

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 4825

District 4825 Highlights

The most well-known destination in District 4825 is Buenos Aires, Argentina's capital and urban conglomerate of 13 million residents. Our district is one of the wealthiest and most developed areas of the country. The northern part of the district is agricultural, with important cereal crops. La Pampa produces millions of tons of soybeans, wheat, corn and sunflower. It also boasts the best steaks in the world. Buenos Aires is considered the most European capital of Latin America for its architecture and culturally diverse citizens. Many say the city looks like a mix of Paris, Madrid and other beautiful cities. It is home to dozens of theaters, cinemas, and restaurants of all types. Colon Theatre Center of classical music, ballet and opera is an example of the city's architectural beauty and rich artistry. People from across Latin America visit Buenos Aires to enjoy the musical and theatrical offerings. The Delta Parana River is east of Buenos Aires. It has forests and countless islands that separate Argentina from neighboring Uruguay. Argentina is famous for its hospitality, and the Rotarians of District 4825 await your visit.

Preferred Types of Exchange

Individual Visitor Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 4825 Friendship Exchange Web site

www.rotary4825.org

Argentina, District 4855

District 4855 Highlights

Our District 4855 is located in Argentina, at the edge of the city of Buenos Aires. We offer excellent performances in Buenos Aires (tango, folklore, etc), the best beef in the world, and walks in the countryside. Our members enjoy exchanges and we make our guests feel welcome. The best dates for travel are in our spring (September-October) and autumn (April-May).

Preferred Types of Exchange

Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

Europe, North America, South America & the Caribbean

Additional Exchange Preferences

So far we have received some couples and individual Rotarians. Normally in groups of 12. We believe it would be interesting to assemble a uni-vocational exchange as well. And we are open to suggestions.

District 4855 Friendship Exchange Web site

www.rotary4855.org.ar

Rotary Friendship Exchange Matching Board



Australia, District 9500

District 9500 Highlights

Situated in the lower central part of Australia, District 9500 stretches from Kangaroo Island in the south to Alice Springs in the north and the Nullabour Plain in the west. The majority of 54 Rotary clubs within the district are situated in a narrow coastal belt near the capital city of Adelaide. The City of Port Augusta provides a gateway to the outback, Alice Springs and the remote mining communities of Roxby Downs and Coober Pedy. Because of its geographic and industry diversity the district offers a range of different recreation and vocational based experiences.

The economy of the region is largely focused on broad acre farming based on wool, sheep, cereal crops and pastoral/cattle interests. The coastal communities have significant fishing and aquaculture industries with vital exports of tuna, lobsters, prawns and abalone. The Barossa Valley to the North of Adelaide is an international tourist destination and offers the visitor a wide range of wine and quality local restaurants. An outback odyssey to Ayers Rock (Uluru) and Alice Springs is a must for every visitor.

A major mineral ore mining enterprise has been developed around Roxby Downs and Olympic Dam and is now a major tourist attraction. Two of the world's most desirable train journeys are also available to the eager tourist. Embark on the legendary "Ghan" for an outback experience from Adelaide in the south to Darwin in the north. Travel through the historic town of Broken Hill and experience the ambience of indigenous and outback Australia. The other train trip of a lifetime is on the "Indian Pacific" from either Sydney or Adelaide to Perth in Western Australia passing through the old gold-mining town of Kalgoolie.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

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

Additional Exchange Preferences

Canada, United Kingdom and Sweden

District 9500 Friendship Exchange Web site

www.clubrunner.ca/9500

Australia, District 9520

District 9520 Highlights

District 9520 covers part of four mainland states of Australia. There are at present 57 Rotary Clubs with a total membership of 1,600 Rotarians. Stretching from the city of Adelaide the capital of South Australia to the western sectors of Victoria New South Wales and Queensland, the District takes in both banks of the Murray, the nation's longest river. Away from Adelaide, the major areas are the Riverland of South Australia, Sunraysia of Victoria both River Murray irrigation and agricultural regions together with Broken Hill famous for its formerly large deposits of silver, lead and zinc – now a tourist destination.

The district is largely dependant on the rural economy with some light industry in country towns. Most of the manufacturing, finance and business is centered close to Adelaide. Dry land farming covers much of the area with cereal crops and sheep and cattle farming. Large irrigated areas along the River Murray produce quality citrus, stone fruits, grapes, vegetables and extensive dairying. Wines produced are of excellent quality and varying styles coming from the irrigation areas and southern Adelaide hills. In the far north, there are commercial oil fields and natural gas reserves that feed supplies to Adelaide and Sydney. Major cities are Adelaide, Mildura and Broken Hill. Adelaide hosts an internationally recognized Festival of Arts, a world renowned Christmas Pageant and many other annual events. It is often referred to as the capital of the driest State in the driest Continent.

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Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 9520 Friendship Exchange Web site

www.rotarynews.info/9520

Australia, District 9600

District 9600 Highlights

District 9600 is spread between three countries: Australia, Papua New Guinea and the Solomon Islands. In Australia, the majority of the district's clubs are located within the confines of Brisbane City, Queensland. However, there are also clubs located about 100 km north of the city in an area known as the Sunshine Coast, an extensive coastal region with fabulous surf beaches.

Brisbane International Airport is the gateway to our Queensland state capital. With a subtropical climate our residents enjoy many different cultural and entertainment events throughout the year. Some of our attractions include a modern art museum and gallery, sports stadiums, an annual River Fire festival and agricultural and pastoral show called The EKKA. It is the best location to begin from for a visit to Fraser Island, the world heritage preserve, and the Great Barrier Reef.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

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

Additional Exchange Preferences

No Preference

District 9600 Friendship Exchange Web site

www.rotary9600.org

Australia, District 9640

District 9640 Highlights

District 9640 is located in a subtropical region of eastern Australia, spanning two states – Queensland and New South Wales. It showcases a diversity of culture, climate, landscapes and industry. The Pacific coastal strip has some of the best surf beaches in Australia extending from the internationally famous Gold Coast to Byron Bay and the picturesque Northern Rivers region. Each year, some four million visitors experience the surfing, sailing, golf, fishing, diving, shopping, restaurants and glitzy nightlife. The adjacent hinterland contains World Heritage rainforests and offers visitors bushwalking, white-water rafting, canoeing, camping and wildlife-watching. Further west, a more temperate climate is experienced in the scenic tablelands of the Great Dividing Range. The drier western plains offer contrasting glimpses of the edge of the Outback. There is a diversity of agriculture across the district. Tropical fruits and nuts, sugarcane, dairy cattle and fishing are found along the coastal strip. Further west, beef, fine wool, prime lambs, vegetables, temperate fruits, world-class wine, cotton and wheat are produced. National Parks, boutique wineries, regional foods, unique local markets and events are popular experiences for visitors. This is a fast growing region with easy access via international airports at Coolangatta on the Gold Coast or at nearby Brisbane just to the north of the district.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

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Preferred Regions for Exchange

Africa; Europe; North 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 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 ancient Gondwana 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, Vocational Exchanges; Volunteer/Service 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. We are happy to consider offers of visitor exchanges.

District 9650 Friendship Exchange Web site

www.rotary9650.org.au

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

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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.

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,

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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

Australia, District 9830

District 9830 Highlights

Tasmania is the smallest and most picturesque state of Australia. Separated from the mainland by Bass Strait it is a unique land of rugged mountains, fertile farmland and scenic coastline. Tasmania's land area is 68,102 square kilometres and the climate is temperate, with summer daytime temperatures often around 25 degrees Celsius while winter daytime temperatures seldom fall below 10 degrees Celsius. Rainfall is predominantly in winter.

