberra became the capital of the Commonwealth of Australia. Melbourne had at one stage been the fastest growing city in the world. Thousands of immigrants poured into the district. Suburbs spread and houses were built. In 1851, gold discoveries throughout Victoria led Melbourne to become virtually deserted, until the end of the 19th century when Melbourne had once again become firmly established as a large business and financial centre of Australia.

Melbournians and visitors enjoy a wide variety and number of festivals throughout the year and activities may include visiting world class art galleries and participating in a range of sporting pursuits including boating, sailing, horse racing, water skiing, motor racing, golf swimming, tennis, Australian Rules football and soccer. Theatre and theatrical pursuits are also very popular. Within 9 to 24 kilometres of the centre of Melbourne can be found 15 of the District's Rotary clubs –Broadmeadows, Bundoora, Coburg, Craigieburn, Diamond Creek, Eltham, Greensborough, Heidelberg, Ivanhoe, Moreland, Pascoe Vale, Preston, Reservoir, Rosanna and Strathmore. These suburbs are predominantly residential although some industrial and commercial pockets can be found.

To the North and North-West, and between 40 to 60 kilometres of Melbourne, lie some very productive agricultural, dairying and pastoral districts, plus streams which are noted for fine trout and perch fishing. Impressive mansions, striking landscapes and some of Victoria's finest Gardens combine to create the old world ambience of the nearby Macedon Ranges. Rugged hills and thick stands of unspoiled bush provide striking contrast to stunning parks and gardens and historic houses. The area

was made famous by the book and film Picnic at Hanging Rock. You can walk around this ancient landmark to seek clues to the disappearance of the beautiful fictional Miranda. In this area the Rotary Clubs of Riddells Creek, Romsey, Southern Mitchell (Kilmore), Sunbury and Whittlesea are all very active.

Further on (100km to 425km from Melbourne) into the North –east of the State, and into southern New South Wales, is perhaps one of the most beautiful areas of District 9790. It contains a number of towns each with a unique character and strong Rotary club. The landscape is more varied in nature with an increasing amount of high country, fishing streams and water sport facilities.

The twin cities of Wodonga and Albury are well known to travellers making their way overland between Melbourne and Sydney. They are the gateway to the wonders of the Murray region and to some of the prettiest scenery in Australia. They form an ideal base for enthusiasts to enjoy water sports on the rivers and snow skiing on the nearby Alps. The number of strong Rotary clubs in this area include Albury, Albury Hume, Albury North, Albury West, Bellbridge Lake Hume, Belvoir Wodonga, Lavington, Wodonga and Wodonga West.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

District 9790 prefers exchanges to be 12 to 14 days in duration with teams of 5 to 6 couples (10 to 12 persons). Language spoken by our teams is English so some degree of English preferred.

District 9790 Friendship Exchange Web site

www.rotary9790.org.au

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Australia, District 9800

District 9800 Highlights

District 9800 covers part of the Melbourne Metropolitan area, stretching into the North west to include Bendigo, and reaching as far north as Echuca on the Murray River. We have 70 clubs and approximately 3000 members. Melbourne has a prosperous heritage, evident in the city's elegant 19th century architecture and beautiful public spaces. Among the best examples are the Royal Exhibition Building and the Royal Botanical Gardens. With its easily identifiable facade of clocks and domes, Flinders Street Station, the starting point of Australia's first locomotive railway system in 1854, is one of Melbourne's best known icons. The very popular Queen Victoria Market is Melbourne biggest bazaar containing more than 1000 stalls and is one of the world's last great markets. Also of interest is the Old Melbourne Gaol where the legendary bushranger Ned Kelly was hanged in 1880. Melbourne hosts many sporting events: Aussie rules football, cricket, tennis and the Australian Open, The Grand Prix (cars and bikes), the Melbourne Cup, and the Spring Racing Carnival. Melbourne also has a wonderful open range zoo, National Trust Properties, Healesville Wildlife Sanctuary and many award winning wineries. There are over 100 wineries within a 100 kilometre radius of Melbourne.

Another part of our district, Bendigo, is also at the heart Australia's agricultural industry, producing prime beef and lamb, dairy products, grains, fruits, and vegetables. When visiting us, I would recommend allowing extra time to see the Great Ocean Road – one of the great road journeys in the world.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges

Preferred Regions for Exchange

Africa; Asia; Europe; North America; South America & the Caribbean

Additional Exchange Preferences

Iceland, Turkey, Norway,

District 9800 Friendship Exchange Web site

www.rotarydistrict9800.org.au

Brazil, District 4420

District 4420 Highlights

District 4420 is one of the most important districts in the Rotary world. It contains Sao Paulo city, the industrial metropolitan area of Sao Bernardo, Santo Andre and some of the best beaches in Sao Paulo State. Important trade fairs occur in Sao Paulo throughout the year. Additionally, the city hosts a Formula One race, normally the last one of the season. Museums and huge cultural activities complements our other attractions.

Preferred Types of Exchange

Team Exchanges; Vocational Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

Small groups, preferably three to six couples are best for our arrangements. These groups will be hosted by Rotarians, who will provide everything except personal expenses. Rotarians will reciprocate the visit the following year. Professionals of all areas are welcome, and arrangements can be made for accommodations with colleagues of the same occupation.

District 4420 Friendship Exchange Web site

www.rotary4420.com.br/2008-09/inicial/default.asp

Brazil, District 4440

District 4440 Highlights

District 4440 covers the entire state of Mato Grosso, located in Central West of Brazil. The region has three unique eco-systems: Amazonian jungle, swamp, and savannah.

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Tourism and environmental industries are important to this region, which features great beaches, extreme sports, and a lot of history.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges; Vocational Exchanges

Preferred Regions for Exchange

South America & the Caribbean

Additional Exchange Preferences

District 4440 would like to conduct exchanges with districts in European countries, preferably France, Portugal, Spain, Italy, and Greece.

District 4440 Friendship Exchange Web site

www.distrto4440.com.br

Brazil, District 4480

District 4480 Highlights

We have been fortunate enough to have participated in 10 exchanges worldwide and gladly welcome more.

Preferred Types of Exchange

No Preference

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

District 4480 would particularly like to conduct exchanges with Rotarians in Finland.

District 4480 Friendship Exchange Web site

www.rotary4480.com.br

Brazil, District 4510

District 4510 Highlights

District 4510 is an excellent destination just west of Sao Paulo, Brazil's most developed state. The region boasts a number of medium-sized cities which are very calm and safe. Should visitors wish to extend their stay, we offer excellent means of travel to the cities of

Rio de Janeiro and Foz do Iguacu – two attractions that need to be seen.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

Europe; North America

Additional Exchange Preferences

We are interested in exchanges with clubs that are very devoted to receiving foreign groups. In return, we will receive groups in a very warm and loving manner.

District 4510 Friendship Exchange Web site

www.rotary4510.org

Brazil, District 4530

District 4530 Highlights

District 4530, located in Brazil's central eastern region, encompasses a large area which includes its capital and two other states, Goiás and Tocantins, the capitals of which are Brasília, Goiânia, and Palmas. The district has 53 Rotary clubs and 1,202 Rotarians. Brasília, the national capital, was founded 21 April 1960. Oscar Niemeyer and Lúcio Costa designed the architecture and contemporary art which is characteristic of Brasília. Their talent is visible in the following works: the Cathedral, National Theatre, Itamaraty (Ministry of Foreign Relations), the Palaces of the Planalto and Alvorada and the National Congress, among others. Listed as a UNESCO World Heritage Site, Brasília also has the highest standard of living and per capita income in the country. Important cultural, social and sports events are held in Brasília each year including the Film Festival and the State Fair, music concerts, theatre festivals and sports matches.

District 4530 also has important attractions. The cities of Goiânia, Palmas, and Anápolis are extremely modern and the states have a strong economic presence with promising activities in the areas of livestock and

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agribusiness. In terms of tourism, the following are historic cities: Goiás Velho, which was also recognized by UNESCO as Humanity's Heritage Site, and Pirenópolis.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges; Vocational Exchanges; Volunteer/Service Exchanges;

Preferred Regions for Exchange

Asia; Europe; North America; South America & the Caribbean

Additional Exchange Preferences

No Preference

District 4530 Friendship Exchange Web site

Not Available

Brazil, District 4560

District 4560 Highlights

District 4560 is situated in a wonderful region, between three great cities with plenty of tourist attractions: Belo Horizonte, Rio de Janeiro, and São Paulo. Visitors will learn about our district's unique cities, folklore, climate, traditions, and wonderful cuisine. Our District has approximately 45 cities, 57 clubs, and 1,130 Rotarians. The cities are populated by friendly people and have many natural resources.

The weather is nice with temperatures ranging between 12 and 30°C or 52 and 90°F throughout the year. The south region of the state of Minas Gerais is famous for its mineral spring resorts and spas in the cities of Caxambu, São Lourenço and Poços de Caldas. Our district conferences always take place in one of these cities. Throughout the year, the district offers farming and cattle-raising fairs, concerts by Brazilian singers, wine and cheese tasting fairs, and beer celebrations.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

North America

Additional Exchange Preferences

No Preference

District 4560 Friendship Exchange Web site

Not Available

Brazil, District 4600

District 4600 Highlights

Located in the South-East region of Brazil, District 4600 includes parts of the states of Rio de Janeiro and Sao Paulo. Two large metropolitan areas, Sao Paulo with 19.6 million people and Rio de Janeiro 11.9 million inhabitants are located near the district. The main part of the district is located in the Paulista and South Fluminense regions of the South Paraiba River Valley, but also includes extensive coastal areas. The largest cities in the district are Sao Jose dos Campos with a population of 611,000 and Volta Redonda with nearly 260,000 inhabitants. District 4600 covers both cities with 68 clubs and 1324 members (January 2008).

Our district is situated in the economic and industrial heartland of Brazil and straddles the Via Dutra, the most important highway in the country. Manufacturing companies in the Sao Jose dos Campos/Taubate area include: Embraer; General Motors; Johnson & Johnson; LG; Monsanto; Nestle; Panasonic and Petrobras. In the Volta Redonda region are: Companhia Siderurgica Nacional-CSN, Latin America's largest steel mill; Dupont; Eletronuclear; Guardian Glass Brazil; Michelin; Peugeot-Citroen; St. Golbain; Volkswagen and Votoraco. There are several large agricultural/livestock enterprises throughout the District. Of interest to many visitors is the coffee industry, which began in the Sul Fluminense region in the 19th Century. After the soil was depleted, most of the industry

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moved on. The former glory days are celebrated annually with a tourist program called the Coffee Cycle.

Several historical and cultural sites exist within the District. The Basilica Nova de Nossa Senhora Aparecida located in Aparecida, SP, is one of the largest Catholic cathedrals in the world. Brazil's first national park, National Park of Itatiaia, is located at Itatiaia, RJ. These and other sites are combined with extensive beach resorts which offer multiple leisure activities.

Preferred Types of Exchange

No Preference

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preferences

District 4600 Friendship Exchange Web site

www.districto4600.org.br

Brazil, District 4660

District 4660 Highlights

Our city of Santo Angelo, Brazil has a University with several top courses including graduate programs. We have excellent first and secondary schools. Nearby is the Church Historical Museum and 300 year old archaeological site. Plus we are only 40KM from the airport. In April, a large National Corn Fair where hundreds of public companies exhibit their products is held in our district. Nearly 70 thousand people attend this fair.

