



ENSR windsurf camp

June 25th to July 10th 2022



Bonaire (Nederlandse Antillen)





Programme

Saturday June 25th

05.00 Meeting at ENSR

06.30 Departure from ENSR to Airport

09.05 Flight KL1926 to Amsterdam

10.20 Arrival in Amsterdam

12.25 Flight KLO765 to Bonaire

18.25 Arrival at Flamingo Airport Bonaire

19.00 Check-in at Sonrisa Hotel



20.30 Pizza Party at the "Hotel Pool "



Sunday June 26th

09.00 Wake-up "breakfast at the pool"

10.30 Discovery of the town of Kralendijk

13.00 Lunch

14.00 Lazy "Jetlag" afternoon at lac-bay

20.30 Dinner in "El Mundo" restaurant



Typical daily program from June 27th until July 8th

In addition to the daily program, activities will be organized like visits to the village of Kralendijk, site-seeing on the Island, snorkeling, etc.

08.30 Wake-up

08.45 Breakfast

10.00 Morning classes Windsurfing

13.00 Lunch

14.30 Afternoon session Windsurfing or other activities like snorkeling trips, island discovery trips, cage visits, ect.

19.30 Dinner

21.15 Evening activities like games, salsa club outings, pool disco, etc.

Sat July 9th

13.00 Lunch

15.00 Departure to the Airport

17.00 Check-in

19.30 Flight KL0765 to Amsterdam



Sun July 10th

11.00 Arrival in Amsterdam Schiphol

12.10 Flight KL1929 to Geneva

13.35 Arrival Geneva

15.15 Arrival at ENSR





Important things to take with you

Bonaire is an Island in the Caribbean with a very steady warm climate. This means that temperatures go up to 31 C° with a humidity of about 60% in June and July. If we drink enough (water from all water taps on the Island is perfectly drinkable) and protect ourselves from the sun we are going to have a wonderful time. Besides taking your normal luggage for a summer holiday, there are a few additional things that you should bring in regards to windsurfing:

- Waterproof Sun cream (at least protection factor 25)
- After Sun cream (to re-hydrate the skin at night)
- Lycra shirt
- Surf-Shorts
- Windsurf shoes
- Windsurf gloves
- Sunglasses



Maximum Luggage weight is 20 kg

Overweight will have to be paid in cash (approx. CHF 60.- per kilo) by the participant at the airport before departure

Money issues

The local currency on the Dutch Antilles is USD. Exchange rate to the Swiss Franc is approx. 1 to 1. Several ATM machines are available on the Island with the possibility to take dollars directly from your EC card. The exchange rate is usually better than changing Swiss Francs cash.

Insurance

ENSR has an accident insurance for all its students. In order to avoid any potential problems in case of damage, etc. we would like to point out again that **an International travel and accident insurance is compulsory for all participants** of the camp. Don't forget to take your membership card or copy of the card with you on the trip

Medical assistance on Bonaire

Everything in relation to first aid, in order to take care of small cuts and wounds, will be at disposal for all our students in the form of a large medical case that we will take with us from ENSR.

In the village of Kralendijk a medical post is in service with full western facilities. The center is at approximately 1 km from our hotel.



Important telephone numbers and addresses

Sonrisa Boutique Hotel

Kaya Finlandia z/n Bonaire, Dutch Caribbean

Phone: +599 717 66 33

The Windsurf place, Bonaire: + 599 717 22 88

Sander van Aartrijk: 079 794 76 13, vanaartrijk@ensr.ch

Jean-Yves Gsell: 078 635 57 09, gsell@ensr.ch

