



Because together is better.



ROCCELLA JONICA (RC)  
Summer 2026  
81st edition

# Summer Camp



**FIRST ROUND**  
Departure: July 4th  
Return: July 14th



**SECOND ROUND**  
Departure: July 15th  
Return: July 25th

# CONTACTS

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WHO WE ARE



# YMCA IN THE WORLD

YMCA is the oldest youth organization in the world and one of the largest.

The YMCA's primary goal is to empower, inspire, and mobilize young people, giving them the tools and space to express their opinions on issues that matter to them and the world at large. The YMCA works to help young people improve themselves, their communities, and, ultimately, the world around them, promoting positive transformation at both the individual and community levels.

Over the years, the YMCA has become an inclusive organization that welcomes people of all backgrounds, regardless of faith, gender, culture, sexual orientation, ability, or social class.

With nearly 90,000 employees and approximately 920,000 volunteers at 12,000 locations worldwide, the YMCA has built a global network that reaches more than 60 million people annually in 120 countries.

This impressive level of global engagement highlights the YMCA's commitment to providing support, educational and development opportunities, and wellness programs that directly and meaningfully impact the lives of young people and their communities.

## THE YMCA STRUCTURE

### WORLD - World Alliance Ymca

The World Alliance is based in Geneva, Switzerland.

It is the main umbrella of our movement, it supports and gives directives to the regional, national and local YMCAs.

### REGIONAL (Ymca Europe, Y USA, Ymca Africa...)

By regional movements we mean "continental" alliances.

YMCA Italy, together with other European national movements, merges into YMCA Europe.

### NATIONAL (Ymca Italia; Ymca France...)

National movements like YMCA Italia coordinate local associations and collaborate with other national movements.

### LOCAL (Ymca Roma, Ymca Grosseto...)

Local associations, like YMCA Rome, are those that carry out work in the local area, interact with people, and give life to the YMCA movement.



## WHO WE ARE

**We are the Rome branch of the YMCA.  
We welcome you :)**

**We believe that children and young people need a space for socialization that gives them the freedom to experiment and grow while having fun. Our activities are based on the concept of integration and solidarity.**

**For us, all children and young people are equal in their uniqueness; we value them and help them understand the importance of community.**

**This is the principle of our method: uniqueness and collectivity.**

Our educational goals are: promoting active participation and solidarity, individual development, mutual support, quality socialization, and of course, lots (lots) of fun!

In 2017, our Leaders selected the FLIGHTS they believe in and on which our programs are based.

- **Community**
- **Freedom**
- **Participation**
- **Inclusion**
- **Caring**



## OUR VISION

*YMCA Roma dreams of a society based on the recognition of differences as a source of enrichment.*

*Founded on freedom of thought, expression, and participation, allowing everyone to be the best version of themselves.*

*Not only by including every person regardless of gender, creed, culture, or sexual orientation, but by caring for them.*

*i LEADER YMCA  
10/12/2017*

# THEY SAY ABOUT US

## parents' reviews

I consider the organization and attention paid to the children, especially those in the most challenging phase of their adolescence, to be the jewel in the crown of YMCA Roma. It is led by a firm, decisive person, but at the same time, with the great sensitivity needed to manage the children and a staff of well-prepared young people who understand the work they have to do.

The location, completely immersed in nature, allows the children to understand the importance of protecting it, for themselves and for those who come after them.

In short, the perfect way to help today's kids grow up and have fun at the same time, without cell phones, the internet, Instagram, or PlayStation.

Vote 10. 🙌🙌🙌🙌🙌

The whirlwind of emotions, the exchange of opinions, the discussion, the complicity, and the support experienced over these two weeks have made these kids attentive and aware of their surroundings; a far cry from the superficial and apathetic kids who fill our schools. Because when a child says good morning to you and, looking you in the eye, asks how you're doing, deep down you know that they, too, will make this world a better place.

Thank you ❤️

You are amazing and I LOVE YOU!