Our city is about 80 km from the border with Argentina and 400 km from Uruguay. Temperatures in winter are between 8°C and 20°C and in the summer they are between 20°C and 35°C

Preferred Types of Exchange

Individual Visitor Exchanges

Preferred Regions for Exchange

Europe, North America, South America & the Caribbean

Additional Exchange Preferences

No Preference

District 4660 Friendship Exchange Web site

Not Available

Brazil, District 4670

District 4670 Highlights

District 4670 is located in the south of Brazil and includes beaches, mountains, and part of the Rio Grande do Sul's capital. It's a tourist and industrial zone, one of the country's most important. Some of the largest national businesses are headquartered here. It's also an area where Brazil's cultural diversity is evident – mostly Italian and German, but also Polish, Spanish, Portuguese, Japanese, Persian, and Arab. There are cultural activities held throughout the year including the World Social Forum in Porto Alegre, Porto Alegre em Cena, a theatre festival, Mercosul's Biennial – an exhibition featuring Mercosul artists, the Latin American Film Festival in Gramado, and others. Our state is privileged to have hospitable and charismatic people and is recognized in Brazil for maintaining traditions. Here we also have the greatest rivalry in Brazilian Soccer, with two of the state's best soccer teams having won world championships. Watching a match between the two teams, including the famous Gre-Nal, is truly a moving experience. Rio Grande do Sul is famous for its music as well, whether it's traditional, rock or alternative music.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

Africa; Asia; Europe; South America & the Caribbean

Additional Exchange Preferences

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No Preference

District 4670 Friendship Exchange Web site

www.rotary4670.org.br

Brazil, District 4740

District 4740 Highlights

Our district has a culturally diverse constituency with influences from Italy, Austria, Germany, and Japan. Small villages founded in the 1920's by immigrants from the aforementioned countries are now thriving cities in our district. They preserve traditional dances and music from their countries of origin. Agriculture is an important part of life with major local crops including soy, corn, beans, garlic, apples, grapes, pork, cattle, and poultry. Additionally, natural springs, water parks, hydroelectric and wind plants make up the economy.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

Our district's members would like to have the opportunity to learn about the cultures and languages of other places, both national and international, not for business purposes but mainly from a social (human) perspective.

District 4740 Friendship Exchange Web site

Not Available

Brazil, District 4770

District 4770 Highlights

District 4770 has nearly 2,000 members in 82 Rotary Clubs, and we are located in Central Brazil, encompassing all Mineiro Triangle (MG), half of south and southeast of Goiás (GO) and the eastern part of Mato Grosso (MT). The landscape has natural ecological

beauty and rich colonial and modern architecture. It is the largest grain and fertilizer-producing region of the country. The district has many rivers and lakes, and it is home to hydro-thermal and hydro-electric plants. Our region also contributes to considerable part of the Brazilian GDP, because it has one of the highest numbers of Water-Power Plants in the world. In the tropical climate, rain is more concentrated in summer, and there is plenty of sunshine from December to February. With our mild climate, we have a mild winter during the months of May to July, with an average annual temperature around 22 C. Come and experience our lifestyle and taste our excellent food.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

Africa, Asia, Europe, North America, South America & the Caribbean, South Pacific & Southern Asia

Additional Exchange Preferences

We prefer individual visitors or groups of up to 6. For vocational exchanges, we would like to have an exchange of at least a week. We would like week long exchanges on the continent or two weeks on a different continent.

District 4770 Friendship Exchange Web site

www.rotary4770.org.br

Canada, District 5020

District 5020 Highlights

District 5020 is an international district consisting of Vancouver Island, British Columbia, Canada, and the Olympic Peninsula of Washington State, USA. We are able to show visitors rural, maritime, and forestry activities as well as urban, historical and cultural activities in Victoria, BC.

We pride ourselves on the manner in which we make RFE a really friendly exchange. We

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always send our guests away tired but extremely delighted with the sights and activities they have enjoyed. Summer, June through September, is the best time to visit our district as the weather is warm and dry. Temperatures will vary from the mid 20s °C to the mid 30s °C, and although we can't promise no rain, we have considerably less rain than in winter.

We are very close to Vancouver, BC, Canada and Seattle, WA, USA, both of which are ports from which cruise ships sail for Alaska. Also, from District 5020 you have easy access to California and the whole west coast of North America.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

We like to limit RFEs to a maximum of six couples as we have many smaller clubs which can't host larger groups but wish to participate in Rotary Friendship Exchanges. We try to offer visiting groups a taste of both Canada and the USA, with guests staying with four to six different clubs for three days each. While in District 5020 we will arrange all your travels between clubs or get you to the appropriate public transportation, for example, the international ferry between BC and WA.

District 5020 Friendship Exchange Web site

www.rotary5020.org

Canada, District 5080

District 5080 Highlights

District 5080 has an extremely active Rotary Friendship Exchange Program. Since 2000, 69% of our clubs have hosted teams and 49% have had members on outbound teams. District 5080 lives the spirit of Rotary, "There are no Borders." Our district has always

maintained its international status. It consists of South Eastern British Columbia, Canada, Northern Idaho, USA, and Eastern Washington, USA. We have geographical diversity that includes snow capped mountains, pristine lakes, fertile agricultural areas, forestry, mining, and manufacturing. Our Friendship Exchange programs offer visits to historic sites, geographical wonders, vocational visits, opportunities to participate in a range of outdoor sports from skiing, golf, river rafting, hiking to relaxing in geo-thermal hot springs.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

Africa & parts of Europe, Asia (Japan, Korea, & Taiwan), Europe

Additional Exchange Preferences

We would like to do an exchange with a district in France, Italy or other parts of Europe. We are also interested in Morocco.

District 5080 Friendship Exchange Web site

www.clubrunner.ca/5080

Canada, District 7090

District 7090 Highlights

District 7090 is an international district which includes clubs in Southern Ontario in Canada and in Western New York in the United States. Currently we have 74 clubs with 40 in Western New York and 34 in Southern Ontario. There are over 3,000 Rotarians in the District. District 7090 covers an area rich in agriculture, industry, and history. Agriculture includes grain, dairy, tobacco, fruit and grapes. Industry ranges from steel mills, automobile manufacturing and assembly to small electronic equipment manufacturing and scientific research. Wines known around the world are also produced here. Tourism is an exciting part of the district with the highlight being the famous Niagara Falls area with the

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Falls, the wineries, Niagara on the Lake and many other popular tourist sites. In the United States there is the ski village of Ellicottville, the historic Chautauqua Institution and the city of Buffalo.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

Africa & parts of Europe, Asia (Japan, Korea, & Taiwan), Europe, South America & the Caribbean, South Pacific & Southern Asia

Additional Exchange Preferences

District 7090 is particularly interested in exchanges with Rotarians in Australia and New Zealand

District 7090 Friendship Exchange Web site

www.rotary7090.org

Columbia, District 4280

District 4280 Highlights

District 4280 is located in Colombia. Our country has a lot to show to any Rotarian who might come to visit. You can be sure that not everything you have read or heard about Colombia is true. Our country is now very safe and Rotarians who visit will have nothing to worry about. You could call our country, "the country of a million greens," because our landscape is very beautiful. My city, Medellín, is surrounded by mountains and is called the city of everlasting spring because we always have mild temperatures between 70 and 85°F. The most important thing that you'll find in Colombia is the people, who will always be willing to serve and provide a very delightful stay here.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges

Preferred Regions for Exchange

Europe; North America; South America & the Caribbean

Additional Exchange Preferences

District 4280 is very interested in conducting exchanges with different districts in the world. We would prefer exchanges with districts where English or Spanish are spoken. Our main interest is to build international friendship between different countries.

District 4280 Friendship Exchange Web site

Not Available

Ghana, District 9100

District 9100 Highlights

District 9100 spans over 14 countries and includes many tourist destinations and attractions.

Festivals are celebrated in January, March, April, May, July, August, September, and November. They mark the beginning of the traditional year or celebrate great events of the past. During these festivals, there are family reunions, feasts, and memorials for revered ancestors and gods.

The coconut lined beaches of the district's coastline are noted for their serenity with beautiful sunsets and fantastic views of the Atlantic. The flat sandy beaches are ideal for day picnics. There are also luxurious resorts with romantic private beaches.

The tropical climate sustains a variety of endangered species like elephants, lions, leopards, hippopotamuses, crocodiles, spotted hyenas, monkeys, porcupines, birds, and butterflies. There are a number of national parks, wildlife sanctuaries, crocodile ponds, and game reserves, rain forests with canopy walkways, and botanical gardens.

Around 80 forts and castles line the coast. Originally built to trade in gold, they later became the assembly points of the notorious slave trade.

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Visitors who want Adventure may participate in canoe races, mountain climbing, and paragliding.

The Northern parts of the district are semi-arid and include the Savannah. The people have cultural and religious links to the Sahel and North Africa. The North also includes important Islamic religious sites and a number of game and wild life sanctuaries.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges; Volunteer/Service Exchanges

Preferred Regions for Exchange

Asia; Europe; North America; South America & the Caribbean

Additional Exchange Preferences

We are interested in projects involving literacy and portable drinking water for rural people.

District 9100 Friendship Exchange Web site

www.district9100.org

Greece, District 2470

District 2470 Highlights

District 2470 includes Southern Greece and its islands. It consists of 72 clubs of about 1,300 members. Our district and Greece as a whole is an area full of history. Visitors can see ancient Greek temples, oracles, theatres, old Christian churches, Byzantine and Venetian castles. Thesion, the ancient agora, and the archeological museum are only a small sample of monuments in Athens. Visitors can also admire ruins, such as the Acropolis and the Parthenon, the Propylea, the theatre of Dionysos, and so many others. A few hours from Athens, you can visit the oracle at Delphi, the temple of Poseidon, and the Olympic stadium in ancient Olympia, where according to tradition the Olympic games began in 776 B.C., and the palace of Mycenae where visitors can admire ancient tombs.

Greece is an ideal place for summer and winter holidays. Many of the world famous Aegean islands, like Crete, Rhodos, Santorini, Kos, and Mykonos, belong to our district. There are many superb mountains ideal for skiing and climbing all year around. In Greece you can meet happy people who are always ready to help you. Visitors can also taste delicious Greek food and traditional sweets.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges; Vocational Exchanges; Volunteer/Service Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 2470 Friendship Exchange Web site

Not Available

India, District 3010

District 3010 Highlights

The service accomplishments of District 3010, made up of 115 Rotary clubs and over 4,300 members, include the construction of a blood bank, a cancer hospital, an artificial limb making workshop, various public schools, and computer training centers. Our district has also provided vocational training such as sewing, embroidery, and stitching classes for underprivileged women. Street children benefit from nutrition, education, and tuition sponsorship at government schools.

Our district encompasses the capital city of New Delhi and its surrounding regions. New Delhi has been the capital of India for over five hundred years. It houses several monuments from the Moghul era (1526-1767) and the British rule (1767-1947), world-class museums, and the tombs of famous Indians, such as Mahatama Gandhi.

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Delhi is close to the cities of Agra and Jaipur, each approximately 200 km from Delhi and easily accessible for a day visit. Agra houses the famous Taj Mahal, one of the seven wonders of the world. Jaipur, boasts a colorful local culture with grand palaces, gardens, and museums with artifacts from the days of the Rajahs and Maharajahs in ancient India.

Delhi is full of life. It is a place where old survives with the new. Echoing the words of the famous Mughal emperor Shahjehan, the builder of Taj Mahal, "If there is a paradise on earth it is in Delhi, Delhi, Delhi."

