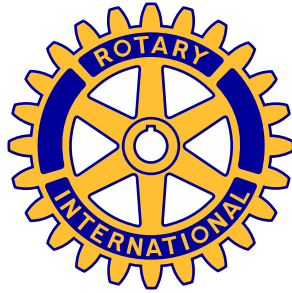


## Rotary Friendship Exchange



RI DIST 3150

AN INTRODUCTION



## An Introduction

Rotarians of District 3150 have been great travellers over the years ; and also enjoy looking after Rotarians visiting us from other countries.

RFE visits have been made with Rotary District



- in Poznan, Poland.



- in Buenos Aires, Argentina.

Typically, a party of around 3-5 Rotarians and partners visits the host District where they may be hosted by groups of Rotarian families for 3-4 days at a time for a period of around 1-2 weeks.

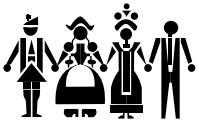
Time is spent in sightseeing, perhaps visits to local industries, and some Rotary meetings and from our experience, lots of parties!



The whole purpose of RFE is to foster international friendships and understanding. In some cases, the RFE visit leads to collaboration between Districts on shared projects, perhaps involving WCS or Matching Grants.

My home club was involved with a similar project in 2007.

Guidelines for conducting RFE visits are set out on the following RI website:  
<http://www.rotary.org/newsroom/downloadcenter/programs/rfe.html>



## Message

Greetings from RI Dist 3150, India,  
on behalf of our Governor Rtn. C. Suresh &  
my self & 2000+ Rotarian families in our district.

Our District 3150 is in south central part of India  
& we form the northern part of State of Andhra Pradesh(A.P) .  
We have some historic towns like Hyderabad, Warangal & Nizamabad.

I am District Chair for RFE program of RI.

I think is a very beautiful program which aims to bring us closer &  
lets us know each other & our families better.

This Friendship exchange lets us understand each others culture  
We can see & observe the same from much closer distance; as we Rotarians can  
live with each others family.

A.P. being almost center of India is a cultural melting pot ;with a long and  
interesting history.

If you have any particular interest to accomplish or transiting our Dist 3150  
please do let me know, I can try to arrange the exchange & other details of the  
program including plan for your travel/local meeting arrangements.

We can also help you plan to visit other cities in India .

Most favorable time to visit our Dist is from October to January.

This is only suggestion you can chose your own schedule & we are ready to  
receive you in our Dist. any time.

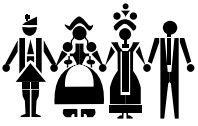
We can arrange for your home stay with our Rotarian Families.

Our District is geographically very long &  
depending upon your interest shall need to travel overnite by train

Me and my wife,Tanvi join in wishing you best of luck form bottom of our Heart



With warm regards,  
Rtn. Rajesh Pamnani  
Rotary Friendship Exchange  
Dist Chair (RI 3150) 2009-10.



## **Rotary Friendship Exchange**

Have you ever wanted to share an overseas travel adventure with Rotarians from another country, so you can truly learn about the many aspects of their culture through friends that live there, rather than the hurried conversations of busy hotel clerks, overworked cab drivers, or waiters? Would you like to sample a country's home cooked cuisine, and live with the family that prepared those meals for a few days, rather than live solely on restaurant food and sleep in a succession of hotel rooms?

Looking at this question from the other side, are you proud of your homeland? Would you like to share the assets of your home or city with Rotarians from other areas of the world? If so, you would enjoy Rotary Friendship Exchange.

## **What is Friendship Exchange?**

The Rotary Friendship Exchange Program is an activity in which Rotarians and their families carry out reciprocal visits, living for a few days in the homes of Rotarians and their families in other countries. The goal of the program is to advance international understanding, goodwill and peace through person-to-person contacts across national boundaries.

There are two types of Friendship Exchanges. The first is the Visitor Program in which individual Rotarians, who may be accompanied by family members, spend a few days in the home of a Rotarian in another country. The second is a Team Program in which a number of couples, typically from four to six, visit several communities in the host district for up to one month. The number of couples and/or length of stay is flexible, and is agreed upon by the districts involved. Both types of visits are coordinated by district Friendship Exchange committees and both are carried out at no expense to Rotary International. Also, districts are encouraged, where feasible, to consider arranging uni-vocational exchanges where host and guest Rotarians are of the same occupation.

## **Who May Apply?**

In the Visitor Program, Rotarians and their families, including children, are eligible for participation. In the Team Program, participation is limited to Rotarians and their spouses.



## **How Does a Rotarian Apply for Rotary Friendship Exchange?**

For either type of exchange (visitor or team), Rotarians must apply through their club president, who will inform them if their district is participating in Rotary Friendship Exchange. Participating districts will appoint a district Friendship Exchange chairman, whose job will be to coordinate the program through the use of a list of Rotary Friendship Exchange chairmen from around the world, which can be obtained from R.I. World Headquarters in Evanston, Illinois, U.S.A. The chairman is responsible for contacting other RFE chairmen and/or club presidents to find out which districts are interested in exchanges and arranging details such as location, length of stay, number of participants, means of application and requirements for participation.