Young and dynamic, the YMCA Roma camp offers an opportunity for growth in a protected environment.

Amazing people and a magnificent, magical place to give you kids an unforgettable experience!

An excellent organization that guarantees safety and peace of mind for campers and their families.  
Lots of fun and personal growth for kids of all ages. You are amazing!

The relationship between the boys of different ethnicities is interesting. The staff's attention to mixing playful aspects with the children's personal elements was decisive, always underlining the importance of sharing.

Responsible and empathetic kids.  
Examples to follow, for shared and personal growth.

First experience at YMCA, recommended by a friend of my daughter's, who has been camping there for years. What can I say? Everything exceeded my expectations, confirmed by my daughter Gaia's joy upon returning from this wonderful experience created by young people for young people. A charming location, a place created for young people that brings them closer to the true values of life. What more could you ask for? I'd like to close with a heartfelt thank you to all the wonderful staff, and especially to Francesco, the soul of this place, who has conveyed his energy and love for what he does to all his wonderful kids.

INFINITELY GRATEFUL ❤️

# THEY SAY ABOUT US

## parents' reviews

It is a highly formative experience, thanks above all to the professionalism and competence of the leaders, people who are simple to look at, but successful.

A unique, enriching and fun experience.  
The group of campers of different ages through shared activities is a great resource.  
Thanks also to the leaders, Thanks

The staff is very knowledgeable and the camping site is AMAZING. CONGRATULATIONS

Friendliness, helpfulness, sharing, spontaneity, respect, organization—nothing is missing.  
A beautiful world, the beautiful one, the one we all want, and perhaps showing our children that it can exist will help them create it. Thank you.

Professionalism and seriousness combined with light-heartedness and friendship are rare qualities that must be preserved. YMCA Rome embodies all this, and camping in an exclusive location is just for them, an important moment of socialization and relaxation. Thanks to all the staff

An educational vacation, dedicated to healthy values and fun in an oasis of beauty and tranquility. The great thing about the YMCA kids is that they leave no one behind; as my son says when he returns: 'Being on vacation at the YMCA is like entering a wonderful parallel world!'

Last night when Ada 🌹 came back I saw her serene and full of happy enthusiasm. I was happy to have participated and learned to interact with young people of different ages without prejudice. Thank you all for positively shaping these young minds.  
Thank you and THANK YOU again. Arianna and Pietro

I only know Francesco, but once I understood his cheerfulness, his enthusiasm, and his love for life, I had no doubts about entrusting my daughter to him!  
And I wasn't wrong!

At the YMCA camp, kids discover the values of friendship and sharing

The staff, made up of young people, is a great source of inspiration for all participants.  
We play, laugh, and talk deeply.

What can I say... I'd like to be a boy again just to be able to go to YMCA camps again ;-)

# THEY SAY ABOUT US

## parents' reviews

There is great respect for autonomy and for the individual and an enthusiasm that makes the children aware of their resources.

The camp organized by the YMCA Roma is a unique experience, thanks above all to its young and qualified staff.

After lockdown, it was the perfect experience for my girls! Just young people, surrounded by nature, a simple life, with plenty of motivation to be independent! Emotionally intense activities and a lot of irony.

An out-of-this-world experience. In a bubble of shared ideas, nature, and pure, intense relationships. Returning to "real" life is hard...The staff was exceptional, attentive but also friendly.

Beautiful and Handsome from all points of view

A fantastic experience of personal growth in a very welcoming environment immersed in wild nature, being together and comparing oneself with each other by sharing one's thoughts, bringing out oneself without fear, with empathy and curiosity.

Qualified facility and staff. Very attentive to the needs of children and parents; A very appealing and satisfying youth life experience thanks to the quality of the Association itself. It's a chance to grow and make new friends in an environment that fortunately still retains important values.

Attentive and helpful, friendly but serious and reliable. I hope my son "absorbs" your qualities!