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

South America & the Caribbean

Additional Exchange Preferences

No Preference

District 3010 Friendship Exchange Web site

www.rotary3010.net

India, District 3030

District 3030 Highlights

Our district is located in the center of India. In this region are the historic Ajanta Caves and Sevagram Ashram, from where Mahatma Gandhi conducted his Satyagraha. There are many spiritual centers as well. Our advantageous location allows easy travel to any other part of the country. You can visit Agra, Khujarao, Delhi, and Jaipur, all of which are just an overnight train ride away.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges

Preferred Regions for Exchange

Asia (Japan, Korea, & Taiwan), Europe, South Pacific & Southern Asia

Additional Exchange Preferences

All are welcome to visit if they show desire and ours shall be exchange on reciprocal basis. Home hospitality shall be provided with Rotary families. Travel & out of pocket expenses shall be borne by the visiting Rotarian and the same is expected when our team visits other RI districts.

District 3030 Friendship Exchange Web site

Not Available

India, District 3050

District 3050 Highlights

District 3050 has 137 clubs with approximately 5000 members. It covers the states of Rajasthan, Gujarat, and a portion of Madhya Pradesh in India. The district offers some of the most attractive tourist locations including Jaipur, Jodhpur, Udaipur, Jaisalmer, Ajmer, Gwalior, Mount Abu, Ahmedabad, and Kutchh. It also stretches to Delhi and Agra on the North and Mumbai in the South. It includes the Sawai Madhopur Tiger Reserve, that offers the best possibility to see tigers in the wild. Spread over three states, the area is a traveller's paradise and provides visitors with a broad overview of Indian culture.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges

Preferred Regions for Exchange

Europe North America; South Pacific & Southern Asia

Additional Exchange Preferences

District 3050 prefers reciprocal exchanges and team exchanges with couples. Individuals are also welcome.

District 3050 Friendship Exchange Web site

www.rotary3050.net

India, District 3060

District 3060 Highlights

District 3060 boasts both industry and agriculture. Alphonso mangos grown in our

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district are famous around the world. We are situated in the western part of India, only 200 km north of Mumbai, which is the economic capital of the country. We have wonderful beaches, ancient monuments, and heritage places in our district. Places like Surat and Baroda are the cultural capitals of Gujarat. We also arrange sight seeing tours for our guests to visit the Taj Mahal, one of the Seven Wonders of the World and other important tourist attractions.

We have been participating in Rotary Friendship Exchange for the last 10 years. Every year we host at least two to three teams from various districts around the world. All the clubs in our district are very keen to participate in this program, and we are able to provide 100% home hospitality to all the visiting team members. We suggest visiting between September and January. The temperature during this period is 18°C to 27 °C. These months have the most activities and festivals, including our district conference from 19-21 December. All Rotarian visitors are welcome to attend the district conference. Rotarians in our district are very friendly and love to make new friends to cherish for a lifetime. We look forward to welcoming you to our district.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 3060 Friendship Exchange Web site

www.rotary3060.net

India, District 3080

District 3080 Highlights

Located in India, District 3080 is one of the finest districts in the world. It includes sections of the states of Haryana, Punjab, Himachal, Uttarakhand, Uttar Pradesh and the Union

Territory of Chandigarh and except Uttar Pradesh, all have capitals cities in District 3080. In the north of our district you will find the Himalaya mountains and the beautiful Shimla Hill and Queen of Hill Stations Massoorie. Several important holy cities are located in our district including Haridwar, Rishikesh, and Kurushetra. Our district is also one of the most diverse and prosperous districts in India with dozens of universities, medical and technical colleges, and thriving agriculture and industries. Our district is full of fine Rotarians including Past RI President Rajendra K. Saboo and many Service Above Self awardees.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges; Vocational Exchanges; Volunteer/Service Exchanges;

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

We would like exchange opportunities with districts in Australia, UK, USA, Malaysia, Thailand, Korea, Japan and Europe.

District 3080 Friendship Exchange Web site

www.rotary3080.org

India, District 3120

District 3120 Highlights

The northern Indian district 3120 is in a region steeped in religious tradition. It has many Hindu and Buddhist temples and other sacred sites, including the River Ganges. The city Allahabad is famous for its Judicial High Court, its university and a prestigious medical school. Varanasi is known for its hand-woven and crafted silk clothing. Lucknow is the capital city and political center of the region. It is an important place for its Muslim culture. Nearby attractions include Buddha's birthplace in Nepal and the Taj Mahal in Agra. The best time to visit is between November and March, in

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which the weather is the best and all of the most exciting Hindu festivals take place. The district has bird and wildlife sanctuaries, as well as many lakes and forests.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges; Vocational Exchanges

Preferred Regions for Exchange

Europe, North America, South America & the Caribbean; South Pacific & Southern Asia

Additional Exchange Preferences

District 3120 prefers an exchange with English speaking Rotarians. Families are welcome.

District 3120 Friendship Exchange Web site

Not Available

India, District 3150

District 3150 Highlights

Lose yourself in the wonder that is Andhra Pradesh. Meander through lands steeped in chivalry and pageantry and explore modern cities that have grown from the roots of a multi-hued past. Make a pilgrimage to holy shrines that echo with tales of antiquity. Frolic on a vast array of golden beaches that dot an enviable coastline. Sport with adventure in style. Let the jungle lure you to a fascinating world at a diverse array of wildlife sanctuaries and parks.

Hyderabad, the capital of Andhra Pradesh, is the fifth largest city in India. The city thrives with a variety of cultures intermingled into an astounding culture that gives it a distinct identity of its own. This is where tradition fuses with modernity and classic architecture mingles with modern high-rise buildings – adding to the beauty of the city. Located in the heart of the Deccan plateau, 1760 ft above the sea level, Hyderabad has an invigorating climate with awe inspiring prehistoric rocks and natural lakes. Hyderabad offers a variety of tourist attractions ranging from ancient monuments,

parks, and museums to delectable cuisine and a delightful shopping experience.

From the world famous pearls and traditional arts and crafts to modern brand name and ethnic clothing, the city offers an astounding variety of shopping. Hyderabad is famous for its diamond markets and glass embedded bangles.

Its unique blend of tradition and technology has attracted multinational corporations like Microsoft, and the state is a leader in information technology, biotechnology, pharmaceuticals, business management, and construction.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges; Vocational Exchanges; Volunteer/Service Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

District 3150 requests notification in advance of an exchange along with a trip agenda including visitor interests.

District 3150 Friendship Exchange Web site

www.rcss.in/friendshipexchange.html

India, District 3160

District 3160 Highlights

District 3160 is largely an agrarian region, spread out through the two southern Indian states of Andhra Pradesh and Karnataka. The area is home to many highly developed industries such as mining (iron ore, gold, mica, and lime stone), steel and cement production, cotton mills, edible oil, handloom, silk sarees manufacturing, cotton, and handicrafts. There are thermal and wind power generation plants as well. Also, District 3160 is home to important archeological sites and forts dating back to the 15th Century. The most well known of these sites is the Hampi Belum Caves -

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underground caves spread over several acres. Other locales of archeological importance include Charminar, Golkonda fort, and Salarjung Musium. Also in the area is the Satya Sai Baba Organisation, a well known center for spiritual edification. Because of the expansiveness of the region, the peoples have different cultures and languages. Many tourist attractions can be found at Karnataka State Capital Bangalore located within 200 kilometers of our district.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges, Volunteer/Service Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

District 3160 prefers exchanges with other English speaking Rotarians.

District 3160 Friendship Exchange Web site

Not Available

India, District 3201

District 3201 Highlights

District 3201 is one of the most enchanting areas in Southern India. The main cities of interest are Kerala and Cochin. Kerala's landscape boasts green forests, hills, rivers, lakes, and beaches. It rains during six months of the year. Our district is a significant center of trade in tea, coffee, cardamom, and pepper. Its population is diverse and harmonious. The famous temple festival Pooram at Trichur and the Guruvayoor temple are famous landmarks. There are also museums and water theme parks. There are a number of excellent hospitals, which makes medical tourism the latest industry of the district. The natural port of Cochin is being developed as a shipping and energy hub creating strong international ties to our region. Trichur is the cultural capital of

Kerala. Kerala has rich religious traditions and there is 100% literacy. There are a number of churches, mosques and Hindu temples, which enable the three religions to co-exist in this fertile land between the mountains and the sea. Christianity has traditions from the days of St. Thomas, one of the apostles of Christ, who is supposed to have come to Kerala in AD 52.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges; Vocational Exchanges

Preferred Regions for Exchange

Europe; North America; South Pacific & Southern Asia

Additional Exchange Preferences

We have already hosted a few team exchanges from Canada, USA, and New Zealand. Later this year we will have an exchange with a district in Sweden. Since all Rotarians in our district speak English, we prefer exchanges with Rotarians who share this common language.

District 3201 Friendship Exchange Web site

<http://rotary-district3201.org>

Italy, District 2100

District 2100 Highlights

The territory of District 2100 (Calabria, Campania, and Lauria) is among the most interesting archeological sites in the world. Pompei, Ercolano, and the Magna Grecia museums of Reggio Calabria are only a few of the examples of the attractions this area has to offer. The coast of Campana and Calabria are beautiful (Amalfi Coast, Capri Island, etc.) and the mountains represent the final touch of this breathtaking and friendly territory.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

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Europe, North America, South America & the Caribbean

Additional Exchange Preferences

No Preference

District 2100 Friendship Exchange Web site

www.rotary2100.it

Mexico, District 4100

District 4100 Highlights

Our district extends from the Baja California peninsula to the Southern border of the United States. Rotary was established in this region more than 75 years ago and now has 62 clubs and 1,200 Rotarians. Tourists enjoy the beaches, ports, archaeological sites, the desert landscape, wine tours, observatories, universities, national parks, and much more. There are many international airports in the surrounding area.

Preferred Types of Exchange

Individual Visitor Exchanges; Vocational Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

Our district has limited experience in friendship exchanges. We prefer short stays of a week or less. The best time for a serious visit would be during our district conference in May or around a holiday.

District 4100 Friendship Exchange Web site

www.rotary4100.org

Mexico, District 4150

District 4150 Highlights

District 4150 includes beaches in Puerto Vallarta and Mazatlan and colonial cities like Tonalá, Guadalajara, and Tequila.

Preferred Types of Exchange

Team Exchanges; Vocational Exchanges

Preferred Regions for Exchange

Europe; North America; South America & the Caribbean

Additional Exchange Preferences

District 4150 prefers exchanges with clubs in modern cities with expertise in technological development.

District 4150 Friendship Exchange Web site

Not Available

The Netherlands, District 1570

District 1570 Highlights

The Netherlands has always been a steppingstone for Europe. We can offer you culture and pleasure at the same time. Most of the tourists know Amsterdam, but Holland has so much more to offer. District 1570 is in the heart of The Netherlands. The capital of our province is Utrecht, which also has canals and is even older than Amsterdam.

Preferred Types of Exchange

Individual Visitor Exchanges; Vocational Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

The RFE program has just restarted in our district. We are trying to make it more known within our district, so team exchanges are difficult to organize, but individual or vocational exchanges are welcome. Nevertheless, if you have plans for a team exchange, don't hesitate to contact us.