Primary industries include agriculture, mining, fishing and forestry. Due to favourable climatic conditions, agriculture is varied and includes vegetable production, poppies for pharmaceutical products, pyrethrum for natural insecticides, dairying, beef, lamb and wool production. A clean, green image is being used to promote these products on the world market. Secondary industry plays an important part in the state's economy. It includes mineral smelting, paper manufacturing, vegetable processing, cheese and chocolate production. Energy is currently derived from hydropower; the first wind power farm has been established and natural gas will be brought onshore in the near future.

Tourism is a significant industry in the state. Many tastes are catered for with heritage and wine trails and some of the world's best bush walking and fly fishing. The island has a decentralised population of approximately 500,000. The capital city is Hobart in the south of the state. Other important centres are Launceston, Devonport and Burnie.

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Although the Dutch navigator Abel Tasman was the first European to reach Tasmania in 1642, the British made the first settlement in 1803. The Aboriginal population has been in Tasmania for an estimated 30,000 years. Conflict with the native population together with the spread of diseases resulted in the death of the last full blood Aboriginal in 1876. Today, Aboriginal descendants are endeavouring to retain as much as possible of their culture. Britain granted responsible government to the island in 1855 and in 1901 Tasmania became part of the Commonwealth of Australia.

The Rotary Friendship Exchange program is an activity District 9830 regularly participates in with Districts throughout the world with recent exchanges to Canada, Sweden, USA, and other countries. We always have an interest among Rotarians and partners within our District.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

Africa; Europe; North America: South America & The Caribbean

Additional Exchange Preferences

No Preference

District 9830 Friendship Exchange Web site

None

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. It contains 63 clubs and 1,300 Rotarians. The region has three unique eco-systems: Amazonian jungle, swamp, and savannah. Hundreds of species of rare birds and animals live in these exotic habitats.

The region is a major producer of meat and grains, and crops such as corn, soy and cotton. Tourism and environmental industries are also 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

No Preference

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Additional Exchange Preferences

We are interested in exchanges with neighboring countries in South America.

District 4440 Friendship Exchange Web site

www.distruto4440.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 ecological paradise 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

No Preference

Additional Exchange Preferences

No Preference

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 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

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Additional Exchange Preferences

No Preference

District 4530 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. Not part of the District but nearby, are two gigantic metropolitan areas: Sao Paulo with 19.9 million and Rio de Janeiro 11.9 million (2009 population est.). São Paulo is the financial center of Latin America and Rio de Janeiro (*Cidade Maravilhosa*), is the post card of Brazil. The largest 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 (2009 population est.): Sao Jose dos Campos, SP 616,000; Taubaté, SP 274,000 and Volta Redonda, RJ 262,000. The region is geographical diverse with mountains, beaches, rivers and valleys.

Within this conglomerate is District 4600 with 71 clubs and 1381 members, as of February 1, 2010. The 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/Taubaté and surrounding area include: Ações Villares, BASF; Embraer; Ford; General Motors; Johnson & Johnson; LG; Maxion/Iochpe; Monsanto; Nestle; Nexons: Oria; Panasonic; Petrobras; Votorantin; and Yakult. 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. Gobain; Volkswagen and Votoraco. The National Institute of Space Research (INPE) is also in this region. The Academia

Militar de Agulhas Negras (AMAM) (Brazilian West Point) is located in Resende, RJ.

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 moved on but the remnants are still here. 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.distrto4600.org.br

Brazil, District 4650

District 4650 Highlights

Rotary District 4650 is located in the state of Santa Catarina in southern Brazil. The state has more than 350 miles (600 kilometers) of beautiful beaches and islands, a subtropical climate, with forests and rivers and to the West it borders the Paraná River near the spectacular Iguazu Falls. The Iguazu Falls, UNESCO World Natural Heritage Site, is twice as tall as and four times wider than Niagara Falls. Our District stretches from the Atlantic Ocean across the Itajai Valley also known as

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the "European Valley" because much of its population still speaks the languages that the original settlers brought to the region from Europe during the mid 19th century and early 20th century, and they still follow many of their traditions. The two largest cities in the District are Joinville, an industrial town, which permanently hosts the only Bolshoi Ballet School outside Russia, and Blumenau, a university town, which celebrates the largest Oktoberfest festival in the Americas. Local festivities, trade shows, art shows and exhibits take place throughout the year. There are many museums with historical exhibitions. Also, many towns have their own microbreweries and brew pubs, where unique ales, lagers and pilsner beers can be found. In addition to football (soccer), for which Brazil is famous, outdoor sports abound in the region, such as surfing, tennis, sailing, bicycling, motor biking, rafting, fishing, rappel, cascading and trekking. Economic activities include tourism, textiles and fashion industries, furniture, software development, engineering power technology, as well as farming and agriculture. People in this region are known in Brazil for being both hard working and fun-loving. The Rotarians in our District are extremely warm and friendly hosts. Over the years we have received groups from many parts of the world and look forward to welcoming more.

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

We are interested in Friendship Exchanges with Europe, including UK, North, Central and South America, Caribbean, Australia, New Zealand We welcome Rotarians and spouses/significant others. No children please. Singles are welcome.

District 4650 Friendship Exchange Web site

www.rotary4650.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

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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

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.

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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 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 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

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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

Colombia, District 4270

District 4270 Highlights

District 4270 is located in Northern Colombia and currently has 41 Rotary clubs and 1,030 Rotarians. The area has well developed tourism, commercial, industrial and agricultural industries. The Atlantic coast brings lots of warm weather. Locals are happy and friendly. There are many interesting tourist events and locales, including the Carnival of Barranquilla, the National Livestock Beauty Contest and the UNESCO recognized historic city of Cartagena.

Preferred Types of Exchange

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

Preferred Regions for Exchange

North America; South America & the Caribbean

Additional Exchange Preferences

No Preference

District 4270 Friendship Exchange Web site

Not Available

Colombia, 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

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

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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 Mahatma Gandhi.

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

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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 3040

District 3040 Highlights

Located in the central India, Rotary District 3040 covers part of states of Madhya Pradesh and Gujarat. The district has 79 Rotary clubs and approximately 1850 Rotarians. It covers a large and diverse geographical area. There are unspoiled forests, rivers and mountains. Many historical places are situated here. This area has a rich tradition of art, handicrafts and tribal arts. It has ancient monuments and heritage places. It provides visitors with a broad overview of Indian culture. People are friendly here and are known for their hospitality.

Best time for visiting our district is between September and February. The temperature during this period is 18°C to 27 °C. These months have the most activities and festivals. Our district conference will be held in February 2011. Rotarians in our district are friendly and love to make new friends from different parts of the world. We look forward to welcoming you to our district.

To reach the district, two of many international airports, Mumbai and New Delhi, both are about 600 kilometers from Bhopal/Indore. Both the international airports are well connected by air to Indore/Bhopal.

Bhopal, capital of Madhya Pradesh, combines scenic beauty, history and modern urban planning. It is situated on the site of an 11th century city, Bhojapal. Bhopal today presents a

multi-faceted profile; the old city with its teeming market places and fine old mosques and palaces still bear the aristocratic imprint of its former rulers; equally impressive is the new city with its verdant, exquisitely laid out parks and gardens, broad avenues and streamlined modern edifice. Sanchi near Bhopal is known for its Buddhist Stupas, monasteries, temples and pillars dating from the 3rd century B.C. to the 12th century A.D. It has been included by the UNESCO as one of the heritage sites of the world. Indore is the commercial capital of Madhya Pradesh. Planned and built by "Rani Ahilyabai", the brave Holkar queen, it is a bustling and vibrant city. This largest city of MP is an important educational & industrial center of India. Travel to Indore city will present a blissful blend of the past and the future. Indore is known for its architectural splendor. Apart from being a historical city, Indore is also the commercial capital of the state of Madhya Pradesh. It is famous for its food, festivals and handicrafts. Ujjain is an ancient & holy city. It was mentioned in 6th Century B.C. Buddhist literature. The world famous observatory constructed in 1719 is situated here. Modern Ujjain is situated on the banks of the river Shipra.