WHAT WE DO



# THE BENEFITS OF SUMMER CAMPING

There are countless YMCA summer camps around the world, 74 in Europe alone. We believe that camp is a fundamental experience in a person's growth. Summer camp isn't just a summer camp. It doesn't simply "keep" children busy during their free time. Summer camp is something more: it aims to inspire participants' curiosity for new activities, friendships, and new perspectives.



The experience we offer allows campers to return home feeling bigger, more developed, and more curious. Summer camp is a comprehensive educational experience that doesn't compromise on fun! In fact, the rules become a framework for navigating and having fun, and collaboration becomes a way to get to know each other and feel part of something.



Former campers, now adults, recount how much the YMCA experience has helped them and continues to help them today, years later: flexibility, the ability to adapt and share, knowing how to compete in a healthy way, mediating and working in a team, the ability to express their opinions and share their emotions... these are just some of the qualities they acknowledge having learned during YMCA vacations!



## DON'T CALL US A SUMMER CAMP!

For over 80 years, we've been promoting camping as a lifestyle. YMCA camps in Italy and around the world are an institution: sports, recreational, and artistic activities united by a single goal: growing together.

Ten days spent in nature, having fun and learning the value of sharing, making new friends, and growing independently and healthily!

Summer camps are an opportunity no one should miss, let alone a YMCA Rome summer camp.

For lovers of the sea, sun, and summer, for those who want to spend a holiday with lots of new friends and reconnect with those from last summer, for those looking for an experience, for those who choose camping, and above all for you who want to become part of our world.

Camping is a lifestyle that teaches us the value of sharing and a healthy relationship with our bodies.



*Rocco!*

Living with so many other people on a campsite teaches us to be more independent, more responsible, and more aware of our own personalities... And it's a lot of fun!

The experience campers have thanks to YMCA Rome is immense: a mix of emotions that are difficult to explain.

Because yes, it's true, there are sports, outdoor life, group activities, socializing, the sea, diving, soccer, beach volleyball, table football, singing evenings, bonfires on the beach... but it's so much more.

But we can't explain to you everything we've invented in these 80 years!



# OUR LEADERS



# I LEADER YMCA ROMA

The roles in the camp are: Director, Assistant and Leader

Our Leaders are young volunteers born and raised at YMCA Rome! They experienced camp as children, embraced the YMCA spirit, and have become the protagonists of today.



Giulia, Nora, Elena, Margherita  
2015 - Campers 2025 - still here <3

The Leaders are the point of contact for campers. Each leader is directly responsible for their tent group. Campers will sleep in a 7-bed bungalow with their Leader.



Edoardo, Lorenzo, Pablo and Matteo, Leaders 1st round 2024

Throughout the holiday, they, under the watchful eye of the Assistant and Director, will lead the activities and take care of the campers, ensuring everyone has a fun, safe, and special experience!



David, Nena, James, Leader III 2024 Shift

The tent group shares meals at the table with their Leader. This strengthens the relationship between campers in the same tent and the Leader, and allows them to monitor the moods and dynamics among the campers.

Every evening, at the end of the day's activities, the Leaders, the Assistant, and the Director meet to finalize the next day's organization and to discuss the group, anticipate, and resolve any problems.

During the meeting, we discuss the campers, how they are experiencing Camp, and we implement strategies to ensure everyone has the space they need to thrive and enjoy the YMCA experience 100%.

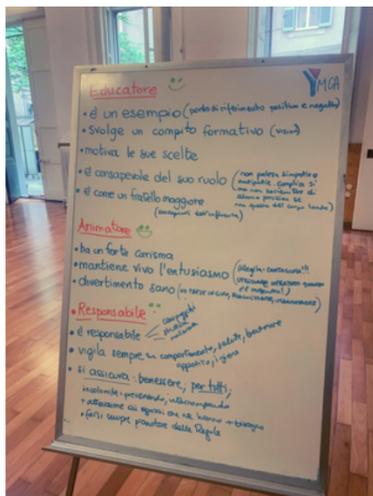
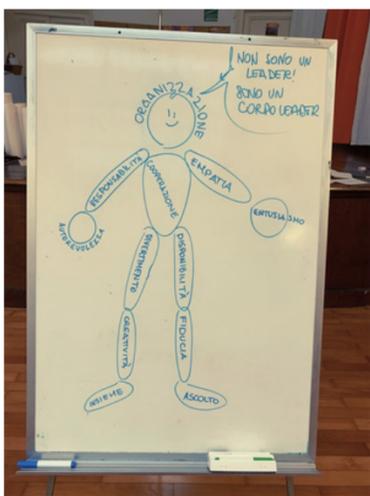


