



2010 Cultural Exchange Trip to Voronezh Russia

Applications are being accepted for the 2010 trip to Russia. ISWA wrestlers ages 12-19 are invited to apply. This year's trip will be departing on or about June 14th and will return on about June 22nd. Dates may change a few days either way depending on flight availability, cost, and host request.

While on the trip you will be staying in the homes of and eating with our host team wrestler's families. We work to place a minimum of two wrestlers per family and ensure that wrestlers are never apart from all of their teammates. An ISWA Trip Leader and Coach are scheduled to travel with our wrestlers and depending on the number of wrestlers we may also have a referee in attendance. Wrestlers will travel with the host team members while in Russia and have a full cultural experience as well as being able to wrestle internationally.

The cost of the trip is estimated at approximately \$1,750. Since lodging and meals are covered by the host team, the cost of the trip is a great value. Also, the best way to travel is to stay with local residents who know the highpoints of their country. Because we will be living in the homes of the host team, our hosts have an upper limit on the number of wrestlers they can accommodate. This is our first trip to Voronezh Russia and it should be an exciting one. So, get your application in as soon as possible. Given the timing of this trip, we plan to stop taking applications some time in April.

This is an exceptional opportunity to truly experience Russia and its modern culture and its place in world history. Anyone who has been on a cultural exchange trip realizes that a trip of this type is truly a once in a lifetime opportunity. You must be a Member of the ISWA to apply. Our counterparts in Russia take wrestling very seriously and we can expect good competition, strong training, and exceptional hospitality. Selection will be based on recommendations, wrestling ability, and working toward a balanced team.

To apply: Please include the following information in an email to ewojdyla@hotmail.com

Personal information:

Name: _____ School: _____
Address: _____ City: _____ Zip: _____
Age: _____ Club: _____
Grade: _____ Parent Name: _____
Passport Number: _____ USA Wrestling Competitor's Card # _____
Home #: _____ Cell# _____ Email: _____

A passport is mandatory! If you do not have a passport you must apply for one immediately. You must have passport within 1 week of acceptance. All participants must have a valid passport in order for us to gain Visa acceptance for this trip. Passport information is available at http://travel.state.gov/passport/ppt_card/ppt_card_3921.html - Many post offices and county clerks can assist you.

Essay: Complete a short essay describing what you expect to gain from this trip.
Reference: Provide contact information for a coach and at least one other community leader who can recommend you for this trip.
Wrestling Experience: Provide approximate record, tournament participation & placement, years in wrestling and accomplishments
Other: Significant community services and involvement as well as personal interests should also be included

Upon acceptance, I will contact the parent/guardian listed to discuss the trip requirements. I will also send a detailed request for information along with more specifics regarding the trip.

Please be aware that all team members are required to study the history and culture of Russia and participate in our team meetings where we will cover cultural expectations. Your attendance at team meetings is expected.

Questions? Best method of contact is email ewojdyla@hotmail.com or call Ed Wojdyla at 812.377.6989