



5 DAYS SPORT & PLAY IN THE NATURE OF SODERE DURING SCHOOLS HOLIDAYS 2015-2016

Holidays are favorable to rest and inactivity. This is why we do propose during holidays a program of sport and physical activities focusing mainly on aquatic activities. This clinic is dedicated to children and is directed by experienced and certified staff.

OBJECTIVES OF THESE 5 DAYS SPORT & PLAY SESSION

- To relax in natural and pleasant environment;
- To improve swimming technique;
- Free practice of several physical and fun activities;
- To live in group, feel responsible and gain autonomy.

PROGRAM

- Between 3.30 and 4 hours of aquatic activities per day (managed by a professional graduated French coach, Olympic finalist, supported by one or three assistants depending on the number of participants ;
- Between 2 and 2.30 hours of leisure and recreational activities, free but supervised by adults ;
- Introduction to land yacht.

DETAILS

- 2 swimming sessions per day
 - ☞ Introduction to swimming practices (strokes' technique, introduction to water-polo, rescue and physical activities in water)
 - ☞ Learning and/or improvement of at least 3 strokes
- Free and fun activities at children' option
 - ☞ Ball games : free football, water-polo ;
 - ☞ Racket games : badminton, hit-ball ;
 - ☞ Frisbee ;
 - ☞ Bathing and leisure time around the pool ;
 - ☞ Thermal baths and showers ;
 - ☞ Land yacht.

TARGET POPULATION

- Teenagers : 12 to 17-18 y. o.



SPORT INFRASTRUCTURES OF « SODERE RESORT »

- One 30 m pool;
- Two 25 m pools;
- 1 « beam shape » pool (additional entrance fee of 50 ETB/pers) ;
- separated male/female thermal showers ;
- 2 thermal baths.

EQUIPMENT LENDED

- Swimming glasses;
- Kick-boards ;
- Pull boys ;
- Belts ;
- Badminton rackets ;
- Hitball rackets;
- Balls of football;
- Balls of water-polo ;
- Frisbees ;
- Landyacht.



ACCOMMODATION & CATERING

At **la Résidence**, also named the « White house », located in Nazareth. The hotel and its 15 hectares park offer the comfort of a luxury hotel. The place is quiet and surrounded by greenery. Its unique architectural style inspired by the castles of Gondar, Indian palaces and Moroccan riads overhangs a vast valley (www.laresidence-hotel.com) ;



- All bedrooms are equipped with mosquito nets ;
- Meals are prepared by La Residence's cooks ;
- Balanced and adapted menu to the energetic needs of the young sportsmen is planned

THE TEAM

- Tafary Girma, General Manager
- Guylaine Saffrais : project coordinator ;
- Olivier Fougeroud : pedagogical director and head of security ;
 - Holder of the French State degree of coaching, specialty : sport management and competitive swimming (French Ministry of Youth & Sport)
 - Holder of the first aid French State degree
- 1 assistant coach, minimum (lifeguards certified by the Ethiopian Swimming Federation) ; or more, depending on the number of participants ;
- 1 to 2 animators (or more, depending on the number of participants).

PLACE OF ACTIVITIES, TRANSPORTATION, SECURITY AND HEALTH

- « **Sodere Resort** » is the location where children play and train. It's bordered by the Awash River and located to 5 km from Awash Melkasa and 25 km from Nazareth (Adama), meaning at 95 km from Addis Ababa ;
- It's a safe and fenced place watched over by a security team who works 24/24. All the pools are watched over by a team of lifeguards certified by the Ethiopian Swimming Federation ;
- A car is available with 2 drivers in case of need of repatriation to Nazareth ;
- 2 minibus are rented to perform the daily transportation Nazareth-Sodere-Nazareth ;
- Parents are responsible of the transport from Addis Ababa to « la Résidence » in Adama (Nazareth)

- To protect children from malaria, it remains necessary to adopt good habits such as :
 - ☞ Sleep in mosquito net
 - ☞ Get dressed with clair colors (white and if possible, permeate with anti-mosquito lotion) that cover the whole body at nightfall
 - ☞ At nightfall, prefer lighted zones and avoid dark areas
- First aid case;
- Sodere Resort clinic: for the first aid ;
- Nazareth Referral hospital: **Adama General Hospital & Medical College**, Bole.