Leader

# I LEADER YMCA ROMA



The Leader leads a training activity at the campsite during one of our "Special Days"



Leader Course



A camper eats a Leader.

## AWARE OF THE ROLE:

Every year, so much happens in the world, and our children are increasingly exposed to a media bombardment of current affairs, customs, politics, and society.

While even the most attentive parent can filter and remain available and present for quality dialogue with their children, it's crucial that our children find safe people and environments outside the home, capable of protecting them and welcoming requests for discussion and dialogue.

During summer vacation, children have fun, play, and learn about many sports. But sharing also opens up many topics. Children are increasingly engaging with the world around them, and having staff who care about this is important. Camp can transform into a time of learning, discussion, and incredible growth... if these moments are led by young, trained, competent, welcoming, and sensitive staff, then the game is a success.

# THE LEADING COURSE



Leader Course



Leader Ymca Roma in Budapest during the project "Be a Voice not an Echo" promoted by YMCA Europe

Before attending the camp, our leaders undergo a long winter of training activities. During this time, they learn to work on their strengths and weaknesses, to collaborate, and to build relationships within a team. They learn to organize activities based on shared goals. During the course, they practice public speaking, thus facing their fears and discovering skills they thought they lacked. But most importantly, they learn to understand the delicate nature of their role.

Training activities also include meetings with external professionals who contribute to the growth and professional development of our students.

Additionally, our Leaders are involved in courses and training experiences abroad thanks to the numerous projects that link YMCA branches around the world.

Being a YMCA Leader isn't just about knowing how to organize a series of games and activities.



Graduation day: finalmente Leader



First aid course



Meeting with the Psychologist



Global Ymca Camping Conference, Denver, Colorado



Exhausted leaders

# THE PROGRAM





### THE BIG NEWS OF 2026

Every year brings many new features and changes. Based on past experiences and evaluations, we want to reduce the number of participants to offer a higher quality experience and ensure an even richer experience filled with emotions and incredible memories.

FIRST ROUND: 04/07 - 14/07

SECOND ROUND: 15/07 - 25/07

### TYPICAL DAY



- 8:30 Wake up call
- 9:00 Flag Raising + Breakfast
- 9:45 Cleaning the curtains
- 10:30 Morning Activities
- 11:30 EVERYONE TO THE SEA!
- 12:30 Shower (without soap)
- 1:00 PM Lunch
- 2:00 PM Siesta / Leaders' Meeting
- 16:00 Snack
- 4:30 PM Afternoon Activities
- 5:30 PM EVERYONE TO THE SEA!
- 6:30pm Showers
- 19:45 Ammainabandiera
- 20:00 Cena
- 9:00 PM Evening Activities
- 10.30pm End of activity
- 11:00 PM Everyone to bed