District 9650 Friendship Exchange Web site

www.rotary.nl/d1570

New Zealand, District 9930

District 9930 Highlights

District 9930 is well situated south of Auckland City (City of Sails) with popular tourist areas to

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visit, like the Waitomo Caves and Rotorua with its widely acknowledged thermal regions, to the scenic bush clad mountains and wide white sandy coastal beaches. Regions visited would be the fertile Waikato Basin, Bay of plenty, Gisborne, Hawke Bay, reknowned for its excellent wines, Taupo and Rotorua. Our Rotary Friendship Exchange programme involves 15 days, hosted by five Rotary Clubs for three nights each. The visiting group normally consists of twelve people. We are very experienced at hosting with four to five RFE teams in and out of the district each Rotary year. Transport around the district is usually by drive yourself 12 seater modern rental vans. You will note we have a busy Rotary Friendship Exchange programme and all our 54 Rotary clubs are very keen to participate. Other features of the district can be seen at,

www.rotary.org.nz/information.cfm?ID=320.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

Europe, North America

Additional Exchange Preferences

Our areas of interest include France, and any other European country, as well as Canada, USA, British Isles, and South America. In District 9930, the hosting Rotary clubs are arranged so that visiting groups are hosted with Rotary clubs normal meeting times; this widens and enhances Rotary Fellowship. Visitors usually bring a CD PowerPoint presentation and are invited to address our Rotary clubs.

District 9930 Friendship Exchange Web site

www.9930.rotary.org.nz

Philippines, District 3800

District 3800 Highlights

District 3800 is located in the Philippines, which is the third largest English speaking

nation in the world and produced the first Rotary club in Asia in 1919. Only in the Philippines can you can find the smallest volcano, the smallest fish, most perfectly shaped volcano in the world, and the most varied culture in Asia. Also the Philippines has the longest Christmas celebration in the world, from December 16 to January 6. Filipinos are known for their charming and warm hospitality. Guests are revered and are treated like royalty. Visitors will enjoy the diversity of our intricate culture with its Spanish, Dutch, British, Japanese, and American influences.

They will also luxuriate in the fabulous landscape of our country. Our beaches are among the finest in the world with untouched coral reefs. The countryside is full of fascinating attractions, such as the Pagsanjan falls made famous by the movie Apocalypse Now, two thousand year old hand carved Banawe rice terraces, the Corregidor Island, the famed McArthur Suite in the Manila Hotel, the bountiful tropical fruits, colorful exotic flowers , and most of all the beautiful smile of Filipinos will melt your heart and make you want to stay.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

Africa & parts of Europe, Asia (Japan, Korea, & Taiwan), Europe, North America, South America & the Caribbean, South Pacific & Southern Asia

Additional Exchange Preferences

District 3800 would prefer to conduct exchanges with Rotarian couples.

District 3800 Friendship Exchange Web site

www.ridistrict3800phil.org

Philippines, District 3850

District 3850 Highlights

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District 3850 is composed of the Philippine provinces of Western Visayas and Western Mindanao, approximately 10 major islands, including world famous Boracay and Dakak. Major festivals happen in January, the Ati-atihan and the Dinagyang on the 3rd and 4th Saturday respectively, and in October the Masskara festival. Most cities sponsor and host their own festivals throughout the year. Provinces of Capiz and Zamboanga are known for their seafood where, especially, international visitors are always treated to mouth-watering food and generous hospitality.

Preferred Types of Exchange

Individual Visitor Exchanges, Vocational Exchanges, Volunteer/Service Exchanges

Preferred Regions for Exchange

Europe, North America

Additional Exchange Preferences

No Preference

District 3850 Friendship Exchange Web site

www.rotary3850.org

Romania and the Republic of Moldavia, District 2241

District 2241 Highlights

Romania is a Carpathian and Danubian country, by the Black Sea, in South-Eastern Europe. It has been a member of the European Union since 2007. The climate is temperate and characteristic of Central Europe with hot summers, cold winters, distinct seasons, and snow, especially in the mountains. The warmest areas are in the South-East of the country near the Black Sea shore.

The fauna is rich and varied. In Romania's forests you can still find stags, deers, bears, foxes, and wild birds. In the Danube River Delta, you can find many rare species, including pelicans, otters, chamois, and grouses. With all of its natural features,

Romania is poised to become one of the most important tourist destinations in Europe.

While all of the regions in Romania are interesting, some like the Black Sea shore, Bucharest, the capital of Romania, and the megalithic shapes of the Prahova Valley in the Bucegi Mountains have a particular charm. Visitors may also enjoy Romania's small mountain towns, such as, Sinaia, Busteni, Azuga, Predeal, Poiana Brasov, Moldavian Monasteries, the Churches in wood from Maramures area, the Danube Delta, and Bran where you can visit Dracula's Castle. Romania also has many medieval cities like Brasov, Sighisoara, Sibiu, Medias, Deva, Cluj, and Alba-Iulia. The country also offers many spa towns including Baile Felix, Baile Herculane, Baile Tusnad, Calimanesti-Caciulata, Olanesti, Sovata, Vatra-Dornei, and Eforie Nord.

A main tourist attraction is the Buzau area with the Mud Volcanos. Movile Cave is found in this area with its unique chemical based ecosystem that supports life without photosynthesis.

The Black Sea is famous for its beach resorts. Mamaia, the largest city in the region, known also as Tomis, the city of Ovidius, and Mangalia, the ancient greek citadel of Callatis, is the southernmost town in Romania and contains some of its best resorts.

The Republic of Moldavia, in the eastern part of Romania, is a picturesque country with an interesting history and many places to visit, including an interesting wine region and rupest churches.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges,

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 2241 Friendship Exchange Web site



www.rotary2241.org

South Africa, District 9320

District 9320 Highlights

South Africa and particularly the Eastern Cape is a district of many contrasts. The Eastern Cape offers its visitors beautiful white beaches, game reserves where a visitor can take in the “Big 5” animals of Africa, and the mountains. Beach hikes and bird watching are also a must. The start of the Transkei Wild Coast is a two hour car trip from East London. We have it all in the Eastern Cape. From East London our visitors can drive to Cape Town via the Garden Route. Cape Town is 1100 km from East London. Our summers are hot and our winters are cool. The best time of the year to plan a visit, weather-wise, would be from February to May.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

Europe; North America; South Pacific & Southern Asia

Additional Exchange Preferences

English must be a priority language.

District 9320 Friendship Exchange Web site

<http://rotary9320.org.za>

Sweden, District 2360

District 2360 Highlights

District 2360 is situated in the Western part of Sweden on 300 km of coast and a large archipelago. Continuing inland from the coast, visitors are greeted by a landscape of deep forests dotted by small lakes and charming towns. With our district’s natural features, it is easy to find a place to admire and feel at home.

Göteborg, Sweden’s second largest city, is located in our district and was founded in 1621 by the Swedish king Gustavus Adolphus II.

Over the years the city has consistently retained its international character. Shipping and trade dominated the industry for a long time. Today Göteborg has a highly diverse industrial structure with an emphasis on transport and biomedicine. The city has a population of almost half a million. There is a distinct maritime atmosphere, with a mixture of older, well-preserved districts and exciting new developments.

The costal lanscape between Göteborg and the Norwegian border, Bohuslän, offers a unique archipelago with its striking rocky landscape and captivating coastline – a summer delight and holiday paradise for sailors and sun-worshippers alike. In terms of clarity and quality, the water along the Bohuslän coast is better than in most other areas in Sweden. In these waters, you find cod, mackerel, anglerfish, catfish and many other species. Lobster and crab are plentiful, you can often spot seals, and there are even both soft and hard corals that most people think are only found in the Tropics. Many of the islands in the archipelago are nature reserves and on these you can enjoy lovely walks in unique surroundings.

The Koster Islands are Sweden's westernmost inhabited islands and are easily reached by regular ferries. The flora on Koster is very rich in species and contains a large number of rare plants. Koster’s unusually warm climate with sunny summers and mild winters help support its unique environment.

The rock-carvings in Tanum, north of Uddevalla, are a UN World Heritage Site and have the same status as the pyramids in Egypt or India's Taj Mahal. Carved during the Bronze Age 3,000 years ago, almost 70 percent of the rock-carvings depict ships floating on the sea.

Marstrand is one of the most famous towns on the Bohuslän coast, and is renowned for its intense boating culture, for Carlsten's Fortress and for its history as a playground for royals. For centuries the factor deciding Marstrand's

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prosperity or destitution was the herring catch and in the 16th century Marstrand became the centre of European herring fishing for 30 years. The wealth attracted people from near and far, and during this time the island became famous for its unrestrained way of life. One can feel a little of the same happiness today, when people pour into Marstrand in the summer.

East of Göteborg you will find a lot of small scale factories and local fabric traders. Considered the birthplace of the Swedish textile industry, Borås is filled with famous low-price shopping. South of Göteborg you will find Varberg. It is located in one of Sweden's most expansive regions. The geographical position on the coast and excellent communications between Varberg and the cities of Göteborg, Borås and Halmstad combine to attract people who want to make a life there. Varberg is also an important junction for goods traffic by road, rail, and not the least by sea - thanks to a modern port facility and ferrylink to Grenå in Denmark.

Dalsland, in the north east of the District offers deep forests and lakes as far as the eye can see. A landscape with a unique natural richness, marked by beauty and tranquillity. Probably more than anything else, Dalsland is known as a mecca for kayakers and canoeists. One of the most beautiful waterways in Europe, the Dalsland Canal connects a labyrinth of large and small lakes and rivers, and idyllic, meandering canals. Only ten kilometres of the canal is man-made; the rest is a 240-kilometre navigable system of lakes with a total of 31 locks at 17 different stations.

The forests here are rich in both beaver and elk. The beaver is Europe's largest rodent and it lives in family groups, by lakes and waterways. The elk is Europe's largest land animal and there are an estimated 5,000 of them in Dalsland alone. The fishing waters are numerous and varied. Large, clear lakes and small waterways, as well as trolling waters in lake Vänern. Vänern is the largest lake in Sweden and the third largest lake in Europe.

Here you will also find the towns of Vänersborg and Trollhättan

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges

Preferred Regions for Exchange

Africa & parts of Europe, Asia, South America & the Caribbean, South Pacific & Southern Asia

Additional Exchange Preferences

District 2360 prefers to host groups of no more than ten people at a time.

Sweden, District 2400

District 2400 Highlights

The main city in District 2400 is Halmstad, www.halmstad.se. When you are in Halmstad you do not have to go far to find our lovely beaches, deep mushroom forests, and nice fishing waters. The airport and railway station are in close proximity to the city where you can shop in our small, eccentric specialty boutiques. After strolling through the older parts of Halmstad, you can relax at one of the fine restaurants or cafes. The nightlife bustles in Roxettes and Gyllene Tiders Hometown. If you enjoy athletics, then the opportunities are endless. Golf is very popular; the capital boasts of 11 stunning courses. Also, you can enjoy football, ice hockey, handball, and ping-pong. The trotting-track is active throughout the year with the "Sprintermästaren" (Sprinterchampion) as its crown. Along with sporting activities, the outdoors offers many beautiful sculptures. The museum and galleries have exhibitions from international artists. The well known Halmstadgroup have their own exhibit at Mjellby Art gallery. On Ascension, there is an art festival called "Konstliv Halland" where the local artists and galleries open their studios. During the year, there are many other enjoyable events that take place in Halmstad such as concerts, movies, lectures, guided tours, and festivals. At the theatre, for example,

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Thomas Petersson, a local famous playwright, debuts a play which is usually met with great approbation by the public.

Another destination in District 2400 is the city of Karlskrona, www.navalcity.org/htmlsidor/valkommen_eng.htm. In 1998 Karlskrona became item number 560 on UNESCO's list of irreplaceable World Heritage Sites. In an international context, the city is of major importance, representing as it does an unrivalled illustration of how a fortified naval town and base from the seventeenth and eighteenth centuries was planned and established. In the eighteenth century developments in Karlskrona in the fields of shipbuilding, architecture, town planning, military construction and engineering, attracted widespread notice and recognition from the continent. For more than a century the distinctive architecture and specialised installations at the navy yard served as a hub of military technology and industry in the Baltic region. Both the naval base and the dockyard have been in continuous operation from the time they were first established until the present day.

