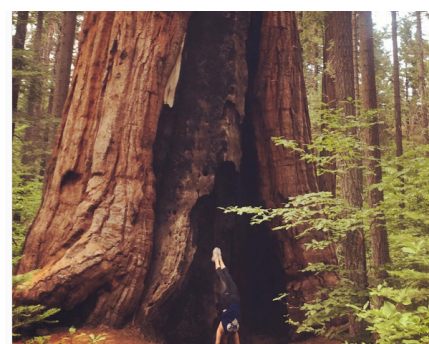


ROTARY FRIENDSHIP EXCHANGES - DISTRICT 5190



What has Rotary District 5190 to offer?

District 5190 is located in parts of California and Northern Nevada, the District counts 57 Rotary clubs in a diverse area and has many club members with specific skills.

You will find a great variety of geographical and historically interesting sites to visit, like Reno, Lake Tahoe and the Sierra Nevada Mountains, ski resorts, a great number of wineries, remains of the Gold Rush as well as proximity of the City of San Francisco, Yosemite Park, the Giant Sequoia trees. Besides there are many museums and art galleries.

For more tourist information please contact:

Lynn Clevenger at lynnc.sierratravel@volcano.net

• *What is a Rotary Friendship Exchange ?*

- It is a program that has a group of Rotarians from a District in the world travel to another for fellowship and fun.

• *How much does it cost?*

- Each participant funds his or her own way. Hosts are not expected to assume a significant financial burden.

• *What are the benefits?*

- A great opportunity to learn about other cultures, establishing friendships for lifetime.

• *Who can participate?*

- RFE is open to Rotary members, couples or groups. Even non-Rotarians can participate.

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On a Rotary Friendship Exchange you are never just a tourist, you will find that new friends await in every corner of the world! You will explore and discover new cultures and become aware of diverse perspectives.

It is a wonderful way to make new friends and establish international service partnerships.

There are no restrictions on the number of participants or the exchange duration.

Every District and region is unique, so exchange participants should decide what works best for them.

The pace of RFE is usually brisk, touring Rotary projects and meetings.

HOW CAN WE IDENTIFY THE REGIONS WE WANT TO VISIT?

- Reach out to regions where you already have connections.
- Maybe someone in your club has family or friends in a region.
- You might have worked on a service project together.
- Or you share a common language or history.
- Your club had an exchange student from a certain country.
- The District has a reputation for supporting exchanges. Contact the District International Service Chair.

AFTER YOUR VISIT, THE RFE IS REVERSED WITH THE FOREIGN GROUP VISITING OUR DISTRICT

• WHAT IS THE PROCEDURE?

- The District RFE Chair communicates with a potential District.
- Once the district is chosen to partner with, word goes out to clubs seeking participants.
- At the chosen date the team lands in the host country and from here is hosted by local Rotarians.
- Team members stay in Rotarian's homes. So the lodging and home meals are covered.
- The guests are responsible for restaurant and other out of home expenses.
- Several communities are visited, the hosts show their guest local points of interest.



START BEING A ROTARY FRIENDSHIP AMBASSADOR

RESEARCH IN YOUR CLUB AND COMMUNITY TO FIND MEMBERS INTERESTED IN TRAVELING. START PLANNING A TRIP - LET US KNOW THE COUNTRIES OF YOUR INTEREST AND WE WILL HELP YOU TO SELECT A HOST CLUB. THE RFE PROGRAM ADVANCES INTERNATIONAL UNDERSTANDING AND PEACE THROUGH INTER-CLUB RELATIONSHIPS.

Your first contact to arrange a Rotary Friendship Exchange is:
IRENE PERBAL - District International Service Chair - irenerotary@jett.net 209-286-1214

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