



## Rotary District 7430, Southeastern Pennsylvania, USA



### Do you love to Travel? Do you love Rotary?

then... The Rotary Friendship Exchange is just for you! Rotary friendship exchange is when a group of Rotarians from one district travel to another district in the world for the whole purpose of building good will and better friendships. It gives Rotarians and their families the opportunity to host and visit Rotarians around the world. In addition to experiencing other cultures and making lasting friendships, and exchange can provide a strong foundation for carrying out other international activities and service projects.



Picture of District 7430  
Exchange to Wales

### How does it work?

- There is a RFE District Chair that communicates with potential districts to travel to .
- Once a district is chosen to partner with, word is distributed.
- Each participant funds his or her own way. Couples or singles are welcome. All Rotarians are invited and their partners. (I.e. partners do not have to be Rotarians friends of Rotary may also apply through their local Club).
- Youth can also be a part of RFE, and will be considered on a case by case basis. Please ask.
- Generally a RFE lasts about 2 weeks. Some Districts ask for shorter periods.
- Around 8 - 12 form the team, which includes a team leader.
- The team lands at the pre-determined date in the host country. From there the team is hosted by local Rotarians.
- The RFE team is home stayed, usually changing host homes every few days. Several communities are visited.
- The host Rotarians show their guests local sights of interest, parks, museums, things they are proud of. There are often Rotary hosted parties. Rotary projects may be toured.
- The hosts generally cover lodging and home meals. Transportation within the district is provided by the hosts but admissions or extraordinary costs such as restaurant meals are covered by the guests.
- The visit is then reversed with the foreign district visiting our district.
- RFE participants are expected to host for a few nights and participate when they visit here. (I.e. volunteer to host them for some or all of their days in the 5020 community you reside in. A typical tour may be 3 days in Nanaimo, 3 days in Sooke, 3 days in Poulso, 3 days in Olympia.
- The pace is usually brisk. Get up in the morning, maybe tour a Rotary project, and then may see a point of interest or two. In the evening there may be a Rotary meeting or party in the teams' honour to attend.
- The visiting Team is asked to provide a short presentation at the Hosts' Rotary meetings.
- You will travel with a group and your tour will be mapped out by the hosts. We often give input to preferences but generally what they plan is what we do.

# About our District

Our District's 47 Rotary Clubs are located over the five Counties of Montgomery, Bucks, Berks, Lehigh and Northampton in Southeastern Pennsylvania. The major cities in the district include: Allentown, Bethlehem, Easton, Reading, and the Philadelphia Suburbs. It is a very diverse district with some of the oldest historical sites in the US, along with cities, rolling hills and farmlands. We are about 2 hours from New York City , three hours to Washington, DC, and about an hour to Philadelphia.

## Rotary Friendship Exchanges can include:

Visits to the historic city of Bethlehem- once the home of the Bethlehem Steel Corporation

Martin Guitar

Crayola Crayon

The Amish country in Lancaster County

Longwood Gardens

Numerous historic sites.

Walking and hiking with parks with lots of outdoor activities

The Moravian area

Museums

Lancaster and the Amish Country

Trips to New York and Philadelphia.

Because our district is so varied yet compact, we can drive from north to south in about two hours, allowing all friendship exchange visitors to see a wide variety of people and places. We can adopt stops to the interests of the visiting teams and usually stay in about three different areas.

Our Rotarians love to travel

We have had exchanges in:

New Zealand

Australia

Vancouver, Canada

Wales

Argentina

Romania

Turkey

England

Sweden

South Africa

Oregon



Picture: District 7430

On RFE in Turkey

For more information, please contact  
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