Kristianstad is situated in a unique wetland area, called "Kristianstads Vattenrike". Only a few hundred meters from the central railwaystation lies the Helge å River. Every winter the Helge å floods the surrounding meadows. When the water withdraws in spring, the birds enter the meadows. We have a very rich birdlife in Kristianstads Vattenrike. Åhus, www.vattenriket.kristianstad.se is a charming, idyllic place with half-timbered houses along narrow, winding streets and one of Sweden's most beautiful old squares that goes back to the Middle Ages. Then Åhus was the seat of an archbishop, a fortified town with lively commerce and shipping.

One of our best known regions is Växjö, www.vaxjo.se. This region is well known for its rich history. At the end of the Viking period in the 1000's, the English missionary Sigfrid arrived according to legend as the first

Christian messenger to the hedonist country Sweden. In the city of Växjö, he built the first church which during the 1170's was replaced by a stone church, the origin of today's cathedral. In 1342 Växjö received their city rights from King Magnus Eriksson. In the year of 1542 the farmers of Småland, under the command of Nils Dacke, revolted against Gustav Vasa's tax duties. The revolt came to be known as the Dacke Controversy. Växjö survived the middle ages despite being burned down many times. Today, Växjö is an expansive city with close to 80 000 inhabitants, various trade industries, and a growing university. Up until the beginning of the 1990's Växjö was also a garrison city. Some well-known profiles from Växjö are the scientist Carl von Linné, the Swedish Royal Court Songstress Christina Nilsson, the writer Elin Wägner and the Noble Prize winner in literature Pär Lagerkvist, track and field star Carolina Klüft, tennis player Mats Wilander, the musicians The Ark and the winner of the Eurovision Song Contest, Charlotte Perelli.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 2400 Friendship Exchange Web site

www.rotary.se

Thailand, District 3330

District 3330 Highlights

District 3330 is located in southwest Thailand, starting from Kanjanaburi known for the River Kwai Bridge to the southern tip of Bangkok. Guests can enjoy the holiday paradises of Phuket, Hua Hin, Koh Samui, Phang Nga (Khao Lak), and Krabi (Koh Lanta). Visitors have an excellent opportunity to participate in

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the culture of Thailand with its friendly people and special Thai food.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

Europe, North America

Additional Exchange Preferences

Upon request our district would find a club willing to participate. The most important thing for us is to know is the number of visitors, time of stay and priorities of such a visit.

District 3330 Friendship Exchange Web site

www.rotary3330.org

Turkey, District 2420

District 2420 Highlights

District 2420 is located in the northwest part of Turkey with 83 clubs and 2,581 Rotarians. It includes the charming atmosphere of Istanbul, which is the city connecting the continents of Asia and Europe. Istanbul is located on a triangular peninsula surrounded by the Sea of Marmara, the Golden Horn, and the Bosphorus. The unique and fascinating view of the Bosphorus hints at the beauty of this impressive city, which has been the historical capital of the Roman, Byzantine, and Ottoman empires.

With its wealth of historical treasures, Istanbul offers visitors the opportunity to see many glamorous places like museums, palaces, and mosques, including major historical monuments like St. Sophia, Blue Mosque, and the Basilica Cistern. Besides its historical significance, Istanbul is the center of commercial activities, business life, entertainment, shopping, cultural and social activities in Turkey. With a population of 13.5 million, it is the most populated city of the Turkish Republic. Visitors will be generously welcomed by our famous Turkish hospitality and cuisine.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

Asia; Europe; North America

Additional Exchange Preferences

District 2420 prefers exchanges with teams of 10 people that last for around 8 days. Preferred teams consist of couples and include Rotarians who can speak English.

District 2420 Friendship Exchange Web site

www.rotary2420.org

Turkey, District 2440

District 2440 Highlights

Türkiye (Turkey), a bridge between Europe and Asia, has an extremely rich heritage. Perhaps no other land has witnessed so many diverse civilisations over the last nine thousand years. After the great Mesopotamians, the Hitite and Urartu Kingdoms flourished and in Western Anatolia the Ionian and Roman civilizations predominated. Istanbul held the honor of having the capital of two huge empires. First the Byzantine then the Ottoman. Anatolia itself became a crossroads of peoples, cultures and religions. Christianity, for example, thrived here, and Islam was glorified by the Seljuks Ottomans. A visit to Türkiye should not only take in all the great sights and monuments; it should leave plenty of time for leisure and pleasure. Türkiye offers immense resources in these areas; majestic mountains, ideal for climbers hikers and skiers; over 8.000 km. of coastline, laced with picturesque bays and coves, lakes; year round summer in some areas; yet plenty of snow in others; a solid and expanding tourism infrastructure; one of the world's healthiest cuisines and extremely hospitable people. A trip to Türkiye is an enchanting experience and an unforgettable adventure.

Preferred Types of Exchange

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Individual Visitor Exchanges, Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 2440 Friendship Exchange Web site

www.rotary2440.org

United Kingdom, District 1070

District 1070 Highlights

We are a mixed rural and light industrial area set in the very heart of England. There is much to see and do; stately homes, warm country pubs, battlefield sights, historic buildings and towns. Famous places such as Stratford-on-Avon, Cambridge, Althrophouse and Belvois Castle are within or near our district. There is much to see and do!

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

Europe; North America, South America & the Caribbean

Additional Exchange Preferences

District 1070 would especially like to conduct exchanges with Rotarians in Iceland (Perhaps late May and into June), The East coast of USA/Canada, and Ecuador (Provisional late 2008 early 2009)

District 1070 Friendship Exchange Web site

www.rotary1070.org

United Kingdom, District 1190

District 1190 Highlights

Rotary District 1190, North West England, is without a doubt one of the most picturesque districts in England. It encompasses the famous Lake District, the Forest of Bowland and is home to some of the best walking

country. Part of it was also at the heart of the Industrial Revolution and there are many museums and sites to visit in Lancashire. It is the home of the Lakes Poets such as Wordsworth & Coleridge. The seaside resorts of Blackpool and Morecambe give a good contrast as more lively venues. The area is bordered by the South of Scotland to the north, Edinburgh is but 2 hours away. To the east are the historic cities of Durham and York. At the end of a beautiful day, visitors may be regaled by some of the most spectacular sunsets available in Europe. Flights into Manchester International Airport make access easy.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

Africa & parts of Europe, Europe, North America, South America & the Caribbean, South Pacific & Southern Asia

Additional Exchange Preferences

No Preference

District 1190 Friendship Exchange Web site

www.rotary1190.org

United Kingdom, District 1200

District 1200 Highlights

District 1200, in the mid-South West of England (West Dorset, Somerset & West Wiltshire), has a variety of historical sites, ranging from Stonehenge, and the even older Avebury Stone Circle, to the Roman Baths and Regency buildings at Bath, Arthurian Glastonbury. It also embraces the fascinating countryside of Exmoor, Portland Bill and the Chesil Beach, and the Mendip Hills. For more modern attractions there is the Fleet Air Arm museum at Yeovilton, the Kennet & Avon Canal lock stair at Devizes, the working Steam Railway from Minehead and the caves at Cheddar and Wooky Hole.

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The best time to visit will be May, June, and July, when the weather is usually fairly good, but September and October can be quite nice, especially with our district conference in October. August is the school holiday season, so attractions become crowded and hosts become scarce! District 1200 is about 100 miles west of London, Heathrow is the nearest Airport. We would aim to entertain a team of 6-8 couples for up to 15 days by spending 3 days in up to 5 areas of the district. Each area would arrange its own programme of visits and events, probably finishing with a combined farewell dinner.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 1200 Friendship Exchange Web site

www.rotary1200.org.uk

United Kingdom, District 1240

District 1240 Highlights

District 1240 covers the county of Essex and part of the county of Hertfordshire in England. The area is to the east of London where many of the population work. In the past the area was rural but during the industrial development and expansion of London the population grew. Today a mix of commercial, industrial, farming and tourism provide the basis for community life. There are fifty-eight clubs in the district. The district is split into six areas. The county town of Chelmsford is the center of the district. It is famous for the development of radio where Marconi built his empire in the last century. In the south of the district the town of Basildon developed with the birth of the Ford Motor Company at Dagenham. Southend-on-Sea is a seaside resort frequented by the people of London for many years. Surrounding villages

have grown and developed into large communities that service new industries and provide housing for the many who commute to work in the city of London. To the north of Essex, a new town was built at Harlow.

In recent years the development of Stansted Airport has seen this once agricultural area change dramatically, with towns such as Sawbridgeworth, Bishops Stortford, Dunmow and Braintree expanding into the green pastures of the past. Much of our heritage has however been preserved. The west of Essex is more urban, with towns like Hornchurch, Romford, Havering and Brentwood being centers for commuters traveling into the City of London on daily basis. The further east you travel the area becomes more rural, especially along the boundary with the county of Suffolk. Here many of the population work in more traditional ways. With good rail and road links into London, many today commute to their work. Some smaller companies have built their futures in these traditionally rural areas. Both manufacturing and service industries are well established in towns like Witham, Kelvedon, Tiptree, and Colchester.

Towards the coast, the port of Harwich is one of the gateways to the continent of Europe. Ferry services operate to Holland, Denmark, Sweden and Norway. Brightlingsea, Wivenhoe and Mistley provide more port facilities. The towns of Walton, Frinton and Clacton-on-Sea provide recreational facilities and quality living for many elder members of the community. Much of the district is steeped in history. The town of Colchester is the oldest recorded in the United Kingdom. Here the Romans established their first major city. Throughout the district there are well established sports, cultural, and leisure facilities. The City of London is easily accessible by both road and rail. The list of attractions in London is unending. District 1240 has a lot to offer Rotarians who either by stealth or by crook find themselves in this part of the world. They are assured of a warm welcome. District 1240 Rotary clubs look

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forward to meeting with fellow Rotarians from around the world.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 1240 Friendship Exchange Web site

www.ribi.org/districts/homepage.asp?DistrictNo=1240

United Kingdom, District 1260

District 1260 Highlights

District 1260 is immediately northwest of London, with easy access by fast train (30 to 60 minutes). Despite being so close, the district offers many attractions. It has beautiful countryside (the Chiltern Hills), and several medium-sized, interesting towns, Watford, Aylesbury, St Albans, Luton, Hemel Hempstead, etc, and the new city of Milton Keynes. The district is between and in easy reach of Oxford and Cambridge, Windsor and Stratford, and contains a host of fine country houses – Woburn, Waddesdon, Stowe, Hatfield. It provides the charm of rural England close to the bright lights of London.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

Asia (Japan, Korea, & Taiwan), North America, South Pacific & Southern Asia

Additional Exchange Preferences

No Preference

District 1260 Friendship Exchange Web site

www.rotary1260.org

USA, District 5100

District 5100 Highlights

District 5100 has been involved in Friendship Exchanges for the past ten years having participated with districts in Australia, New Zealand, Europe, South America (especially Brazil), and Africa. A strong youth exchange program is an additional aspect of our interest in developing and maintaining international relationships. District 5100 includes the southern part of the state of Washington and the northern half of Oregon, both areas of immense scenic expanse. The Oregon Coast, the Columbia River Gorge, and Mt. St. Helens are but a few examples of the natural beauty of our district. Other points of interest include the Evergreen Aviation Museum which features Howard Hughes's Spruce Goose, the end of the Oregon Trail, and locations highlighting the Lewis & Clark Expedition. District 5100 also boasts hundreds of vineyards and wineries as well as an extensive state park system. The largest city in District 5100 is the very picturesque Portland, Oregon.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

Africa & parts of Europe, Europe, North America, South America & the Caribbean, South Pacific & Southern Asia

Additional Exchange Preferences

Our district prefers exchanges that involve no more than 12 individuals from other districts throughout the world. It also prefers that those Rotarians and family members it hosts and visits have at least a rudimentary ability to speak and understand English.