Participating districts will develop their own standards for the selection of participants. In all cases, Friendship Exchange must be undertaken with the consent of two thirds of the clubs in the participating districts; with the approval of the District Governors; and with the understanding that they involve no liability to Rotary International.

## **When are Friendship Exchanges Available?**

Generally, Friendship Exchanges may take place any time of the year that is agreeable to the clubs and districts involved. Reciprocal visits may take place during the same year, or in the following year.

## **Where Can Rotary Friendship Exchange Take You?**

You can go anywhere in the world where there are Rotary districts that want to share fellowship and home stay.

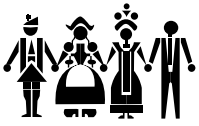
## **How Can I Host a Friendship Exchange?**

To become a host, a Rotarian should apply through the club president, who will contact the Rotary Friendship Exchange district chairman.

Rotarians who have participated as Friendship Exchange guests will be anxious to serve as hosts when Rotary visitors come to their home community.

## **How Long Does a Friendship Exchange Last?**

In the Visitor Program (Rotarians or Rotary families), the length of stay is usually several days (probably no more than three or four). However, in each case it is up to the host club to determine the nature of the Friendship Exchange, the number of host families involved, and the length of each stay. Rotary district Friendship Exchange Teams, however, visit several communities in their host district, staying a few days with each individual family for a total period of up to four weeks (or a total period as agreed upon by the districts involved).



## **Who Pays for Friendship Exchange?**

In all cases, guests are expected to pay their basic expenses. Variations from this standard are only at the host family's discretion and should not be expected.

## **What Constitutes Friendship Exchange?**

In each case, it is up to the host club to determine how it will handle Rotary Friendship Exchange (i.e. the number of host families involved) and to make all arrangements accordingly. It is anticipated that home stay might include housing (usually in the homes of Rotarians), meals, sightseeing the same courtesies that would be extended to a friend. It is suggested that basic arrangements be agreed to in writing by the participating clubs.

For Rotary Friendship Teams, the host district chairman will provide the guest district chairman with an itinerary of host Rotary clubs along the visitation route and information on the length of stay with each. District chairmen and host club volunteers will mutually agree upon the itinerary and arrangements before the exchange is carried out.

## **Why is Friendship Exchange Important as a Rotary Program?**

Friendship Exchange is not simply a way to obtain friendly lodging during a business or vacation trip. The exchange of Rotary families and couples who are motivated by a sincere desire to learn about others and to share international fellowship can be an effective tool in promoting better human relations around the world.

## **What countries can be visited?**

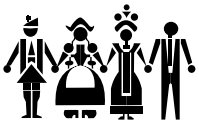
Any Rotary District in the World that is interested in RFE and that wishes to exchange with D3150. The Districts approached will depend on the interest of Rotarians wishing to visit. The time of the visit is also by agreement between the two Districts keeping in mind the wishes of the participating Rotarians. D3150 will also be arranging an exchange with other Indian Districts in the future.

## **How can i host a friendship exchange?**

If you would like to host a Rotarian on a RFE contact your RFE Committee and record your interest. If the RFE team is staying in your area then they will attempt to involve you. This will depend on the numbers in the RFE team and how many hosts are available.

## **What is expected of me if i host an exchange?**

You are expected to arrange a number of activities for your guests. Some spare time is also required. Guests are expected to meet out of pocket costs to attend venues, etc but this is by agreement. The host provides lodging at no cost. You are expected to treat guests as family.



# INDIA



## ANDHRA PRADESH

## RI DIST 3150





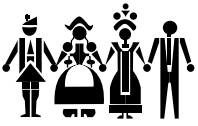
## International Flight Connection

From	To	WebSites
Amsterdam	Hyderabad	Connected Flights
Frankfurt	Hyderabad	<a href="http://www.lufthansa.com">http://www.lufthansa.com</a>
Dubai	Hyderabad	<a href="http://www.emirates.com">http://www.emirates.com</a>
Qatar	Hyderabad	<a href="http://www.qatarairways.com">http://www.qatarairways.com</a>
Singapore	Hyderabad	<a href="http://www.singaporeair.com">http://www.singaporeair.com</a>
Malaysia	Hyderabad	<a href="http://www.malaysiaairlines.com">http://www.malaysiaairlines.com</a>
Thailand	Hyderabad	<a href="http://www.thaiairways.co.uk">http://www.thaiairways.co.uk</a>
Srilanka	Hyderabad	<a href="http://www.srilankan.aero">http://www.srilankan.aero</a>

## Domestic Flight Connection's to reach HYDERABAD

Place	Distance	Air Time (Hrs.)	Rail Time (Hrs.)
Chennai	329 miles	1.00	12 hrs.
Mumbai	385 miles	1.15	18 hrs.
Kolkatta	740 miles	1.15	24 hrs.
Delhi	773 miles	2.00	22 hrs.