Lavinia Tent



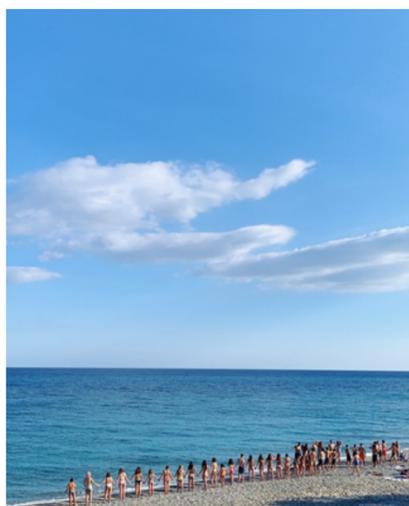
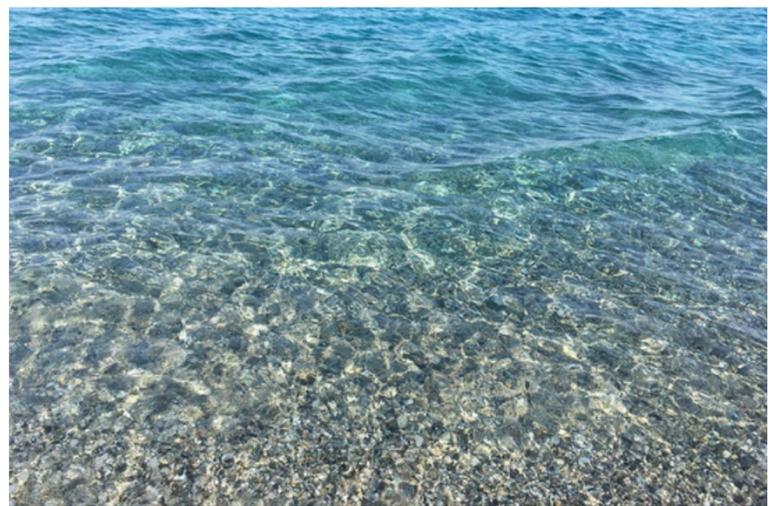
Leonardo Tent



## FAIRYTALE CAMPING

Let's start with one premise: the sea is right before our eyes 24/7. The bungalows, the dining hall, the areas where we host our activities... everything overlooks the sea. You could say everything is by the sea. Our campsite, in fact, is a small strip of land covered in beautiful eucalyptus trees. Fourteen bungalows, restrooms and showers, the dining hall, and the kitchen, all lined up, overlook our white beach. Our activities take place in the shade of the eucalyptus trees, on the beach, and under the dining hall awnings.

And the sea... eh! The sea:



## L'ATMOSFERA YMCA

Camp, like all YMCA programs, is more than just free time spent outdoors with friends. It allows for skill learning, character development, and self-awareness, and creates the space to build strong, healthy friendships.



Our campsite is a special place. Our campers become part of a community day after day, learning to be more independent and responsible.



Camp teaches self-sufficiency, a love of nature, and the outdoors. It teaches the development of attitudes and practices that build character and leadership, all while enjoying campfires on the beach, singing songs at the top of your lungs, canoeing, archery, beach volleyball, soccer, and exhilarating and exciting talent shows, and building meaningful relationships.



YMCA Rome leaders are committed to ensuring that camping is an extraordinary experience for every camper.

YMCA is one of the largest organizations in the world that promotes camping as an educational, training and recreational program for youth and teenagers.

YMCA Rome offers its youth a healthy growth experience and young volunteers valuable teamwork experience. Being a YMCA camp leader is a life-changing experience that changes your approach to the world of work. Every summer at YMCA camps, we allow our young volunteers to take on valuable responsibilities that are crucial to their leadership development.

# TRAVEL, ARRIVAL AND ACCOMMODATION



*Bianca, Maria, Giorgia, Beatrice, and Matilde, leaving for the YMCA!*

## VOYAGE

The bus ride to our beloved campsite is an integral part of the holiday. The trip is an opportunity to get to know each other and allows the leaders to understand the participants' personalities.

Travel appointments:

Piazzale del Verano DEPARTURE AT 8:30 AM RETURN AT 5:00 PM (APPROX.)

## ARRIVAL AND ACCOMMODATION

Once they arrive at the campsite, the children will be divided into TENT GROUPS: max 7 + 1 Leader depending on age and gender.

Only at the campsite will the boys and girls find out who their Bungalow mates are and who their Leader is :) We will try to accommodate preferences, but trust us... we have been building groups for 7 years.