Omkareshwar, the sacred island, has drawn to it hundreds of generations of pilgrims at the confluence of the rivers Narmada and Kaveri. And here, the works of Nature complement those of man to provide a setting awe-inspiring in its magnificence. Maheshwar was a glorious city at the dawn of Indian civilization. This temple town on the banks of the river Narmada finds mention in the epics of Ramayana and Mahabharata. Today, Maheshwar is also known for its distinctive hand-woven fabric called Maheshwari. Mandu, perched along the Vindhya ranges at an altitude of 2,000 feet is a very old city. It was known as the 'city of joy' in the past. Its rulers built exquisite palaces, ornamental canals, baths and pavilions, as graceful and refined as those times of peace and plenty. Each of Mandu's structures is an

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architectural gem; some are outstanding and which provided inspiration to the master builders of the Taj Mahal centuries later. There are some places nearby which are not parts of district 3040, but are easily approachable. The temple architecture of the world famous Khajuraho complex is unique. One thousand years ago, under the generous and artistic patronage of the kings of Central India, 85 temples – magnificent in form and richly carved – were built on one site, near the village of Khajuraho. In Kanha, a game sanctuary, sal and bamboo forests, rolling grasslands, and meandering streams stretch over 940 sq km in dramatic natural splendor, which form the core of the Kanha Tiger Reserve. It offers the best possibility to see tigers in the wild. The park is the only habitat of the rare swamp deer (Cervus Duvaceli Branderi).

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 3040 Friendship Exchange Web site

Not Available

India, District 3060

District 3060 Highlights

District 3060 boasts both industry and agriculture. Alphonso mangos grown in our 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 3070

District 3070 Highlights

District 3070 is situated in the northern part of India. It borders Pakistan to the northwest and China along the northern states of Jammu, Kashmir, Himachal Pradesh and Punjab. Jammu and Kashmir have beautiful natural landmarks such as the world famous Dal Lake and centuries old Mughal Gardens, and Ladakh with its extra-terrestrial landscape. It also has urban appeal like the beautiful modern city of Jammu. Himachal Pradesh is famous for its natural beauty with places like Dharmshala, residence of living God, H.H. Dalai Lama. Other cities are Billing, Kullu and

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Manali. Punjab is known for its fun and lively culture. Its famous cities are Ludiana – known for its industries, Amritsar – city of the Golden Temple, the Wagha border – with its famous changing of the guards, and the Diwali festival of lights.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges;

Preferred Regions for Exchange

Asia; Europe; North America

Additional Exchange Preferences

Exchange with English speaking countries.

District 3070 Friendship Exchange Web site

Not Available

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, Uttrakhand, 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 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

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India, District 3132

District 3132 Highlights

Our District 3132 lies in the heart of Indian subcontinent and has myriad of interesting geographic, historical and contemporary attractions. The District has 2,400 Rotarians spread over 67 clubs in the state of Maharashtra. The District extends 400 km east to west and 450 km north to south.

The District is steeped in ideal Indian culture with traditional family systems. We can say our District represents the real India. Many of India's most beautiful destinations are within the district.

Our district is a congruence of various creeds and cultures. It is full of combinations of traditional and modern events, educational landmarks, exotic natural beauty, architectural monuments, various cities bearing their own specialty, and open minded people with overwhelming hospitality. It is culturally diverse and has excellent educational centers with three universities. Our District is a paradise for any student or professional to learn about Indian culture as well as various vocations.

We have well-respected and famous auto, computer, wine, and textile industries. The district also has extensive sugar production, two military schools, natural hill stations, and dams. We celebrate many Indian festivals. The most famous ones are the Diwali, Ganesh and Durga festivals.

We have very good tourist spots in our District. World famous Ajanta and Elora caves, hill stations Mahabaleshwar, Panchagani. Tourist attractions nearby include the famous beaches of Goa and world heritage sites such as Hampi and Bijapur.

Preferred Types of Exchange

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

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

Univocational Team exchanges are welcome.

District 3132 Friendship Exchange Web site

www.rotarydistrict3132.org

India, District 3140

District 3140 Highlights

District 3140 is one of the premier districts from the Zone 4, 5 & 6A of Indian Continent. Located on the beautiful coastline of Arabian Sea and surrounded by the great Sahyadri range of mountains, District 3140 has 125 clubs with a membership of more than 6,500 Rotarians. District 3140's significant contribution to The Rotary Foundation is well recognized. The district covers three large and vibrant cities of Western India: Mumbai, Navi Mumbai & Thane. Mumbai is the financial hub of India and its modern history dates right back to the 18th century, Navi Mumbai was developed in 1972 as a twin city of Mumbai, and Thane is one of the most industrialized districts in India playing host to about 20,000 small and medium enterprises.

Visitors to District 3140 can enjoy some great tourist attractions like the Gate Way of India, Tiger National Park and a Bird Sanctuary located all at a short drive from Mumbai. The night life in Mumbai is very vibrant and promises a fantastic time. As of 2008, Mumbai has been ranked as an Alpha world city. The city proper is the most populous city in India and the second most populous in the world, with approximately 14 million inhabitants. With very warm locals and friendly Rotarians you can be sure of a great visit.

Mumbai is the commercial and entertainment centre of India, generating five percent of India's GDP, and accounting for 25 percent of industrial output, 40 percent of maritime trade, and 70 percent of capital transactions to India's

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economy. Mumbai is home to important financial institutions such as the Reserve Bank of India, the Bombay Stock Exchange, the National Stock Exchange of India and the corporate headquarters of many Indian companies and numerous multinational corporations, five of the Fortune Global 500 companies are based in Mumbai. The city also houses India's Hindi film and television industry, known as Bollywood. Mumbai's business opportunities, as well as its potential to offer a higher standard of living, attract migrants from all over India and, in turn, make the city a potpourri of many communities and cultures.

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 3140 Friendship Exchange Web site

www.rotary3140.org

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

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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 - 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>

India, District 3230

District 3230 Highlights

Chennai is the cultural capital of India with many ancient temples and historical sites. It also has the second longest beach in the world, Marina Beach. Rotary clubs are vibrant and active here.

Our District has a rich history. The Dravidian Indian culture dates back to 3000 BC. People are very friendly and welcome all visitors.

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Preferred Types of Exchange

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

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

We welcome vocational exchanges.

District 3230 Friendship Exchange Web site

www.ri3230.org

Israel, District 2490

District 2490 Highlights

District 2490 is one of the few districts that comprise all of the Rotary clubs of one country, Israel, where there are 60 Rotary clubs - 1 English speaking, 54 Hebrew speaking and 5 Arabic speaking clubs.

This relatively small country has been the crossroads between Africa, Asia and Europe for thousands of years, and it has a rich history, locations of significant religious importance, and inspiring archaeological sites. The region has fantastic health resorts. It is a world leader in high tech industries, agricultural technology, and business start ups. This has led to rapid economic growth.

Israel is a popular tourist destination and an important pilgrimage site for Christians, Muslims, Jews, Baha'i and other faiths. While Jerusalem is a popular destination, the Sea of Galilee, the Mediterranean coast and the resort port city of Eilat on the Red sea are also major attractions.