District 5100 Friendship Exchange Web site

www.district5100.org

USA, District 5110

District 5110 Highlights

District 5110 encompasses the southern two-thirds of the state of Oregon and the very

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northern part of the state of California. Geographically the district is a diverse landscape, from the Pacific Ocean coast to snow-covered 3,000 meter mountain peaks, deep old-growth forests to dramatic deserts, clear mountain lakes and rivers to thriving small towns and cities. The district also has much to offer culturally, with several universities and world-class performing arts attractions year-round. District 5110 is a great RFE prospect!

Our Friendship Exchange program has been active for more than 10 years. We have exchanged with districts in UK, Australia, and South America. We also are very active in Youth Exchanges and Group Study Exchanges with Rotary districts throughout the world.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

Africa, Asia, Europe, North America, South America & the Caribbean, South Pacific & Southern Asia

Additional Exchange Preferences

Our preference is team exchanges, of 12 or fewer team members, including couples and singles. Rudimentary or better English-speakers on the exchanges have an easier time communicating with our host families

District 5110 Friendship Exchange Web site

<http://district5110.org/Committees/FriendshipExchange>

USA, District 5160

District 5160 Highlights

Consider an exchange with District 5160. We are located just west and north of the beautiful San Francisco Bay Area. Our district includes the delta of the Sacramento River, the historic riverway through which the famous Gold Rush of 1849 sent tons of gold and announced,

“There’s gold in them hills!” to an eager world waiting to rush in.

Nowadays, the gold is in the form of wheat and corn, as agriculture is the mainstay of the Great Central Valley businesses. Fruit and nut crops are a famous staple of our renowned agri-business heritage. Wine grapes are now an increasing part of the crops seen along the hillsides throughout our district. And new, prize-winning wineries are becoming part of our growing tourist economy, rivaling our neighboring Napa wines.

Visiting Rotarians will enjoy the opportunity to visit farm communities and sample the rich variety of the new “California Gold.” 5160 also serves as a gateway to many amazing and beautiful natural wonders. The great Yosemite National Park lies just to the east of our district and the giant sequoia and redwood forests found throughout our district are among the oldest living trees in the world.

The “East Bay” of the San Francisco Bay Area holds a wealth of mixed business and industry, from shipbuilding in the Port of Oakland to the high-tech hub of the internet in Livermore to the newly emerging investment and regional business hub along Interstate 660. The University of California at Berkeley is one of the nation’s oldest and most prestigious centers of academia and research. It is also the site of one of the oldest Rotary clubs in the world, and our district has many internationally known and respected Rotarians. Come visit District 5160 to enjoy golden friendship and our rich California heritage.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges; Vocational Exchanges; Volunteer/Service Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

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Our district is interested in hosting and visiting other districts with a commitment to serving others and working towards Rotary ideals of friendship, fellowship, and mutual understanding. Please see our district website for more information about District 5160, www.rotary5160.org.

District 5160 Friendship Exchange Web site

www.rotary5160.org

USA, District 5220

District 5220 Highlights

District 5220 is located in Modesto Sunrise, California, USA, between San Francisco and Yosemite National Park. It is rich in agriculture including dairy, almonds, grapes, and peaches. The Gallo winery, Gallo Performing Arts Center, Modesto Symphony, Museums, and friendly people can be found in the area. There is also a number of hospitals, a university, the Modesto Junior College, a cheese making plant, and numerous vegetables and other plants. A variety of volunteer opportunities are also available along with hospice care facilities and vocational training centers.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges

Preferred Regions for Exchange

Europe; North America

Additional Exchange Preferences

Agricultural related exchanges.

District 5220 Friendship Exchange Web site

www.rotary5220.org

United States, District 5340

District 5340 Highlights

Situated in the South West corner of the United States, blessed with wonderful weather and beautiful beaches, San Diego is truly a city with something for everyone. There are several dozen museums, including art, aircraft carrier, maritime, natural history, aerospace, cars, and

photography. If you like animals, visit the world famous San Diego Zoo, the wild animal park, the Birch Aquarium, as well as Sea World, an amusement park with whales, dolphins, penguins, sea otters, polar bears, seals, and more aquariums. For outdoor activities, a visitor can use the miles of hiking and biking trails, and can surf, golf, snorkel or dive, kayak, take a harbor excursion, walk along the San Diego Harbor, or just sit on one of the many beautiful beaches. There are numerous parks, including the wonderful Balboa Park, Cabrillo Monument, and Torrey Pines State Reserve.

For historical sites, visit one of the original California missions, or explore Old Town State park. Visitors can go shopping in one of the huge local shopping centers, the artisan shops of the Spanish Art Village, the elegant shops of La Jolla, or the diverse shops of the Gas Lamp Quarter. San Diego has a symphony, as well as many live theaters, including two that often debut plays that go to Broadway. You can also take a tour to the wineries of northern San Diego County. San Diego is also only 15 miles from the Mexican border, making day trips another option. The only problem with San Diego is finding enough time to do everything!

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

Africa; Europe

Additional Exchange Preferences

District 5340 is particularly interested in exchanges with districts in Greece, Turkey, or South Africa.

District 5340 Friendship Exchange Web site

www.rotary5340.org

USA, District 5440

District 5440 Highlights

Located in Colorado, USA, District 5440 includes the cities of Denver and Boulder.

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Clubs in the district are involved in a variety of programs including Group Study Exchange, Youth Exchange, and RYLA.

Preferred Types of Exchange

No Preference

Preferred Regions for Exchange

No preference

Additional Exchange Preferences

District 5440 prefers Friendship Exchanges with Districts that can send at least some English-speakers.

District 5440 Friendship Exchange Web site

www.rotary5440.org

USA, District 5450

District 5450 Highlights

District 5450 comprises the Denver, Colorado, metropolitan area and extends into the agricultural and ranching region of Eastern Colorado. To the west it includes parts of Summit County, the heart of the Colorado ski country, and Grand Lake and Rocky Mountain National Parks. Colorado has 54 mountain peaks over 14,000 feet in height and is described as the "spine of the Rockies."

Often District 5450 will coordinate joint exchanges with District 5440 in Southern Colorado or District 5470 in Northern Colorado and Wyoming. These districts encompass several National Parks, like Yellowstone, Grand Teton, Mesa Verde and Great Sanddunes.

The Denver area is home to a variety of major aerospace companies, the center of the cable and satellite television industries, the world's largest brewery, world class art and natural history museums, and offices for the National Center for Atmospheric Research (NCAR) and the National Oceanic and Atmospheric Administration (NOAA).

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

Africa & parts of Europe; Europe; North America; South America & the Caribbean; South Pacific & Southern Asia

Additional Exchange Preferences

District 5450 would prefer an exchange with 16 to 18 people for 14 to 21 days. Transportation would be by rental vans, cost to be paid by visitors, and local Rotarians would volunteer as drivers. Exchanges before or after the 2008 RI Convention in Los Angeles or the 2009 RI Convention in New Orleans would be welcome. In addition, district 5450 would like to send an exchange team to a partner district either in the fall of 2008 to a location in the southern hemisphere or spring or fall of 2009.

District 5450 Friendship Exchange Web site

www.rotary5450.org

USA, District 5510

District 5510 Highlights

The state of Arizona, where district 5510 is located, offers spectacular scenery and many special attractions. Perhaps its greatest attraction is the Grand Canyon, one of the most important natural destinations in the USA. On the way to the Grand Canyon is the beautiful small city of Sedona with red rocks that defy description.

Phoenix has an outstanding art museum which is known especially for its Native American art. Another notable museum is the Basha Art Museum, which has one of the most outstanding collections of Western art in the United States as well as a superb collection of Native American art. The Sonora Desert Museum near Tucson, Arizona, is one that offers a real picture of what life in the desert is like and offers an assortment of flowers, birds, and animals in a natural setting. A recent addition to our special places to visit is one of the largest caverns in America known as the

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Karchner Caverns. Because of its geographical location, it is also very easy to take guests on a trip to a border town known as Nogales, Mexico. These are only a few of the many things to see and do in Arizona should you elect to participate with us in a Rotary Friendship Exchange.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges

Preferred Regions for Exchange

Africa & parts of Europe, Europe, North America, South America & the Caribbean, South Pacific & Southern Asia

Additional Exchange Preferences

District 5510 has been heavily involved in Rotary Friendship Exchanges for many years. Exchanges have been held with Canada, Alaska, Australia, New Zealand, England, Scotland, Wales, Switzerland, France, South Africa, Portugal, Spain, and Germany. We think this is one of the finest programs offered by Rotary International and our participation in Exchanges has led to some humanitarian projects as well as establishing some long term friendships.

District 5510 Friendship Exchange Web site

www.rotary5510.org

USA, District 5670

District 5670 Highlights

Welcome to the heart of America! District 5670 is the geographic center of the lower 48 United States. This wide-ranging district covers all of North Central and Northwest Kansas, stretching from Flint Hills in the east to the High Plains along the Colorado state line. Our guests will visit the renowned Kansas Cosmosphere, affiliated with the Smithsonian Air and Space Museum in Washington D.C. Our district features the boyhood home and museum of Dwight D. Eisenhower, Supreme Allied Commander during World War II and the 34th President of the United States.

Along the southern edge of the district lies Cheyenne Bottoms, the largest marsh in the interior of the USA. The area is considered the most important shorebird migration point in the western hemisphere. Other highlights during your visit will include a wind energy farm, the Konza Prairie, a buffalo ranch, the Kansas Underground Salt Museum, the Cathedral of the Plains, the Rolling Hills Wildlife Adventure – clear blue skies and beautiful sunsets every evening. Above all, while in District 5670, our visitors will enjoy our warm Kansas hospitality.

Preferred Types of Exchange

Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

Africa & parts of Europe, Europe, South America & the Caribbean, South Pacific & Southern Asia

Additional Exchange Preferences

No Preference

District 5670 Friendship Exchange Web site

www.rotarydistrict5670.org

USA, District 5710

District 5710 Highlights

District 5710 is in the heart of America. Our district includes metropolitan areas like Kansas City, small midwestern towns and cities, and fun university towns like Manhattan and Lawrence where rivals Kansas State University and the University of Kansas are located. Also, Topeka, the capital city of Kansas is in our district. This part of Kansas is famous for its rich history. Progressive American culture and political leadership have their roots here including the success of establishing one of the first slavery free states, the right to vote in elections for minorities, women, and specifically native Americans, the expansion into the famous wild west, the center of tornado alley, the amazing and most photographed part of our state the Konza Prairie, and our single most valuable asset, friendly people.

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Northeastern Kansas is known for its rolling flint hills where native bison, deer, and antelope still roam. "Kansas Values," is a phrase you will hear often. It means that our citizens work hard, do the right thing, are friendly people, and are humble. Every exchange we have with international visitors has been very positive for both the guests and the hosts. Our guests leave Kansas with a feeling of gaining a second home, long lasting friendships, and an appreciation for middle American values.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges; Vocational Exchanges; Volunteer/Service Exchanges

Preferred Regions for Exchange

Africa; Europe; South America & the Caribbean

Additional Exchange Preferences

We have a strong relationship with Istanbul and Prague and would enjoy continuing those friendships, but are open to any and all opportunities.