Services available: dental, dialysis, gastroenterology, obstetrics & gynecology, imaging, laboratory, ophthalmology, general surgery, physiotherapy, neurology and neurosurgery, emergency, pediatrics, dermatology, orthopedic surgery...

Tel.: 0221 12 65 90 / 0221 12 96 73 / 0114 40 47 17 / 0114 40 47 16; Mob. : 091 149 18 81

Fax.: 0221 12 66 83; E-mail: aghmc@ethionet.et, www.aghmc.com.et

HOW TO PARTICIPATE ?

- By a prior registration by phone or SMS (0910 62 11 58 / 09 34 85 39 34 / 09 29 05 49 96) or by e-mail (swimandrunkbackto@gmail.com) or (togsport.play@gmail.com) at least 6 working days before the beginning of the session chosen;
- You'll receive confirmation by e-mail or SMS;
- To come to « la Résidence » the first day of the session between 9.30 a.m. (3.30) to 11.30 a.m. (5.30), equipped with the different slips contained in this document (look at the checklist p.11);
- Because of organizational reasons as well as bedrooms booking, registrations will be closed 6 days before the first day (look at the calendar of sessions and their related time of registration, p.12)
- However, you have the opportunity to book from now;
- In any case, try to mention another period of clinic that would suit you too.

COST OF THE SESSION, WHEN AND HOW TO PAY?

- **315 USD**, around 6300 ETB depending on the rate of the payment day (everything included)
Registration starting from now or 6 days minimum, before coming to la Résidence where you pay in cash or check
- **295 USD**, around 5900 Birr depending on the exchange rate of the date of payment, (everything included) to the benefit of the French charity *Swim & Run to Your Roots*, dedicated to the promotion of sport, culture and citizenship in France and Africa.

Registration starting from January 20, 2016 and then, 6 days before the first day of the session by e- bank credit transfer on the name of the association.

Give us a call to warn us as soon as you'd transferred..

IBAN international bank account number	BIC bank identifier code
FR60 1001 1000 2075 5091 9028 H44	PSSTFRPPCNE
Account owner : SWIM AND RUN TO ROOTS/COURS ET NAGE VERS TES RACINES	

INTERNAL RULES

Individual behaviour:

- Polite ;
- Jovial ;
- Obliging ;
- Wilful ;
- Respectful of the others and of his/her environment ;
- Group spirit ;
- Absence to the swimming clinic and/or the other physical activities won't be accepted unless otherwise informed by a medical doctor or with the prior agreement of the responsible of the training ;
- Respectful of the authority of the team members organizing the training ;
- Alcohol, cigarettes, khat and any illicit substances : forbidden ;
- In case of accident, warn as soon as possible a member of the organization's team ;
- In case of violation of these internal rules, parents will be quickly informed and an exclusion without reimbursement could be envisaged ;
- Any destruction or material deterioration will involve compensation by the parents. The exclusion without reimbursement could be envisaged in case of voluntary damage(s);
- Any theft, violent or insulting behavior will involve a direct exclusion, without reimbursement ;
- Depending on the seriousness, theft, physical aggression, voluntary destruction of equipment... could involve an official complaint compared with the local police;

Sport & physical activities program :

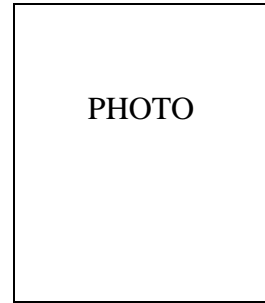
Unless a special situation and with the prior agreement of the managerial staff, it couldn't be accepted:

- Disrespect of the meals' time, activities and sleep time ;
- No participation to the activities ;
- Disrespect of the security instructions and the internal rules previously mentioned.