Israel is a most fascinating destination for Rotarians interested in humanitarian service projects, as the country has a vast array of exemplary health, social welfare, education services - models that are being replicated in other countries.

Our district has a number of Rotarians who are fully qualified, licensed tour guides who will help make site seeing even more enjoyable.

Our tourist facilities rival the best in the world - wonderful food, tremendous hospitality and a relaxing ambience with a pleasant climate.

Preferred Types of Exchange

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

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

Since our District is launching our first Friendship Exchange program, we would like to start small and build and learn from experience. We would appreciate small groups of 3 to 5 Rotary couples who plan to stay for 10-14 days. It would be best to mix general tourism with an interest in a specific Rotary related theme - e.g. water conservation, health care, education. In this way, we can design and tailor-make a program that is enjoyable and a positive learning experience.

District 2490 Friendship Exchange Web site

<http://rifriendshipexd2490.homestead.com/index.html>

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.

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Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

Europe, North America, South America & the Caribbean

Additional Exchange Preferences

No Preference

District 2100 Friendship Exchange Web site

www.rotary2100.it

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

Mexico, District 4180

District 4180 Highlights

District 4180 lies in the south of Mexico, encompassing the states: Guerrero, Morelos, Puebla and Tlaxcala. The temperature is warm year round. There are diverse attractions for visitors to our district. The most famous are Acapulco beach and impressive archaeological sites. There are zoos, fairs and festivals, museums, crafts, jewelry, woodworking, stone masonry and silver-working. Visitors will greatly

enjoy the cuisine, which has the diverse flavors of Mexico.

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

Additional Exchange Preferences

District 4180 would like to organize exchanges with districts in Brazil, Argentina, Puerto Rico and Peru.

District 4180 Friendship Exchange Web site

Not Available

Mexico, District 4190

District 4190 Highlights

District 4190 mostly lies within the state of Veracruz, and extends into Oaxaca, covering the El Tajin archaeological zone. This pre-Columbian city is a World Heritage Site and a wonderful example of architecture and civilization in Mexico. The three most important commercial ports in Mexico are located in Veracruz. The district has 745 km of coastline. Sun, surf, sand and sea are a part of every vacation. With destinations like Costa Esmeralda, Roca Partida, La Mancha and Anton Lizardo, Veracruz beaches offer fun and relaxations. We invite you to get to know us and our wonderful surroundings!

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

Africa; Europe; South America & the Caribbean

Additional Exchange Preferences

We prefer a 10 to 15 day exchange.

District 4190 Friendship Exchange Web site

www.rotary4190.org

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New Zealand, District 9930

District 9930 Highlights

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

New Zealand, District 9970

District 9970 Highlights

District 9970 has 33 Rotary Clubs with 1400 members. It is 400km long by 150km wide and covers the northern half of the South Island of New Zealand. The area includes the provinces of Nelson, Marlborough, North and Mid Canterbury and the West Coast. Major population centres include, Nelson, Blenheim, Westport, Greymouth, Hokitika, Kaikoura, Ashburton as well as Christchurch with its international airport.

Highlights of the Nelson Area include access to 3 National Parks, including the world famous Abel Tasman National Park (walking, boating, kayaking, swimming) within a 90 minute drive, as well as arts and crafts. Nelson is New Zealand's major fishing port. Marlborough is the gateway to the Marlborough Sounds and from Picton the inter island ferries leave for Wellington in the North Island. The west coast is renowned for its rugged beauty of mountains, glaciers as well as coastal views including the famous Pancake Rocks at Punakaiki. Christchurch is the largest South Island city. Known as the Garden City it has many parks and gardens. The Port Hills provide access, over and through to Lyttelton the major shipping port of the area. Visit the Antarctic Centre, the Port Hills Gondola, whale watching from Kaikoura, and soak in luxury in a hot thermal pool at Hanmer. Mid Canterbury and Ashburton in particular is a farming area specialising in grain cropping and more recently there has been a large increase in large scale dairy farming. Many award winning wines, particularly Sauvignon Blanc, have been produced in the district. Wine areas include Marlborough, Nelson and Canterbury. Inland Canterbury's Mount Hutt Ski Field is internationally renowned.

The district has recently hosted Friendship exchanges with Scotland and Devon / Cornwall. We prefer groups of up to 6 couples who would spend up to 2 weeks touring the

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district being hosted by local Rotary club members. Travel times between areas can be significant and the use of some public transport such as rail / bus / rental minivans may be necessary to travel between areas with Rotary clubs.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 9970 Friendship Exchange Web site

www.rotary.org.nz/district.cfm?ID=13

New Zealand, District 9980

District 9980 Highlights

District 9980 has 30 Rotary Clubs with 1,300 members, and it covers the southern half of the South Island of New Zealand. The area encompasses the provinces of South Canterbury, Otago and Southland and contains many tourist attractions for which New Zealand is renowned. It includes the population centers of Dunedin, Invercargill, Timaru and Queenstown. This very scenic part of New Zealand includes the beautiful southern lakes of Manapouri, Te Anau, Wakatipu and Wanaka, which are favorites with overseas tourists. Lakes Pukaki, Tekapo and others, which form part of a hydro electric power generating system, are also used for recreation by the locals.

Other district scenic highlights are: New Zealand's highest mountain Aoraki/Mount Cook, 3754 meters high, towering in the Southern Alps; the magnificent Milford Sound; the natural splendor of Queenstown, and the dramatic landscapes of Central Otago and the Mackenzie Country. There are a number of popular ski fields frequented by skiers in the winter. Coastal areas are home to various

species of penguins (little blue, the world's smallest, and the rare yellow eyed penguin) and there is an exclusive area on Otago Peninsular where royal northern albatross breed. These albatross have up to a 3 meter wingspan. Rare prehistoric tuataras can be viewed in captivity at a breeding program at the Southland Museum. Just a 20 minute scenic flight from Invercargill there is a 160,000 hectare island; Stewart Island. It is a haven for native birdlife. The region offers a wide diversity of other features including glow worm caves at Te Anau, a petrified forest at Curio Bay, Maori rock drawings, once vibrant gold field townships and several National Parks including Fiordland (New Zealand's largest national park, which extends from high mountains right down to remote and rugged coastlines), Aoraki/Mount Cook and Mount Aspiring. A district visit takes about two weeks.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

Five or six couples

District 9980 Friendship Exchange Web site

www.rotarysouthpacific.org/district.cfm?ID=14

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.

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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

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

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 coastal landscape 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 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,

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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.

District 2360 Friendship Exchange website

<http://www.rotary.se/D2360>

Sweden, District 2380

District 2380 Highlights

Rotary District 2380 is located in the middle of southern Sweden. The district is an agriculture and forest landscape with plenty of lakes. Two of the bigger freshwater lakes are situated within the district. This landscape was created by the Great Inland Ice that covered the landscape 5000 years ago and formed a various landscape with plains suitable for agriculture, moraines and hills suitable for forestry and many lakes with fresh water and good fishing. The landscape provides many opportunities for tourist activities.