## LUGGAGE

The perfect outfit for our days is very simple: Short-sleeved T-shirts (lots of them), Shorts, Swimsuits, Slippers for the shower and for the beach.

In the evening we are a little vain... so: Let's pack a couple of nice things... just a couple. We're camping anyway! (A detailed list will be sent to you in due course.)

Upon arrival, campers will be divided by gender and age into tent groups of up to 7 campers and a leader.

The latter will be their point of reference for the entire holiday.

Each tent group will stay in a sea-view bungalow with eight beds.



*Simone Tenda, 2nd round 2021*



*Special Bea Tents, Leo III shift 2021*

# WHAT TO PACK?

**ONLY ONE SUITCASE PER PERSON AND ONE BACKPACK IS ALLOWED**

## *Fundamentals:*

- Waterproof single mattress protector.
- Single bed sheet set with pillowcase
- Sleeping bag (**BOTH SHEETS AND SLEEPING BAG!!!**)
- Sufficient pairs of underwear and socks (possibility of hand washing some things... so hand washing soap).

## *The perfect outfit for our days is very simple:*

- Short-sleeved shirts (lots)
- Shorts
- Swimwear
- 2 PAIRS of Slippers

- We're a little vain in the evenings... so let's pack a couple of nice things... just a couple. We're camping anyway!

## *For any bad weather days and windy evenings:*

- Heavy sweatshirts
- Long trousers
- Raincoat
- Closed sneakers
- Scarf

## *Special requests for our activities:*

- 2 White T-shirts to Color
- Water Bottle
- Flashlight
- Bandana
- Hat
- Backpack

## *Personal hygiene items:*

- Shower gel
- shampoo
- deodorant
- toothbrush
- toothpaste
- small towel
- bathrobe
- laundry bag
- sunscreen and after-sun cream
- preventative treatment and treatment for lice... don't ask questions :)

## *A personal medicine sachet containing:*

- a pack of Paracetamol 500
- a pack of Enterogermina
- a medicine for sore throat (ask your doctor for advice).
- a cough medicine (ask your doctor for advice).
- a headache medicine (ask your doctor for advice).

## **FURTHERMORE:**

Do you want to bring your guitar?  
your album and your colors? your  
camera?

Do you want to bring your fishing  
rod? Your yellow rubber duck?

## **In short:**

**WE WELCOME ANYTHING THAT  
REPRESENTS YOUR PASSIONS  
AND THAT CAN TELL US  
SOMETHING MORE ABOUT YOU  
:)**

# MOBILE PHONE ALARM

As in all educational contexts, the cell phone has now become a very important and discussed topic.

We have experimented with more or less mild containment measures over the years, but today we are able to make some considerations on the issue.

Cell phone use while camping is synonymous with dullness and criticality. The creative power of our program lies in a few days of abstraction from our daily routines and the dynamics we experience. While camping, we are called to experience true relationships, based on dialogue, problem-solving, creativity, and inventiveness... for this reason, cell phone use will be rationed.

Children may bring their own phones, but they can use them during a limited evening window to communicate with their parents if they wish. For the rest of the day, phones will be turned off and handed over to leaders.

We ask parents to collaborate in this effort, becoming personally involved in this healthy educational dynamic, which is essential for your children.

The management telephone number will always be available for urgent communications.



# 0 KM KITCHEN AND A PLASTIC-FREE APPROACH

**ymca**  
**roma**

*per l'ambiente.*

## GREEN APPROACH

We are very environmentally conscious and have worked over the years to make our campsite a plastic-free one. Every year, we save kilos and kilos of plastic, and thanks to the use of only traditional glasses, plates, and cutlery, in July we save approximately:

- 6000 plastic cups
- 12,000 plastic plates
- 9000 pairs of plastic cutlery
- **3000 plastic bottles**

**equivalent to more than 300 kg of plastic!**



## KITCHEN

Our cuisine is all locally sourced, and the best local suppliers help us delight with typical Mediterranean delicacies.

