



## Holland Program Information Packet

### ***Drop-off/Pick-up***

Dave Payne, or a Sparks associate, will meet campers who fly in the morning of June 19<sup>th</sup> by 11am at the airport and take them to the boat club. Campers arriving early, either alone or with family, need to arrive at the Willem III boat club by 1pm on the first day. Students may arrive after the start date, but will miss adjusting to the program with the rest of the group. For those who would like to fly together, we will put you in contact with each other to coordinate flights.

Boat Club Address:  
Roeivereniging Willem III  
Jan Vroegopsingel 8  
1096CN Amsterdam  
tel. +31 020 665 4230

If parents desire to travel with athletes, we recommend they drop their child off on the first day and give them space throughout the course of the program. We have found campers get the most out of these programs when they can focus on rowing and socializing with the other rowers (both in the program and local juniors).

### ***Housing***

Campers will be housed in homestays with Dutch families. The clubs we will be training with have been hosting foreign rowers for years and look forward to housing new athletes.

### ***Food***

Campers will have breakfast and dinner at their homestays and lunch at the boat club between practices. Campers have the option of eating out when they choose, so long as their host family knows to expect them or not for a meal. There are several restaurants and cafes within a short distance of the boat club.

### ***Travel during the Program***

We will provide campers with a bike and will hold a short "bike school" for them during orientation so they feel comfortable biking around the city. Campers can also use public transportation or cabs if they are traveling with another camper, a Sparks associate, their host family, or a Dutch junior. Campers will need to get to practice on their own, but when going on group excursions, campers will travel with a staff member. Campers will be responsible for the cost of transportation to/from the airport, excursions, etc.

### ***Program End***

The program officially ends at the conclusion of the NSF-SLOT regatta. We recommend campers arrange flight departures after 9:30pm on the 2<sup>nd</sup>. We will station a staff member at the Schipol Airport CitizenM hotel the evening of the 2<sup>nd</sup> to be present for questions or issues that may arise prior to travel. Students are responsible for themselves, their hotel booking, and their flight arrangements the next day.

### ***Program Phone***

Phone Contact: +1 530-913-0935 (Dave Payne's Mobile Phone)

### ***Travel Form***

Please fill out the travel form online at least one week prior to the program start date. Make sure your child has a valid passport before traveling. Rowers will be responsible for keeping track of their own passport for the duration of the program. If any travel issues arise, please inform Dave Payne either by phone or email as soon as possible.

### ***Health and Safety***

Health services in Holland are socialized, though private options also exist that may be utilized through insurance. Though health services rendered for accidents will be cheaper than in the States, we recommend campers obtain travel insurance (such as MedEx) in case of illness or injury.

The legal age for alcohol purchase in Holland is 18 and it is not unusual for young people to be offered beer or wine in the presence of adults at dinner in Dutch households. Participants are not allowed to consume alcohol during the program. The homestay families will be informed of this prior to campers' arrival. We encourage parents to have serious conversations with their student about alcohol and appropriate behavior, as inappropriate behavior will be followed by consequences.

In terms of crime, Holland rates as one of the safest countries in Europe – safer than the US, in fact. Amsterdam is one of the five safest large cities in the world. The official language of the police is English, so if there is need to speak with an officer, your camper will be able to communicate easily. The Dutch overall are a very friendly and kind community, which is one of the reasons we are holding this program here. As with anywhere in the world, campers have to be careful when in new cities and make responsible choices.

Campers need to be very comfortable riding a bike as biking is one of the main means of transportation around the city. We recommend campers log at least 30 hours of bike time (not on a stationary bike) before the program begins.

### ***Outings***

There are social and activity budgets for the program. However, they do not support everything campers are given the opportunity to do during their time in Holland. For example, if there is a museum or activity a couple campers want to do on their own, they are welcome to go, but must pay for the activity.

Campers are not allowed to visit the Red Light District during the program. See the Code of Conduct and Addendum for more on this.

### ***Payments/Cancellations***

Payment in full must be made at the time of registration. Refunds minus a \$1,000 deposit are available until May 1, 2017.

### ***Program Forms***

Please fill out all forms and submit them to us at least one week before the program begins

- Copy of Waiver/Copy of Code of Conduct and Addendum signed online
- Health History
- Program Goals
- Travel Form

***Checklist of things to bring***

Hard copy of Health History

Clothing: (Please note summer in Holland can be cooler than in the states. Temperatures range from the mid-50's to mid-60's with a few days of rain. This list is more of an example than necessary requirements.)

7 tee shirts

7 pair socks, underwear

Sunscreen (30 SPF or better)/hat/water bottle/sunglasses

Pajamas

Toiletry/personal items

2 pair long pants (jeans and/or khakis)

4 pair shorts

Running shoes and sandals

Alarm clock

Rowing gear (unisuits, trou, etc.)

Waterproof Jacket

1 Sweater or equivalent top

Computer/Tablet

Cell Phone (see below)

SAT Prep/Reading for during the day

\*If a camper forgets anything, there are plenty of places to buy gear in Amsterdam.

***Communications:***

All homes should include Wi-Fi. There are also plenty of cafes, etc. with Wi-Fi.

Cell Phone policy: all rowers are required to have a phone they can use in country. Campers can bring either bring their phone from home to use (which may get expensive with overseas package) or they can purchase a phone or SIM card in country and use a pay as you go plan. We will help campers who need a local phone or SIM card obtain them during the first days of the program.