The industry in the district has many subcontractors for the Volvo and the Saab automotive industry and many family owned metal industries. All engines for the Volvo trucks, cars and marines are manufactured in our district. The Farming, Forest-and Furnishing industry are intensive. We have five universities, one agricultural, two industrial and computer oriented and two regular oriented. There are a lot of historical monuments important for our Swedish history. For example rock carvings and runic stones are to be seen. About 1000 years ago, the first Christian Swedish king was baptized here. We also have many medieval towns with old cathedrals and churches in the district. Stockholm, Oslo and Copenhagen, the capitals of Sweden, Norway and Denmark are situated within 300 km from our district. Gothenburg, the import/export harbor, is only 100 km away. The best time to visit Sweden is from early May to late August.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 2380 Friendship Exchange Web site

www.rotary.se

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 Tidens Hometown. If

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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" (Sprinter champion) 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 Halmstad group 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, 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 railway station 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

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Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 2400 Friendship Exchange Web site

www.rotary.se

Taiwan, District 3490

District 3490 Highlights

District 3490 is the largest rotary district in Taiwan. It covers northern and eastern parts of the island, located about 150 km from China in the west Pacific Ocean. The landscape is diverse with beautiful mountains and plains. Jade Mountain in central Taiwan is the highest in East Asia. The country has an advanced electronics industry and extensive agriculture, offering many varieties of fruits. In northern Taiwan, two destinations that cannot be missed are the National Palace Museum and Building 101. The National Palace Museum has one of the largest permanent collections of ancient Chinese artifacts and artwork in the world, encompassing 8,000 years of Chinese history. Building 101 is one of the tallest buildings in the world. You can see most of northern Taiwan from its top floor. Eastern Taiwan is full of natural landscapes. Taroko National Park is a popular tourist spot. Cliffs and marble canyons stretch along rivers. Taiwan's high speed train travels across all of western Taiwan in as little as 90 minutes. Its night markets are great places to enjoy local cuisines, culture and nightlife. The major festivals are according to lunar calendar, such as Lunar New Year, Lantern Festival (15 Jan), Dragon Boat Festival (5 May) and Moon Festival (15 Aug). Every festival has its own history and special activities. To see the beauty of Taiwan, please visit <http://www.youtube.com/watch?v=Bn4BqothAHQ>.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

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

Additional Exchange Preferences

No Preference

District 3490 Friendship Exchange Web site

www.rid3490.org.tw

Taiwan, District 3520

District 3520 Highlights

Our District is located in Taipei City, Taiwan, the Republic of China. There are 94 member clubs, with a total of 3,700 Rotarians in our District. We are pleased to invite you to participate in the special Rotary Friendship Exchange program which is also linked to the centennial celebration of the Republic of China.

The Program: Our District, located in Taipei City, the capital of the Republic of China, was invited by the Government to participate in the centennial celebration of the republic which was established on Oct. 10, 1911. We have subsequently, set up an International Friendship Year Committee to proceed arranging a special Rotary Friendship Exchange program, which plans to invite 200 Rotarians/spouses to visit Taiwan, during the period of July 2011 through Mar. 2012

Home-stay Arrangements: All visiting Rotarians will be arranged to Rotarian host families for home-stay during the duration of their visits to Taiwan. Member clubs of our District will be assigned to discuss details of providing home-stay arrangement for visiting Rotarians.

Visit Duration: It is suggested 3-5 days visits for the Rotarians from the nearby Asian countries, and 7-9 days for other countries. Actual visit duration is to be decided between

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the assigned host Rotary clubs and visiting Rotarians.

Points of Interest: The centennial celebration activities/events, The National Palace Museum with the world's largest collection of Chinese historical artifacts, the beautiful scenery, the variety of Chinese cuisines, the intriguing night markets, the old temples...For more details, please visit the website of Taiwan Tourist Bureau:<http://Taiwan.net.tw>

Languages: Mandarin (Pekinese Chinese), English is also commonly spoken as a second language.

Contacts: Interested parties, please contact Mr. John Chen, 2011-12 Rotary Friendship Exchange Committee Chair, D3520 by email at john.chen@world-linktech.com ; or call : +886-2-2627-5565, +886-910-083-828, Fax: +886-2-2627-4763, for further arrangements.

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 3520 Friendship Exchange Web site

www.ri3520.org.tw

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

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 2440

District 2440 Highlights

District 2440 is located in the west part of Turkey with 67 clubs and 2,100 Rotarians. It includes the major cities of Izmir, Bursa, Canakkale, Balikesir, Mugla, Denizli and Aydin. The Aegean Coast possesses some of Turkey's most spectacular and significant archaeological sites with a rich cultural legacy from early Greek, Roman and Ottoman civilizations. The ancient cities of Ephesus and Troy are permeated with the past, where amphitheatres, chariot-rutted streets and columns reek of historical importance. It was here that St. Paul laid the foundations for the beginnings of Christianity, and where the face of legendary beauty, Helen of Troy, 'launched a thousand ships'.

Besides historical attractions, the Aegean is known for its magnificent coastal scenery and long stretches of sandy beaches, where pine trees and olive groves clad the hills surrounding popular resorts like Bodrum, Kusadasi, Didim, Marmaris, Cesme, Ayvalik, Bergama, Edremit, and Gelibolu (Gallipoli). Inland, the calcium-rich mineral springs that surge over the edge of a mountain plateau at

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Pamukkale form Turkey's leading mineral spa is one of the most celebrated natural attractions in the area. The city of Izmir, once famous for its figs, is today the modern capital of the region, and a major port and busy commercial centre.

Turkey, a bridge between Europe and Asia, has an extremely rich heritage. Perhaps no other land has witnessed so many diverse civilizations 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. 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 Turkey should not only take in all the great sights and monuments; it should leave plenty of time for leisure and pleasure. Turkey has one of the world's healthiest cuisines and extremely hospitable people. A trip to Turkey is an enchanting experience and an unforgettable adventure.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

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

Additional Exchange Preferences

District 2440 prefers exchanges with teams of 8-10 people that last for around 10 days. Preferred teams consist of couples and include Rotarians who can speak English.

District 2440 Friendship Exchange Web site
www.rotary2440.org

United Kingdom, District 1070

District 1070 Highlights

District 1070 England is north of London, and it is a land of rural landscapes, vibrant cities and historic villages and towns. We are so close to London that you can be in the heart of our

capital city in approximately one hour by train. This is middle England and our District has an abundance of cozy country pubs, ancient battlefield sites, historic towns, villages and buildings. We are within a short car journey from famous places such as Cambridge, Oxford and Stratford-upon-Avon. We respect our heritage, but have our eyes on the future as well. Leicester is the National Space Centre; Loughborough University is famed for its athletics, sports equipment and sports injury studies; Northamptonshire is famed for its F1 motor engineering and race circuit at Silverstone and our farms are leaders in modern food production. From castles to canals and from nature parks to nuclear research; there is so much to see and do. Come and visit the old and the new, but remember it will be the medieval church spires, the ironstone walls, the green fields and the warm welcome that will leave a lasting impression of District 1070.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

We would normally offer (and seek) exchanges based on the guidelines established by the RFE manual. Six Rotarian couples and/or combination to include single Rotarians, but not exceeding 12 people in total (always subject to hosting arrangements). Exchanges of a two week duration and 4 stages of hosting in different areas of the district.