Accommodation :

- No mixed bedrooms ;
- No food in bedrooms ;
- No candle in the bedrooms.

**FICHE
INDIVIDUELLE**



1. Surname :

2. Given name :

3. Girl : Boy (to spécifie)

4. Date of birth :

5. Adress :

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6. Allergies :

7. Medical treatment if any :

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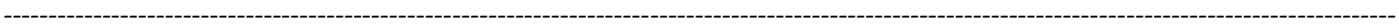
8. Surname and given name of the person to contact in case of emergency :

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9. Phone N° :

Work : Private : Home :

E-mail :



LIST OF VALUABLE PROPERTIES TAKEN

Write a list, as much as possible precise of all your valuable belongings (colour, size, trademark, model...)

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DISCHARGE

I, the undersigned, ,

parent of the child,

declare to be fully aware of the:

- Nature of the activities proposed during the clinic (sport and physical activities) ;
- Conditions in which activities are taking place (managed and controlled or free but supervised within the sport infrastructures of the Sodere Resort) ;
- Daily transports used to reach Sodere from Nazareth and return (rented minibus) ;
- Accommodation and catering conditions (luxury hotel, Nazareth)

And declare to accept all these conditions as well as their potential risks.

In case of accident, the organizers of the « Sport clinic in Sodere» that takes part from : , . . to ,

in Nazareth and Sodere couldn't be considered responsible.

Please, find the photocopy of my identity certifying my signature.

Addis Ababa, on
Signature :

REGISTRATION FORM

- Child First name :
- Given name :
- First name and given name of the contact person :
.....
- Clinic session dates chosen :
.....
- Tariff chosen : 315 USD or 295 USD

CHECK LIST

When you arrive with your child(ren) at « la Résidence » the first day of the session between 9.30 a.m. (3.30) and 11.30 a.m. (5.30), don't forget to bring the following documents:

- Internal rules signed by one of the parents (p.6) ;
- Child individual sheet with his/her ID picture (p.7) ;
- List of the valuable belongings taken, signed by one of the parents (p.8) ;
- Discharge, dated and signed with the photocopy of the signatory (p.9) ;
- Registration form in case you pay directly on the site (la Résidence) the first day of the session and you haven't booked by e-mail (p.10).
- Copy of your bank statement showing your credit transfer.

Don't forget to bring some necessary (sportswear) clothes, such as:

- 1 pair of sport shoes;
- 1 swimsuit ;
- At least 2 shorts and T-shirts and pair of trousers;
- Some clothes for the evening, if possible, clair colours and covering the whole body ;
- Rain coat;
- 1 pair of sunglasses;
- In case of you prefer to wear your own swimming glasses, bring them. In case of the sport equipment wouldn't fit you, and if you have some, bring it.

SESSIONS & REGISTRATION PLANNING FOR THE SUMMER HOLIDAYS

- Because of booking purposes, the registrations sent less than 7 days before the first day of the session won't be accepted (10 days before, for families who pay by bank transfer) ;
- You can book your session by e-mail : swimandrunbackto@gmail.com or togsport.play@gmail.com (with the attached registration form) ;
- You can book by phone 0910 62 11 58 / 0934 85 39 34 / 0929 05 49 96 ;
- You can book by SMS : don't forget to write the name of the child(ren) + period of the session chosen + tariff chosen + **option for another session**. Whatever you decide, you will receive a confirmation of your booking by e-mail or phone or SMS.

Calendar of the sessions and their related periods of registration

February 2016 Date Registration	Session 1 Feb 23 rd to 27 th Jan 20 th to Feb 15 th
Mars 2016 Date Registration	Session 1 Mar 1 st to 5 th Jan 20 th to Feb 22 nd
Avril 2016 Date Registration	Session 1 Apr 26 th to 30 th Jan 20 th to Apr 18 th
May 2016 Date Registration	Session 1 May 3 rd to 7 th Jan 20 th to Apr 25 th