## GUNTUR

### Tourist Places:

Stupas at Amaravati,  
Bhattiprolu,  
Kesanapally,  
Undavalli caves,  
Ettipothla Water falls,  
Nagarjunakonda,  
Bapatla beach,  
Amaravathi museum Lam,  
Nagarjunasagar - srisailam Sanctuary,  
NTR Manasa Sarovar,  
and Kondavidu Fort.

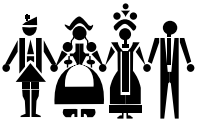


## PRAKASAM

### Tourist Places:

Nagarjunasagar - Srisailam sanctuary,  
Mothupalle,  
Vodarevu,  
Chadavaram,  
Gundla Brahmeswaram Sanctuary  
and ILTD Company.





## MAHABOBNAGAR

### Tourist Places:

Ranganayaka Temple  
Pillalamarri Banyan Tree,  
Farahabad hill station,  
Gadwal Fort,  
Sarlasagar project,  
Koilsagar project and  
Nagarjunasagar - Srisailem Sanctuary.



## KARIMNAGAR

### Tourist Places:

Sivaram Sanctuary,  
Elgandal fort,  
Kaleswaram,  
Dhulikatta.



## RANGAREDDY

### Tourist Places:

Himayatsagar Dam,  
Osmansagar Dam,  
and Vikarabad.





## WARANGAL

### Tourist Places:

Warangal Fort,  
Pakhal Lake,  
Pakhal  
and Eturinagaram sanctuaries, Ghanpur.



## MEDAK

### Tourist Places:

Manjira wildlife Sanctuary,  
Kondapur Archeological Museum,  
Medak fort  
and Pocharam Sanctuary.



## ADILABAD

### Tourist Places:

Pranahita,  
Kawal and Sivaram Wildlife Sanctuary,  
Kadam Dam,  
Pochera and  
Kuntala waterfalls.





## NIZAMABAD

### Tourist Places:

Nizam Sagar Dam,  
Ali Sagar Reservoir,  
Pochampadu Project,  
Bodhan,  
Pocharam Sanctuary  
and Nizamabad fort.



## KHAMMAM

### Tourist Places:

Khammam fort,  
Nelakondapalli,  
Parnasala,  
Kinnerasani Project,  
Peratalapalli Papi Kondalu,  
Palair,  
Somavaram,  
Yanambailu,  
Kothagudem Thermal power station at Palvancha,  
and Kinnerasani Sanctuary.



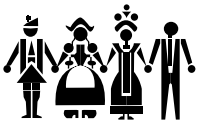


## NALGONDA

### Tourist Places:

Nagarjuna Sagar Dam,  
Pillalamarri,  
Nandikonda,  
Panugallu,  
Nagarjunakonda,  
Nagarjunasagar - Srisailem Sanctuary,  
Bhongiri Fort,  
Rachakonda Fort,  
Wadapally,  
Gajulabanda,  
Phanigiri Buddhist sites  
and Pochampally textile center.





## HYDERABAD

### Tourist Places:

Lumbini Park,  
Mir Alam tank,  
Nehru Zoological Park,  
Public gardens,  
Osman Sagar,  
Indira park,  
Shilaparamam,  
Hussain sagar lake,  
Golconda Fort,  
Ramoji Film city,  
Kidwai gardens  
and NTR gardens.



Charminar



Birla Temple



Ramoji Film City



Public Gardens



Falaknuma Palace



NTR Gardens



Hussain Sagar



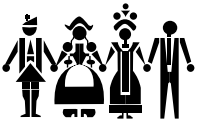
Shilaparamam



Golkonda Fort



Miralam Tank



Rtn. V. Rajyalakshmi  
District Governor

## Rtn. V. Rajyalakshmi District Governor 2010-11

“Samata” 6th Lane, Main Road, Brodiepet,  
Guntur - 522 002, A.P., India

Tel : (O) 91-863-2355986, 2241392  
(R) 91-863-2355891

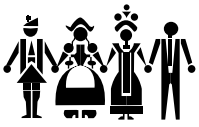
Mobile : 91 99892 81666

Fax : 91-863-2355891

E Mail : [raji3150@gmail.com](mailto:raji3150@gmail.com)



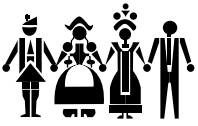
More Information at [www.rotary3150.org](http://www.rotary3150.org)



## Rotary District 3150 - Service in Action







**Rtn. Rajesh Pamnani**  
**Chairman (2009-10)**  
**Inter District Friendship Exchange.**

Plot No.239 & 240,  
Vamannayak Lane,Uma Nagar,  
Kundan Bagh, Begumpet,  
Hyderabad-500016.  
INDIA.

Tel/Fax : +91-40-23402682,

Mobile : +91-98490-13175,

E-Mail : rajesh\_pamnani@hotmail.com