District 1070 Friendship Exchange Web site
www.rotary1070.org

United Kingdom, District 1100

District 1100 Highlights

Rotary District 1100 is located in the West Country and Welsh Marches of the United Kingdom. It is a widely diverse area. To the

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south west of the district is the thriving city of Bristol, from where John Cabot sailed in 1497 to the New World. Being a centre of culture, employment and education, and with a population of some 500,000, Bristol contrasts with the numerous picturesque and tranquil villages and small market towns scattered throughout the district. Many people can trace their history back to Saxon times. Elsewhere, some of the most remarkable Neolithic monuments in the country are to be found and, just a short drive to the south of the District: Stonehenge. Regency Cheltenham and the Cathedral city of Gloucester (its Cathedral will be well known to fans of Harry Potter!) are at the heart of the district, while two other famous Cathedral cities, Hereford and Worcester, are to the northern edge. Well known for its fine porcelain, Worcester is also the home of the famous 'Morgan' motor car company, to which visitors are most welcome. Hereford's claim to fame is cider production and the cattle which take their name from the county in which they are bred. The counties of Hereford and Worcester are made up of unspoilt countryside, and market towns and villages of distinctive character, with many half-timbered thatched cottages. The River Thames rises in District 1100, while rivers Severn and Wye form a natural border between England and Wales, where we have clubs in what is one of the most picturesque areas of the United Kingdom. In the Wye valley are the ruins of the romantically acclaimed 13th century Tintern Abbey and in Chepstow, the town's 11th century Norman Castle – one of many to be found along the Welsh border. Together with the famous 'Cotswolds', the 'Malvern Hills' and the rolling downlands of Wiltshire, District 1100 offers the visitor a unique snapshot of the UK's most outstanding diversity. Museums abound, and for music lovers, Holst's and Elgar's homes are open to visitors. Engineers will welcome the opportunity to visit Isambard Kingdom Brunel's Famous steamship, the SS Great Britain, now 'berthed' in Bristol in the very dry dock in which she was built in 1843, and the home of his

Great Western Railway at 'Steam' in Swindon. On the fringes of our District is the splendid Georgian City of Bath with its world famous Roman Baths and Stratford-upon-Avon, home to the bard, William Shakespeare.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

For ease of group travel, accommodation and promoting fellowship opportunities throughout a team's stay, District 1100 prefers to host no more than five couples on each exchange. We would provide visiting teams the opportunity to attend four or five Rotary club meetings during their stay, and hope that they would give a short presentation on each occasion. So far as is possible, we will arrange accommodation with 'like minded' Rotarian hosts. Teams can expect to visit 'all corners' of the district and enjoy hospitality with up to four hosts.

District 1100 Friendship Exchange Web site

www.rotary1100.org

USA, District 5100

District 5100 Highlights

District 5100 is located in the beautiful Pacific Northwest of the United States. It encompasses the northern third of the state of Oregon and the very southwest part of the state of Washington. The 4,000 Rotarians in our district are proud of their many service projects both in our respective communities and around the world. We welcome you not only to visit some of our 73 clubs or four Rotaract clubs, but also to introduce you to the many educational, cultural and recreational opportunities available here. Itineraries are moderately paced and range from outdoor activities such as wine tasting, boating, and skiing to socializing with club members and

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their families and attending Rotary meetings and events.

The largest city in the district is Portland, Oregon, with about 1.5 million inhabitants. Seattle, Washington, home of Microsoft, and Vancouver, British Columbia, Canada, lie a short distance to the north. District 5100 is bordered on the west by the Pacific Ocean and on the east by the foot of the Rockies, the tallest mountain range in the USA. Most of the population lives in the western part of the district in a valley that runs north to south and where the climate is mild.

District 5100 has participated in many Friendship Exchanges during the past 15 years and is quite accustomed to providing the utmost in hospitality. Districts in the UK, Brazil, South Africa, and Australia have been our most frequent exchange partners..

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

Team exchanges of 12 or fewer team members, including couples and singles. District 5100 Rotarians are more at ease participating in Exchanges with districts whose team members are conversant in English, although some of our participants possess a rudimentary knowledge of Spanish. Exchanges with districts in Europe, South America, New Zealand, Turkey and Eastern Canada are of particular interest.

District 5100 Friendship Exchange Web site

www.district5100.org

United States, District 5110

District 5110 Highlights

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

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United States, District 5330

District 5330 Highlights

District 5330 is located in Southern California 80 miles North of San Diego and 80 East of Los Angeles. Our area has a wide variety of climates everything from deserts (Palm Springs) to Mountains (Big Bear) to Wine Country (Temecula). Activities range from boating / fishing, hot air ballooning, Mountain climbing / hiking, wine tasting and a many outdoor activities including Winter sports in our Mountains. We are only four hours from Las Vegas by automobile and only one hour by air. It is with good reason that we are called "The Inland Empire"

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

We welcome Rotarians and spouses/ significant others, No children please. Singles are welcome.

District 5330 Friendship Exchange Web site

www.rotary5330.net

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

United States, District 5400

District 5400 Highlights

Comprising the southern half of the state of Idaho, District 5400 is anchored on the east by Pocatello and Montpelier at the border with Wyoming, and on the west by Caldwell and Ontario (Oregon), just over the state border. To the south are the majestic Owyhee Mountains outlined by the mighty Snake River. The northern border of the district is another river famous for outstanding white water rafting: the Payette. In fact, Idaho is a land of mountains and rivers, renowned for its outdoor

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sports. In the summertime, kayaking, canoeing, trout and salmon fishing, white water rafting, hiking, mountain biking, camping and just about anything out of doors is available in uncrowded parks and wilderness areas within a short drive. In the winter, skiing is available at the famous Sun Valley Lodge and a lot of other places, along with snowboarding and miles and miles of well groomed cross country trails. Rangers will even take you on a guided snowshoe walk.

The capital, Boise, is nestled in the Treasure Valley shielded on the East by the Boise Mountains, which are actually the western side of the Rocky Mountains that begin in Colorado. Boise's population of just about 200,000 is big enough to support all the arts and first-class museums, but small enough to be friendly and welcoming to newcomers. The Boise River tumbles out of the mountains and runs right through the valley to connect eventually with the mighty Snake River. It meanders through the city to cool the Greenbelt, a hike and bike trail alongside, and is regularly fished for trout until the water warms up too much. In the summer people float the river on inner tubes, dodging the occasional canoe or kayak. If you are not the sporting type, there are lots of micro-brew pubs with patios on the river for a cool beverage in the midst of summer.

Historic Idaho is the land where Lewis and Clark wintered with the Nez Perce on their journey to the west coast in 1805. In the south one can still see the ruts of the Oregon Trail's wagons where they crossed on the way to new beginnings in the 1840's. The Craters of the Moon National Monument is more than 1,000 square miles of the largest lava flows on the mainland, laid down more than 20,000 years ago. Old mining camps can be found in the backwaters of the high mountains, with their stories to tell to the adventurous. Boise is also home to the second largest concentration of Basques in America, explaining the presence of a Basque Square with a museum, gathering

Center and Basque restaurants in the heart of the downtown area.

The natural wonders of Idaho and the hospitable residents of this part of the state await your unforgettable visit.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges; Vocational Exchanges;

Preferred Regions for Exchange

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

Additional Exchange Preferences

Canada, United Kingdom, and Scandanavia

District 5400 Friendship Exchange Web site

www.rotary5400.org

United States, District 5470

District 5470 Highlights

District 5470 straddles the Rocky Mountains in the southern two-thirds of Colorado. We are home to 52 of Colorado's 53 tallest mountains (over 14,000 feet), 10 National Parks and Monuments, 4 National Forests, and a National Grassland. Recreation is a large part of our economy, and we host world-class skiing, hiking, bicycling, golf, hunting, fishing, white-water rafting, and wildlife viewing. Agriculture, ranching and farming, is another important part of the economy, particularly on the Eastern Plains and Western Slope. Mining has historical significance, and one can tour a working gold mine. We have a long history of hosting exchanges of all kinds, and treasure international interaction.