All meals are prepared by highly qualified staff, following a balanced diet plan and with the utmost attention to any allergies or food intolerances. We pride ourselves on the quality of our food; the tastiest local produce will give you the energy you need to start the day in the best possible way! The campsite has a bar where you can purchase snacks, ice cream, and drinks... but we try to limit its use!

# ACTIVITIES IN THE CAMPSITE

## MORNING ACTIVITIES

At 10:30, the leaders gather all the campers and present the morning's activities. The activities are numerous and change frequently, but they never fail to include:

- Beach volley
- Canoe
- Soccer
- Work out
- Manual activities
- Book Club
- Ping pong
- Foosball
- ...

## AFTERNOON ACTIVITIES

At 4:30 pm, after a siesta and after a snack, the crazy afternoon activities begin.

With the goal of building the group, teams are formed and they will have to face crazy afternoon adventures!

- Gymcana
- Games Without Borders
- Photographic Competitions
- Lost
- At the Sole
- Talent Show
- ...

## EVENING ACTIVITIES

After dinner, magical YMCA evenings begin, where you can have fun and make lifelong friendships.

Elegant dresses and stage costumes, hoodies and sleeping bags... this and much more.

Some examples:

- the Face of Ymca!
- The mysterious Yellow
- La Talpa show
- Bonfire on the beach
- Night (night under the stars)
- Nightclub
- ...

## Y - ACADEMY

The Leaders will involve the kids in ABSOLUTELY non-professional courses, but for this very reason wonderful...

The courses change every year, if not every shift, because they are developed according to the skills of the Leaders present at the camp.

Only rule: a project/product/show to be presented on the last day of camping.

Some examples

- Choir
- Magic
- Podcast
- Video Making
- Theater
- Guitar from 0
- Hukulele yes 0
- Musical
- Dance
- Editing a newspaper
- Creative Writing
- Painting
- Let's talk about it now
- TV news
- ...

# ACTIVITIES IN THE CAMPSITE

## SPECIAL DAY

By tradition, and because we believe in the educational power of group participation and the atmosphere we create at camp, we dedicate a day to a social issue close to our hearts, engaging the kids in exciting activities that are hugely successful every year. Some examples:

- Countering stereotypes
- Adolescence and the pandemic
- Bullying
- Cyberbullying
- Human Rights
- Gender equality
- Sustainability
- Pace



*An evening at the campsite*



*Photographic competition*

## EXCURSION

We plan to spend a day away from the campsite, so everyone on the trip, armed with backpacks, water bottles, swimsuits, and a desire to sing... yes, choirs on the bus are a must!

## NOCTURNAL

...are you ready to sleep under the moon and stars?



