



# LIONS CAMP

## HARDANGERVIDDA

### NORWAY



Tråastølen



Tråastølen





# Common nature, challenges and future - **shared joy**

Lions foremost goal is to create a greater understanding between humans and nations by promoting better insight in issues that have significant impact.

Youths of the world represents the future of humanity. Nature gives us the resources for survival.

Lions Norway will unite youth and nature in the beautiful Hardangervidda, a treasured national park that offers close encounters with nature and weather in a scenic, yet fragile environment.

Our goal is that participants will experience the joy of the outdoors while building respect for the nature that our survival depends upon.

Participants must be fit to live in the mountains without technological aids, to hike with a backpack, sleep in tents, and cooperate on practical tasks in English.

## Contact

If you have any questions regarding this camp, please contact Camp Director Henning Ytterstad.

E-mail:

[director.camphardangervidda@gmail.com](mailto:director.camphardangervidda@gmail.com)

Phone: +47 915 11 704

## Apply

If this camp sounds interesting, please e-mail your application to our Youth Exchange Program Chairperson, Helle Soos.

Incoming Norway:

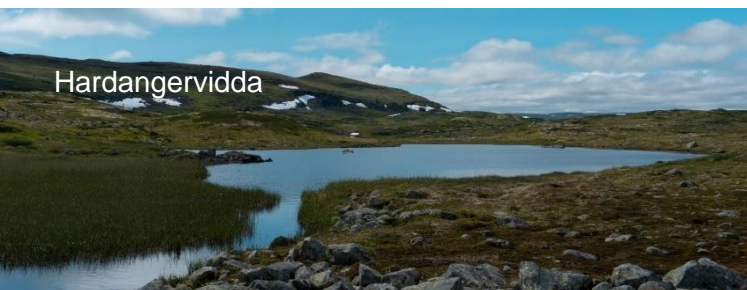
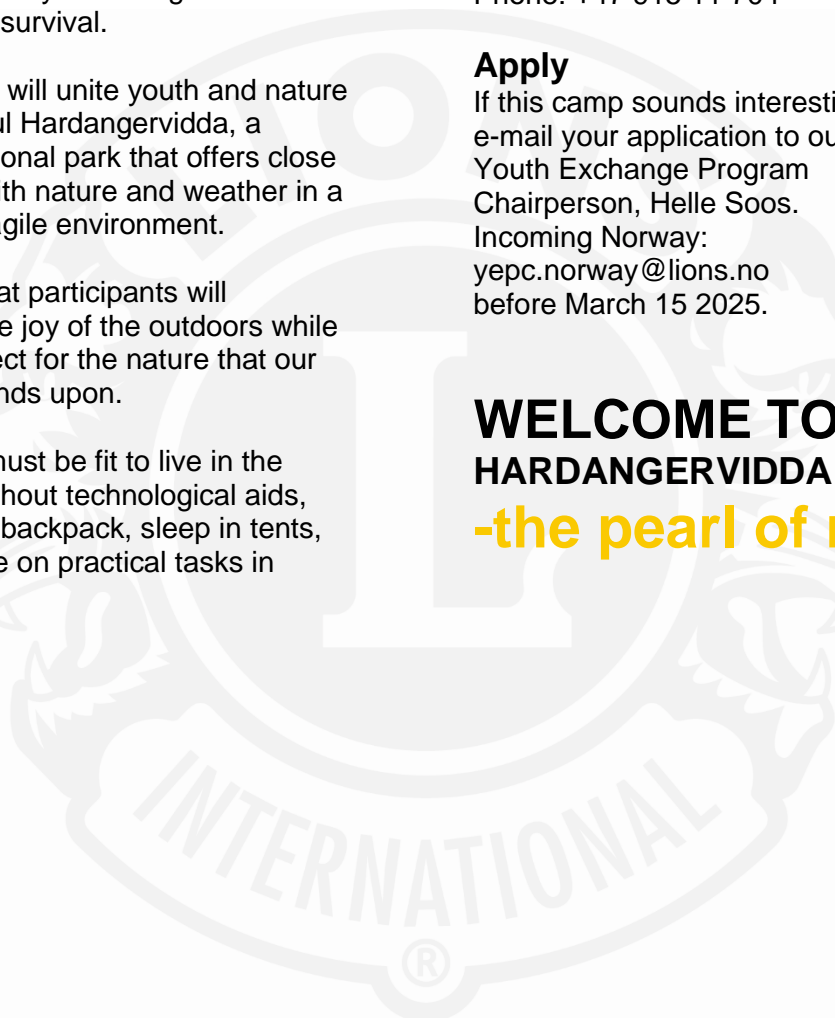
[yepc.norway@lions.no](mailto:yepc.norway@lions.no)

before March 15 2025.



## WELCOME TO HARDANGERVIDDA

## -the pearl of nature!





Crossing a river on Hardangervidda



Hiking on Hardangervidda



overnight stay in Lavvoo on Hardangervidda

### General information

Arrival: July 07, **0800am-0300pm**  
Departure: July 19, **after 0300pm**  
Host family: no host family stay  
Camp period: July 07– July 19  
Location: The camp will be held at Tråastølen, Hardangervidda  
Age Limit: 18 – 23 years  
Camp capacity: 20  
Sex: male/female mix  
Language: English  
No camp fee

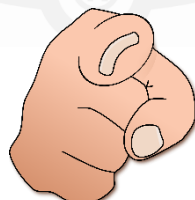
**NO INTERNET**

### Program/activities

We will visit places explorers have used as training fields. All activities are outdoors. All participants will receive further information about how to dress and what to bring to enjoy the mountain life for two weeks. We are also going to nearby place for extraordinary action. You must also be able to manage a hike for up to 5-6 hours in all type of weather, warm and cold, dry and wet.

### Practical information

If you are adventurous and loves the nature and fresh air, this is the camp for you!





## Some of the things we do at **-camp Hardangervidda**

- Socializing in the camp
- Practical map and compass, orientation
- Visiting local lions clubs
- Fishing and setting fishing nets
- Spend the night in lavvoo
- Hike
- Sightseeing local attractions
- Shopping in Geilo
- Extraordinary action
- Shopping at local souvenir store

A graphic for the MD 104 Norway Youth Camp Exchange Program. It features a large, stylized Norwegian flag (red, white, and blue) on the left. In the top right corner of the graphic is the Lions International logo. The text 'MD 104 NORWAY' is prominently displayed in the center-right. Below it, the text 'YOUTH CAMP EXCHANGE PROGRAM' is written in a bold, blue, sans-serif font. At the bottom left of the graphic is a smaller version of the Lions International logo, and at the bottom right is the quote: "Think with your heart and act with your brain".

**MD 104  
NORWAY**

**YOUTH  
CAMP  
EXCHANGE  
PROGRAM**

*"Think with your heart  
and act with your brain"*