Preferred Types of Exchange

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

Preferred Regions for Exchange

No Preference

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Additional Exchange Preferences

No Preference

District 5470 Friendship Exchange Web site

www.rotary5470.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 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 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

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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 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

District 5890 comprises most of the Houston metropolitan area. Founded in 1836, the City of Houston had a population of 2.26 million in mid-2009, making it the fourth most populous U.S. city. The Houston metropolitan area's gross domestic product in 2009 was \$403.8 billion, according to The Perryman Group. If Houston were a country, its economy would be larger than that of Colombia, Belgium, Malaysia or Venezuela, according to the CIA's World Factbook. Only 22 foreign nations' GDPs exceed Houston's. Major industrial contributors to Houston's vast economy include the energy business, leading medical schools and research centers, ports of trade along the Gulf Coast, NASA's Johnson Space Center and two leading airlines.

Houston has a diverse cultural mix, which is reflected in its multitude of cultural events and activities within the Houston area. Houston is home to a terrific Symphony Orchestra, the Houston Grand Opera, the Alley Theatre, the Hobby Center with tours of Broadway musicals and performances of all types. Last but not least, and the largest of its kind: the Houston Livestock Show and Rodeo that runs each year during February and March. Sports enthusiasts enjoy year round outdoor activities with lots of quality golf courses, tennis, hiking, boating, sailing, fishing, hunting and bicycling. Houston

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is also home of major league baseball with the Houston Astros, NFL Football with the Houston Texans, the Houston Rockets Basketball team, and the Major League Soccer Houston Dynamos

Preferred Types of Exchange

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

Preferred Regions for Exchange

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

Additional Exchange Preferences

No Preference.

District 5890 Friendship Exchange Web site

www.clubrunner.ca/5890

USA, District 5950

District 5950 Highlights

District 5950 includes 67 Rotary clubs in the Greater Minneapolis, Minnesota Area and extends north to Alexandria, west to Redwood Falls and Willmar, and south to Fairmont. Our western border is the Mississippi River and District 5960 (on the St. Paul, Minnesota side of the Mississippi River). Known as the Land of 10,000 Lakes, we are located in a part of the United States that is known for its natural beauty, four seasons, active sports and arts communities, and outstanding colleges and universities. In the summer, we celebrate the Aquatennial; in the winter, we celebrate the Winter Carnival; and, in between, there is always a lot to see and do - from outdoor and indoor activities in the busy metropolitan area to the abundant farmland and exciting recreational resorts in the surrounding countryside. Minnesotans are among the healthiest, most educated, and welcoming people in the United States. We also have a reputation for being one of the best "volunteer states". We look forward to welcoming you to

our home . . . and "your home away from home"!

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

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

Additional Exchange Preferences

The clubs of District 5950 enjoy exchanges with Districts in which we have international service projects or in Districts who may be interested in joining us in a collaborative effort to serve the world through Rotary projects. We welcome your ideas and look forward to learning to know you!

District 5950 Friendship Exchange Web site

www.rotary5950.org

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.

Vistors 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

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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 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

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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 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 6060

District 6060 Highlights

District 6060 is located along the eastern border of the state of Missouri, from the city of Hannibal in the north, down to the southern border of Missouri in the "boot heel". The eastern border of the District is marked by the mighty Mississippi River, the largest river in the USA. District 6060 contains 57 Rotary clubs with 2,600 Rotarians. Missouri is located in the middle of the USA, in the part of the country called the Midwest or the Heartland. The largest Rotary club in the District is the St. Louis Rotary Club, which was chartered in 1910 as the 11th club in the growing family of Rotary clubs. The District encompasses metropolitan areas as well as large areas of farm land and thousands of acres of Nation Forest land. Missouri State Parks are some of the finest in the USA. There is a large and growing wine making industry within the District - ranging from new, large, state of the art wineries to small family owned operations. St. Louis, the largest city in Missouri, is home to a world famous zoo, three professional sports teams

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(baseball, ice hockey, and American football), and Anheuser Busch brewery (the largest brewery in the USA). Several ethnic communities are located in the District and cultural festivals are popular during the year. The city of Hannibal is the home of world famous author, Mark Twain. The weather consists of four seasons with beautiful spring and fall weather, and summers and winters that are not as harsh as other parts of the USA.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges; Vocational Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

No Preference

District 6060 Friendship Exchange Web site

www.rotary6060.net

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 6110

District 6110 Highlights

District 6110 covers the four corners of Oklahoma, Missouri, Kansas, and Arkansas in the heart of the United States of America. District 6110 has it all: beautiful prairies, mountain ranges, many large lakes, and about 2 million very friendly people. One of the largest and most active districts in RI, D6110 has over 5,200 members in 81 clubs, ranging in size from 30 to 500. D6110 has all four seasons, with mild summers and mild winters. The primary population centers in D6110 are: Tulsa, Oklahoma: pop. 900,000, see www.cityoftulsa.org; Northwest Arkansas (Fayetteville, Springdale, Rogers, and Bentonville): pop. 350,000, see www.fayettevillear.com; Fort Smith, Arkansas: pop. 275,000, see www.fortsmith.org; and Joplin, Missouri: pop. 160,000, see www.joplinmo.org. Kansas City, Missouri (pop. 2,000,000), St. Louis, Missouri (pop. 2,800,000), and Dallas/Fort Worth (pop. 5,300,000) are within a few hours' drive from the perimeters of D6110. Most major cities in the United States are within a 2 hour flight from either Tulsa International Airport (TUL) or Northwest Arkansas Regional Airport (XNA).

D6110 has a robust economy with a broad mix of industries, including light and heavy manufacturing, oil and gas (mostly Oklahoma), all areas of agriculture, a variety of service industries, and many fine universities, including the University of Arkansas in Fayetteville. The largest company in the world, Wal-Mart (over 5,000 retail stores and over 2 million employees), is headquartered in Bentonville, Arkansas and the largest protein (meat

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products) producing company in the world, Tyson Foods, is located in Springdale, Arkansas.

Tourism is a major industry, especially outdoor recreation in the Ozark Mountains of Missouri and Arkansas and the Green Country of Oklahoma. The area has many huge lakes with up to 2,000 km of shoreline and dozens of large state and national parks. Some of the world's finest museums are in D6110, including Woolaroc (www.woolaroc.org), Gilcrease (www.gilcrease.org), Philbrook (www.philbrook.org), the Cherokee National Museum (www.cherokeeheritage.org), and the Will Rogers Memorial Museums (www.willrogers.com). The Crystal Bridges Museum of American Art (www.crystalbridges.org) will open soon. Arts and crafts, music, motorcycle/auto, and many other theme-based festivals abound throughout the year and the district. The performing arts centers in the main population areas offer Broadway productions, symphony concerts, and a variety of cultural events. There are plenty of opportunities to view American sports in large stadiums and arenas.

Preferred Types of Exchange

Individual Visitor Exchanges; Team Exchanges; Vocational Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

Optimally, RFE teams would be comprised of 3 to 6 couples. The preferred duration is from 12 to 16 days. The language spoken by our members is English, so some degree of English among exchange partners is desirable.

District 6110 Friendship Exchange Web site

www.rotarydistrict6110.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.