District 5710 Friendship Exchange Web site

www.rotary5710.org

USA, District 5750

District 5750 Highlights

District 5750 is situated in the Northwest quarter of the State of Oklahoma. We are known for our beautiful sunsets, our wonderful and friendly people, a very diverse culture including Native American and Western Heritage. We also have a very diverse terrain, from creeks and rivers, to forests and prairies, and gentle rolling hills and sand dunes. Our major industry is oil and gas production. Major attractions and events include: Red Earth Native American Festival, Great State Fair of Oklahoma, Choctaw Oktoberfest, rodeos, pow wows, horse shows, professional basketball (OKC Thunder) and great college football (Oklahoma State University and Oklahoma

University). Oklahoma is a test state for many restaurant concepts, so a very diverse grouping of cuisine is always available. In the heart of Oklahoma City, you'll find the newest entertainment district "Bricktown" with its canal and dozens of restaurants and sporting venues as well as multiple convention centers. Shopping is plentiful in the Oklahoma City area with great shopping malls and quaint shops dispersed all over the region. Oklahoma City is also home to Club 29, one of the oldest and largest Rotary Clubs in the world. District 5750 is known for its international projects and is looking for Friendship Exchange groups to share our culture with you.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

We are fairly new to the Friendship Exchange program, but are eager to investigate all the possibilities. Since we are located in the heart of the US, language barriers do exist as most Rotarians only speak English and maybe some Spanish. However we are an adventurous group of Rotarians willing to try new things and learn about new cultures.

District 5750 Friendship Exchange Web site

www.rotary5750.org

USA, District 5790

District 5790 Highlights

Rotary District 5790 is located in Northeast Texas. It is a very diverse region with a rich history. Many think even today that we ride around on horses, wear cowboy hats and gun belts with six-shooters. However, that is far from true. Our heritage is one of rugged settlers who conquered the West. District 5790 has oil wells, teeming industry, including defense plants and railroads, fields of crops, and ranches with longhorns and thoroughbred

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horses. There are too many colleges and universities to count, some of which are internationally renowned for subjects from Robotics to Music to the Performing Arts. Our culture ranges from rough-and-tumble Rodeos to world-class museums. And our climate is as diverse as our culture, varying from very cold to temperate winters. At any given time you can find a celebration of our history and current events. District 5790 is truly a place to visit.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges, Volunteer/Service Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

None

District 5790 Friendship Exchange Web site

www.rotary5790.org

USA, District 5890

District 5890 Highlights

The Houston, Texas area is home to every major league sport except hockey. There are major shopping malls in every part of the area that include almost every shop one could want. The diversity of the area gives us access to restaurants of every known ethnic flavor. The "Old West" is represented on a working ranch that is open to the public. American Southern hospitality is abundant throughout the district. The Johnson Space Center and Galveston beaches are in the district. The only thing missing is you.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

District 5890 would prefer to conduct exchanges with clubs in Mexico, The Caribbean, Bermuda, and Ireland.

District 5890 Friendship Exchange Web site

www.clubrunner.ca/5890

USA, District 5960

District 5960 Highlights

District 5960 is located in Minnesota and Wisconsin, USA, and includes St. Paul, the capital city of Minnesota. This area is a wonderful place to live and to visit, and there are ample things to see and do here. In our district you will find the city of Rochester, which is noted for the medical facilities of the Mayo Clinic and there are many charming cities, suburbs, and small towns, a wide variety of businesses and industries. Another place of interest near our district include Minneapolis, the "City of Lakes." The Mississippi River along with many other beautiful rivers and numerous lakes traverse our district.

Visitors will also find a variety of parks, the world-renowned Guthrie Theatre, scenic rural areas, professional sports in all seasons, world class golf courses, excellent shopping, including the Mall of America, excellent restaurants, the University of Minnesota and many other colleges and universities, museums, zoos and botanical gardens, and 64 hospitable Rotary clubs. A good time to visit is around the Fourth of July, when many communities have Independence Day celebrations. The Minnesota State Fair is held in late August through the first weekend in September. Weather-wise, these are both excellent times to visit our area. Depending on the time of year of a team's visit, there are various community celebrations and festivals.

We view Friendship Exchange as much more than seeing the sights, and emphasize building relationships and friendships. Rotary clubs and host families strive to make our guests feel that their time here is well spent, meeting the interests and desires of the visiting Rotarians

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and spouses and helping them to feel welcome and comfortable. We have found that the time at a host home around the dinner table or on the porch is a highlight for our guests. The Rotary clubs and Rotarians in our district are very active, participating in many and varied Rotary programs in all Four Avenues of Service. In the area of International Service, we are open to partnerships with clubs in other districts and see Friendship Exchange as one way to open doors to such possibilities.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

Africa & parts of Europe; Asia; Europe; South America & the Caribbean; South Pacific & Southern Asia;

Additional Exchange Preferences

We prefer to receive and send teams of about 8 to 10 people with a stay of about twelve nights. When here, visiting team members will generally stay with one family in each of three areas of our district for about four nights in one home.

District 5960 Friendship Exchange Web site

www.rotary5960.org

USA, District 6000

District 6000 Highlights

District 6000 is located in the heart of America's "Bread Basket" where food crops, feed crops, and livestock are abundant. Wind farms and biofuels are becoming prominent sources of energy for Iowa communities. Ethnic communities are common in the district, and museums and cultural festivals are popular (Czech Museum, Danish Museum, Amana Colonies, Pella Tulip Festival, and others). Madison County, of book and film fame, is a popular tourist site in District 6000. Two leading public universities, Iowa State University and the University of Iowa, are located in District 6000. The Iowa State Fair,

known as the nation's largest and best fair, occurs in the capitol city of Des Moines in August every year. The east border of the district is marked by the amazing Mississippi River with numerous scenic and entertainment sites to enjoy. Unsurpassed rural hospitality and Rotarian home stays provide a relaxed and enjoyable exchange in Iowa, USA.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

District 6000 welcomes incoming delegations of 10-20 members from anywhere in the world to spend from one to three weeks in Iowa and to combine their visit with Rotary districts in other areas of the USA. Outgoing delegations look forward to invitations from Rotary districts throughout the world to visit their country and learn more about their culture.

District 6000 Friendship Exchange Web site

www.rotary6000.org

USA, District 6040

District 6040 Highlights

District 6040 in Missouri, USA, is interested in developing a Friendship Exchange between districts for 2006-08. We have had several successful Friendship Exchanges including recent exchanges with Rotarians in the Philippines, Australia, New Zealand, South Africa, England and Turkey. We are a district of 52 clubs and 2,700 members. Missouri is a moderate climate with temperate spring and fall weather, hot summers and cold winters. April-June and September-October are prime visiting months but Missouri hospitality is always available - year round! District 6040 includes most of the northern one-third of Missouri and is a district of great diversity.

Missouri is located in the middle of the USA in that part of the country called the Midwest. The

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state's population is 5.6 million people, making it the 17th most populous state in the USA. Kansas City has a population of about 500,000 people and is the largest city in western Missouri and our district. Business and industry in the region includes automobile assembly, chemicals, metal manufacturing, non-electrical machinery, and electrical equipment, and stone, clay, and glass products. The city is a national center for meat-packing and grain milling. Kansas City is one of the national centers for agribusiness. It boasts a diversity of government, arts, educational institutions and major league sports teams and is famous for its jazz music and barbecue cooking.

Other major cities in District 6040 include Independence, known as the home of former US President Harry S. Truman and the location of the Truman Library and Museum; Kirksville, home of the Kirksville College of Osteopathy, where the practice of osteopathy was started; Maryville, the home of Northwest Missouri State University; and St. Joseph, the city where the Pony Express started and the famous outlaw, Jesse James, lived. There are many small towns and farming communities that include both corporate and family farming in a diverse geography of rolling hills, forests and farmlands. In 2003, there were 106,000 farms in Missouri, and two-thirds of the land area in Missouri is farmland. Missouri is a major producer of soybeans, corn, cattle, hogs, and poultry.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges; Vocational Exchanges; Volunteer/Service Exchanges;

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 6040 Friendship Exchange Web site

www.rotary6040.org

USA, District 6080

District 6080 Highlights

We are a diverse district located in the heart of the United States and encompassing a large part of Missouri. Our district includes Missouri's 3rd largest city which is Springfield (population 175,000) as well as the state capital of Jefferson City. We are known for our many lakes, caves and hiking trails along with wineries, manufacturing and many colleges and universities. Historical attractions include the largest piece of the Berlin Wall in the US, the only museum in the US to honor Winston Churchill, and the start of the Santa Fe Trail.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

Africa, Europe, South America & the Caribbean, South Pacific & Southern Asia

Additional Exchange Preferences

We have had members suggest exchanges to Italy and Sweden but are open to exchanges all over the world.

District 6080 Friendship Exchange Web site

www.rotary6080.org

USA, District 6200

District 6200 Highlights

District 6200 is in South Louisiana, one of the more diverse regions in the USA. Six flags have flown over our state since the French explorers came 300 years ago. Baton Rouge is our largest city, the state capitol, and is in Mississippi River plantation country. It is the home of Louisiana State University, a major research institution, with over 30,000 students, many from other countries. With art and history museums, distinctive architecture, a world class planetarium, and great restaurants, it is a wonderful place to visit.

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Cajun Country lies in the heart of District 6200, and is a unique culture. French Acadians migrated to South Louisiana 250 years ago, and their language and customs can still be found today. Music, flavorful food, and numerous festivals are found throughout our 25 parishes (counties) where jazz, country, blues, and zydeco have deep roots. Our Conference Food Fest serves special dishes made by our 49 clubs which typify the region's cuisine. Gulf of Mexico and coastal seafood are featured ingredients.

The Mississippi River, the Atchafalaya Basin, and the Sabine River shape the Louisiana coast. Their wetlands create habitat for birds, alligators, crawfish, and great fishing. Lafayette is the unofficial capitol of Cajun Country, and hosts Festival International de Louisiane in late April. Smaller cities with multiple clubs are Lake Charles and Houma-Thibodaux. Mardi Gras is celebrated in the weeks before the Lenten season throughout the region, from the traditional horse ride through the country to satirical parades in Baton Rouge. New Orleans, while not in the district, is our gateway for international travel. We have interesting sites to view, unique activities, and most of all, friendly Rotarians.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges

Preferred Regions for Exchange

Europe, North America, South America & the Caribbean, South Pacific & Southern Asia

Additional Exchange Preferences

District 6200 is beginning to develop its Friendship Exchange Program. At this time, clubs are more at ease with English speaking exchanges, although some clubs do have members fluent in "Cajun" French, and a few have members who can speak Spanish. We hope to develop our program in the coming years to explore many other cultures.