*Special Day, presentation*



*Morning Activities*



*Gymcana*



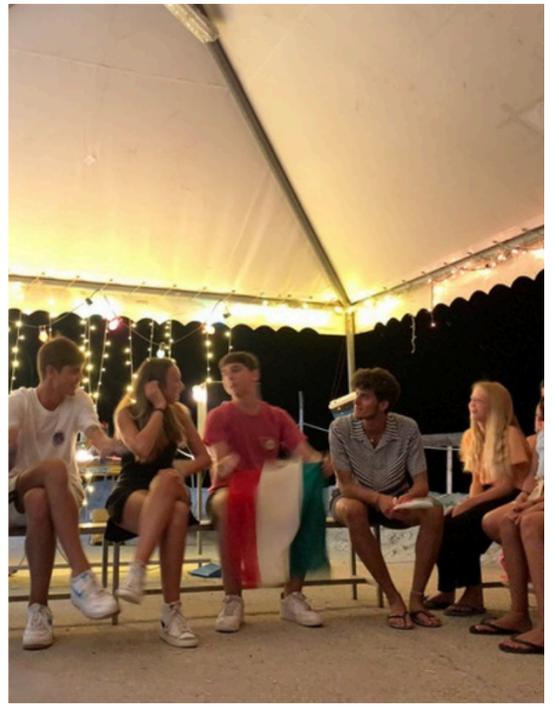
*Y Academy Presentations*



*The wedding*



*The cursed path*



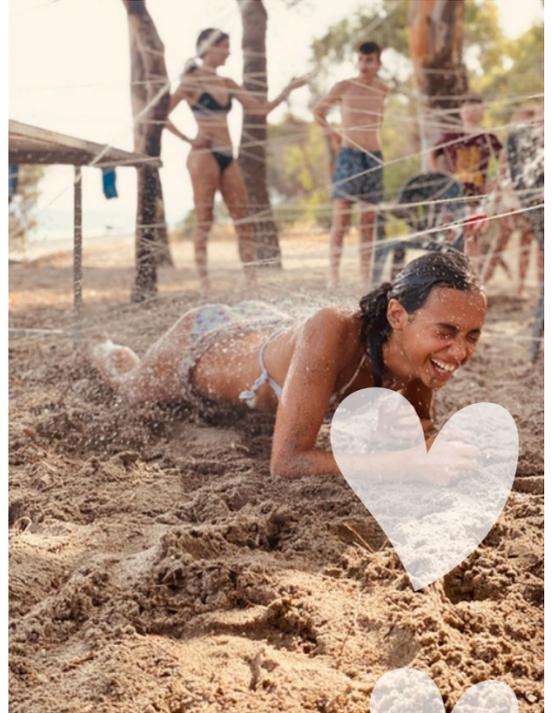
*Talent Show*



*Morning Activities*



*The last evening*



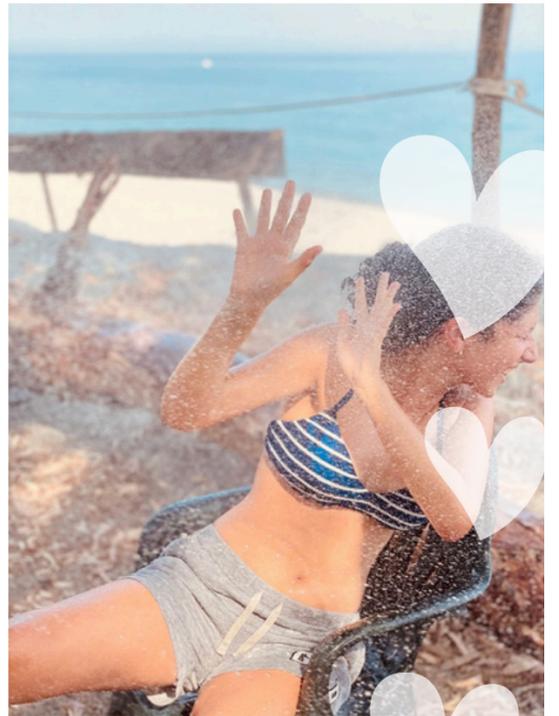
*A taste of La Talpa*



*A test of the Gymcana*



*Miss YMCA Coronation*



*Afternoons*



*Video Making - YAcademy*



*Fiesta*



*Creative Writing - YAcademy*



**FIRST ROUND: July 4-14**



**SECOND ROUND: July 5-15**

**YMCAROMA Membership Fee 2026 ..... 550€**

It gives access to the ymcaroma program and includes: participation in the chosen session, accommodation, insurance, round-trip travel from Rome.

**Catering Fee ..... 350€**

Includes breakfast, lunch, snack, dinner.

**Excursion and Bus Contribution ..... 100€\***

Includes coach, activities and packed lunch for the day of the trip and the return journey.

\*  
€50 to be considered for siblings registering.

**N.B.**  
If you need to split payments into multiple installments, please contact us.

**PAYMENT TERMS:**

Deposit of €350 upon registration. Balance of the remaining €550 due by May 15th.

**CANCELLATION POLICY:**

100% refund for cancellations made by May 15, 2026. 50% refund for cancellations made by June 1, 2026.

**CONTACT US**  
**WHATSAPP: 3386121157**  
**WWW.YMCAROMA.COM**





Because together is better.

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