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

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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

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

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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 6950

District 6950 Highlights

District 6950 is situated on the central west coast of Florida, also known as the Tampa Bay area and lies along the tranquil waters of the Gulf of Mexico. This district includes Pinellas, Pasco, Hernando and Citrus counties with 47 clubs and over 6,000 members. The area boasts some of the countries' top beaches such as Clearwater Beach, Caladesi and Ft. DeSoto Park. Enjoy fresh and salt water fishing and boating in the beautiful waters of Crystal River Springs, Lake Tarpon, Lake Seminole, Intra-Coastal Waterways, Gulf of Mexico and Tampa Bay. The area is dotted with urban cities such as St. Petersburg and quaint towns like Dunedin with its Scottish history and Tarpon Springs with its Greek heritage. St. Petersburg has the second largest downtown waterfront parks in USA, behind Chicago. It is home to the major league Baseball team The Rays and spring training teams from Toronto and Philadelphia. World renowned art museums of Salvador Dali and famous glass artist, Dale Chihuly's gallery are also within the district. Historic hotels include the Renaissance Vinoy Resort and the Don CeSar Hotel & Spa on the beach. Entertainment venues range from small playhouses to the Mahaffey Theatre and Ruth Eckerd Hall for concerts and shows. Tampa is a nearby major metropolitan city with an international airport. It is only a 90 minute drive to Orlando theme parks and Disney World. Sarasota is an easy drive south, crossing over the Skyway Bridge for a day trip.

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The economy is diverse and includes: marine biology, aerospace, manufacturing, financial institutions and Home Shopping Network. A lot of retirees from the Midwest and northeastern United States expand our population in the winter months. Our district has been very active in hosting GSE teams and we welcome fellow Rotarians from around the world to visit the paradise we are proud to call home.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges, Vocational Exchanges

Preferred Regions for Exchange

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

Additional Exchange Preferences

No Preference

District 6950 Friendship Exchange Web site

www.rotary6950.org

USA, District 6970

District 6970 Highlights

District 6970 in Florida, USA boasts many attractions. NASA's Kennedy Space Center is located on Cape Canaveral. The Disney theme parks, Sea World and Universal Studios are fun for people of all ages. Daytona Beach has world famous race tracks and white sand beaches. Other points of interest are in New Smyrna, Jacksonville and St. Augustine – the oldest town in the USA.

Preferred Types of Exchange

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

Preferred Regions for Exchange

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

Additional Exchange Preferences

No Preference

District 6970 Friendship Exchange Web site

www.rotary6970.org

USA, District 7120

District 7120 Highlights

District 7120 is in New York State, south of Lake Ontario, one of the 5 Great Lakes separating the United States and Canada. Rochester is the largest city in our district with the cities of Buffalo and Syracuse being located in other upstate districts to the west and east. Most of the 68 Rotary Clubs and over 3000 Rotarians in District 7120 are located in small rural communities, with 20 to 50 Rotarians each, although Rochester Rotary has 330 members.

Our District is often referred to as the Finger Lakes District. In the central and southern part of our district receding glaciers from 2 million to 12,000 years ago formed hillsides and a series of lakes known as the Finger Lakes. With our over 100 wineries and vineyards, the Finger Lakes is New York's largest wine producing region.

Our district and New York State is bisected by the Erie Canal that originated in the early 1800's to deliver goods to and from the west. The canal is now a popular waterway to leisurely enjoy boat trips and experience the locks. Along the Lake Ontario shore and in the northern part of the district, there are apple, cherry, peach, pear and other fruit tree orchards. Upstate New York is one of the largest apple producing regions in United States.

Agriculture is the largest District 7120 industry followed by tourism. There are seasonal festivals including: apple, garlic, grape, maple, sauerkraut, wine and others.

District 7120 is the home for world famous Bausch and Lomb, Corning Glass, Eastman Kodak, Wegmans and Xerox Corporation plus

Rotary Friendship Exchange Matching Board



other high technology companies, colleges and universities.

The Finger Lakes region is also home to a number of museums. These include the Corning Museum of Glass, the Strong National Museum of Play, the Eastman House, Glenn H. Curtiss Museum, Wings of Eagles Discovery Center, Museum of the Earth, National Soaring Museum, the Rockwell Museum of Western Art, and the Genesee Country Museum in Mumfordsville.

Popular tourist areas to the west and north of our district include Niagara Falls and the 1000 Islands.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

No Preference

Additional Exchange Preferences

Our preference is team exchanges, of 10 to 15 team members, including couples and singles

District 7120 Friendship Exchange Web site

www.rotary7120.org,
www.rotary7120.org/FriendshipExchange.cfm

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

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 - spanning Bergen, Passaic, Hudson Counties in New Jersey, USA - is one of the smallest Rotary Districts but one of the most exciting. Although it's only a few miles from NYC, it has a country feeling. Each season is beautiful, and anytime of year is a good time to visit. The district has 54 Rotary clubs. To see and enjoy our clubs activities, we invite you to stay in beautiful homes of host Rotarians and attend our District Conference in historic Philadelphia in May 2011. New Jersey is one of the original thirteen colonies. There are plenty of historic sites nearby, such as the Statue of Liberty and Thomas Edison Center at Menlo Park. Stay at a private home on the beach at Long Beach Island, visit the casinos in Atlantic City, and have the opportunity seeing our Rotary clubs in action. You can even spend a day and night in Lancaster, Pennsylvania and see how a group of Americans have kept their spirit alive for over 150 years in the Amish way of living. No electricity, no cars, wagons and special dress of clothes for men, women, children. If you

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have a specific occupation you wish to observe, let us know. We are ready to make this your most exciting Friendship Exchange. We have had exchanges in Australia and Japan. We would like to see a group from Scotland, The Bahamas, the Caribbean, Canada, England, and Ireland. We welcome visitors any time of year. We prefer four to five couples or singles that will enjoy a two week trip to our unforgettable district.

Preferred Types of Exchange

Individual Visitor Exchanges, Team Exchanges; Vocaitonal Exchanges

Preferred Regions for Exchange

Europe, North America, South America & the Caribbean

Additional Exchange Preferences

Many of our members have requested the Caribbean, Ireland, Scotland, England, and Canada.

District 7490 Friendship Exchange Web site

www.rotary7490.org

USA, District 7770

District 7770 Highlights

District 7770 is one of the largest and most active districts in the Rotary world. The district comprises the 25 eastern counties of South Carolina (the remainder of the state is in District 7750). Today, District 7770 encompasses 78 Rotary clubs with a membership of approximately 5,000 Rotarians. Our District includes the popular coastal tourist destination of Myrtle Beach; golfing and leisure in Hilton Head; history and architecture in Charleston; and the seat of state government in Columbia. Numerous points of interest exist in between to take in culture, experience agriculture and gardening, understand the development of a founding colony, go out in a boat, sport fish, hike, partake of excellent regional food, beach comb, or just relax. Several airports within the district receive traffic

from international destinations daily, enabling one to get here from wherever they are. Whatever your interest, we're bound to have it available in our diverse, hospitable District 7770.

Preferred Types of Exchange

Team Exchanges

Preferred Regions for Exchange

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

Additional Exchange Preferences

Teams of no fewer than 6 persons total and no greater than 12 persons

District 7770 Friendship Exchange Web site

www.rotary7770.org

USA, District 7890

District 7890 Highlights

District 7890 is in New England and comprises Northern Connecticut (CT) and Western Massachusetts (MA). The southern part of the district is within an hour and a half of New York City and the eastern part is within an hour of Boston. Hartford, CT and Springfield, MA are major cities in the district. The area is home to a variety of museums, such as the Wadsworth Atheneum Museum of Art, the New Britain Museum of American Art, the New England Air Museum, the Carousel Museum of New England, and the Norman Rockwell Museum. Featured attractions include the Lake Compounce and Six Flags New England theme parks, Basketball Hall of Fame, the flagship store of Yankee Candle, and Tanglewood--the summer home of the Boston Symphony Orchestra.

Preferred Types of Exchange

Individual Visitor Exchanges

Preferred Regions for Exchange

No Preference

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Additional Exchange Preferences

No Preference

District 7890 Friendship Exchange Web site

www.rotarydistrict7890.org