District 6200 Friendship Exchange Web site

www.rotary6200.org/friendship

USA, District 6250

District 6250 Highlights

District 6250 is located in Wisconsin, USA, only 3 hours by car northwest of RI Headquarters at Evanston/Chicago, USA. Our 61 Rotary Clubs (3,500 members) reflect American Midwestern hospitality (urban and rural), industry (large and small), farming ("The Dairy State"), several major regional medical centers, the State Capitol of Madison, The University of Wisconsin-System, County Extension Specialists ("The Wisconsin Idea"), public and private schools, recreation areas ("Wisconsin Dells"), and a state bordered by the Mississippi River/Minnesota (west), Lake Michigan (east), and Lake Superior/Canada (north). Wisconsin celebrates and enjoys ethnic and community festivals (Norwegian, German, Spanish, farm produce, county fairs, etc.) during the entire year. Wisconsin Dells "water parks" are open all year. Seasonal sports include ice-fishing, skiing, river-rafting, hiking, hunting, golf, as well as the winter Birkebeiner (cross-country ski race). Our cities (Madison, La Crosse, Eau Claire, Marshfield) have theaters, museums, historical libraries, and cultural collections that reflect the variety of Native American tribes, early European settlers, and new trends in industry and environment management. Sports abound with "major league" sports of American baseball (Milwaukee Brewers) and American football (Green Bay Packers) in neighboring Rotary districts. The population of Wisconsin is 5+ million and the State Capitol is Madison. There are four seasons with cold and snow in the winter (but not as frigid as past years), beautiful spring and autumn, and summers with occasional hot days.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

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No Preference

Additional Exchange Preferences

District 6250 has had Rotary Friendship Exchange teams with India and with New Zealand. We are open to exchanging with new RFE districts in all parts of the Rotary world. A vocational or individual exchange might be of interest to our clubs. One RFE outcome has been the return visit of RFE team members as Rotary Volunteers to work as school assessment consultants on a Rotary Foundation grant proposal and a tsunami project. Another future outcome might be the creation of "Sister Cities" or "Sister Rotary Clubs" between RFE districts. Our preference for an RFE is home-stays with a variety of Rotarians, seeing Rotary projects, and attending a Rotary club and/or a district conference, as well as learning about each community visited. RFE is a GSE-like experience for Rotarians and one of the best ways to build goodwill and better understanding through Rotary. The International Avenue of Service (RFE, RYE, GSE, Volunteers) is highly valued in District 6250.

District 6250 Friendship Exchange Web site

www.rotary6250.org

USA, District 6450

District 6450 Highlights

Our district includes the metropolitan Chicago area, the surrounding suburban area, and extends to nearby agricultural districts. Chicago is a marvelous place to visit, with attractions to suit every visitor's interests. There are many Rotary clubs, both within the city of Chicago and in the nearby suburbs, and Rotarians have wonderful connections that allow members to show exchange visitors virtually anything that is of interest to them – from art, natural history, and science and industry museums to farms to historical exhibits to botanical gardens and a world-

renowned arboretum. Possible activities range from water sports on Lake Michigan to architectural boat tours of the city to biking or hiking in our many suburban forest preserves. And of course, the shopping opportunities are superb. Because of the large number of Rotarians in our district, we are able to organize interesting vocational exchanges and are open to facilitating individual exchanges as well.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges, Volunteer/Service Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

We have had a very successful exchange with visitors from Sweden and New Zealand and hope to attract other Rotarian exchange groups.

District 6450 Friendship Exchange Web site

www.rotary6450.org

USA, District 6670

District 6670 Highlights

District 6670 is located in Southwest Ohio, USA. It includes major cities such as Cincinnati and Dayton, as well as rural areas. Dayton is the "Birthplace of Aviation", since the Wright brothers who invented the plane were born here. Our district has a variety of cultural attractions (museum, arts, etc.) as well as entertainment (sports). The people in the midwest region of the USA are extremely friendly and hospitable.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

Europe, South Pacific & Southern Asia

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Additional Exchange Preferences

No Preference

District 6670 Friendship Exchange Web site

www.rotary6670.com

USA, District 6890

District 6890 Highlights

We in District 6890 welcome you to sunny Florida. Our district is composed of four counties in Central and West Florida. Any time is a great time of year to visit this area. We have parades and festivals throughout the year. The largest celebration is in Tampa the end of January each year and is called Gasparilla. Gasparilla is a waterborne invasion of the city of Tampa by "Pirates." Between 500,000 and 700,000 people watch the invasion and parade along the bayshore every year. Other events include automobile races in Sebring, the Strawberry Festival in Plant City, fly-in of airplanes in Lakeland, and numerous local small town events.

We are active with Group Study Exchange and the International Travel and Hosting Fellowship, and Rotarians throughout the district have home hosted Rotarians from all over the world for many years. We have many museums in our area including the Salvador Dali Museum, the Museum of Science and Industry, and numerous art museums. We have a performing arts center in Tampa and a Latin Quarter in Ybor City (Tampa) with an exciting night-life. For relaxation, Bok Tower in Lake Wales provides a serene and peaceful getaway.

Commercial attractions include Busch Gardens-Tampa and Cypress Gardens in Winter Haven. If it is fishing you like, we have fresh water with hundreds of lakes or salt water with the Gulf of Mexico. Close by is Caladesi Island, recently rated as the best beach in the United States. Shopping includes discount outlet malls to luxury retail malls with some of

the finest stores in the country. Best of all, we are one of the friendliest districts in the world!

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges

Preferred Regions for Exchange

Africa; Asia; Europe; North America; South America & the Caribbean; South Pacific & Southern Asia; No Preference

Additional Exchange Preferences

No Preference

District 6890 Friendship Exchange Web site

www.district6890rotary.org

USA, District 7430

District 7430 Highlights

District 7430 is located in eastern Pennsylvania, approximately one hour from Philadelphia, one and a half hours from New York City and Lancaster, Pennsylvania. It is the third largest metropolitan area in Pennsylvania yet maintains its rural character. At the same time, it is well within reach of the region's points of interests and the culture of New York and Philadelphia. Local attractions include Dorney Park and Wildwater Kingdom, a popular amusement park, the Pocono Mountains, a popular ski and recreation area, and Amish Country, where quaint country living thrives today. The Crayola crayon factory is a popular tourist attraction as well. During the summer there are many festivals, the most well-known being Musikfest and the Great Allentown Fair.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges

Preferred Regions for Exchange

Europe, South America & the Caribbean, South Pacific & Southern Asia

Additional Exchange Preferences

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Of particular interest to District 7430 are exchanges with Rotarians in Greece, Italy, New Zealand, Germany, Australia. Of course, we could arrange exchanges almost anywhere!

District 7430 Friendship Exchange Web site

www.rotarydistrict7430.org

USA, District 7490

District 7490 Highlights

District 7490 in New Jersey is located only 15 minutes from New York City. To see the most wonderful museums, opera houses, to tour the city, the Village with fellow Rotarians, or even on your own, is exciting. The Statue of Liberty in New Jersey, sporting events, homestays, and visits to local Rotary clubs for special events are among the many attractions in our area. Our district is small so it is easy to visit many different clubs in a few days. If you come in May, visitors may attend our district convention in Puerto Rico (1-4 May).

Our district has helped over 500 children worldwide through our medical missions, wheel chair donations, dictionary projects, and support for the homeless in the United States, Indonesia, Egypt, the Philippines and Dominican Republic. We hope to use our Friendship Exchanges to build relationships with districts around the world and establish service programs to assist communities in need.

We have 42 Rotary clubs of all sizes with 1500 members in our district. We would be proud to host the Friendship Exchange families that come and welcome vocational exchanges. Also, we will have publicity pictures for both the press here and for you to take home.

Preferred Types of Exchange

Individual Visitor Exchanges

Preferred Regions for Exchange

Europe

Additional Exchange Preferences

Poland, Romania, New Zealand, Australia and Russia are all countries with whom we would like to conduct exchanges.

District 7490 Friendship Exchange Web site

www.rotarydistrict7490.org

USA, District 7610

District 7610 Highlights

District 7610 is located in northeastern Virginia, USA. For those interested in the U.S. Civil War, District 7610 lies in the cross-roads of many historic Civil War sites including the First and Second Manassas, Fredericksburg, Chancellorsville, Wilderness & Spotsylvania battlefields.

The northern part of the district is adjacent to Washington D.C. with easy commuter train and subway access to Washington's popular tourist attractions. Mount Vernon plantation, the home of George and Martha Washington, rests on the banks of the Potomac River just 16 miles south of Washington D.C. The Smithsonian's Udvar-Hazy Aviation Center near Washington Dulles International Airport displays thousands of aviation and space artifacts including the Lockheed SR-71 Blackbird, Boeing B-29 Superfortress Enola Gay, and Space Shuttle Enterprise.

The eastern section of the district is a peninsula nestled between the Potomac and the Rappahannock Rivers called the "Northern Neck." It includes many museums and historical sites, such as the George Washington National Monument Birthplace. The Northern Neck Wine "Getaway" explores several Chesapeake Bay wineries, where you'll discover the rural landscape and history of the region.

The district's western sector is located around Charlottesville Virginia at the base of the Blue Ridge Mountains with its 105 mile Skyline Drive that runs along the crest of the mountains. Three of our nation's presidents lived in the area and visitors can see Thomas

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Jefferson's home at Monticello, James Monroe's home at Ash Lawn-Highland, James Madison's home at Montpelier. Also, there are twenty-three wineries in the western sector.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges; Vocational Exchanges; Volunteer/Service Exchanges;

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 7610 Friendship Exchange Web site

www.rotary7610.org

USA, District 7630

District 7630 Highlights

District 7630 is located almost half way between New York and Washington D.C. on the East Coast of the U.S., covering the State of Delaware and the eastern part of the State of Maryland. Wilmington, the main city in the district, is about two hours from New York and Washington, one hour from Baltimore and half an hour from Philadelphia, each with one or several international airports. For the most part, it is located on the Delmarva Peninsula, which on its Western coast borders the Chesapeake Bay, a boating heaven with many interesting places to visit, including a great Maritime Museum in St. Michaels, the Ward Museum in Salisbury, the U.S. Naval Academy in Annapolis, and the National Aquarium in Baltimore, to name a few. The eastern side is known for its great beaches. In the northern part of the district, there are two important attractions: Longwood gardens and the Winterthur museum, former residence of the Dupont de Nemours family, besides being close to the Barnes Foundation near Philadelphia, which has the largest collection of impressionist paintings ever assembled. If the southern part of the district is rural, the north is

industrial, a center for financial services and the headquarters of many important companies. In summary, the district offers a rare combination of important cultural and tourist attractions with an opportunity of experiencing the United States in its multiple aspects.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 7630 Friendship Exchange Web site

www.rotary7630.org

Virgin Islands, District 7020

District 7020 Highlights

District 7020 is beginning to develop its Rotary Friendship Exchange Program. Our district is located in the Caribbean in two geographical areas, separated by Dominican Republic (District 4060) and Puerto-Rico (District 7000) and includes 64 Rotary clubs in 10 different countries or territories. In the west, 46 clubs include Bahamas (except Grand Bahama), Turks and Caicos, Haiti, Jamaica, and Cayman Islands. In the east, 18 clubs include the U.S. Virgin Islands, British Virgin Islands, Anguilla, French West Indies (St-Martin & St-Barthelemy only) and Netherlands Antilles (Sint-Maarten only).

The Caribbean is a major tourist destination, often described as the playground for the rich and famous/fabulous. Each island has its unique charm that allows visitors to experience the beauty and simplicity of island life. Carnival, a cultural (festival) celebration is an annual event that happens at different times of the year on the various islands. Our visitors can enjoy miles of pristine beaches, horse-back riding, music festivals (jazz, reggae, and calypso), and numerous water sports (deep-

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sea fishing for Wahoo and Marlin, snorkeling, jet skiing, diving, and sailing). Sports enthusiasts can enjoy golf, cricket, and soccer. Sampling Caribbean cuisine is an experience not to be missed by our visitors and Rotarians may take home a copy of our District Cook Book, which is comprised of recipes submitted by Rotarians from throughout the district.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges; Vocational Exchanges; Volunteer/Service Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

All are welcome to visit, and we are open to exchanges with districts in all parts of the Rotary world. District 7020 would especially like to conduct exchanges with Rotarians in District 6930 and District 6990.

District 7020 Friendship Exchange Web site

www.7020.org