



Swiss Challenge 2020

Summer Youth Events 1-7



Event Programme Information

The event schedule below gives you an idea of what a Swiss Challenge programme week looks like. **The order of programme days varies each week and is subject to change depending on supplier availability.**

| | Time | Activity | Meeting place |
|--------------|--|--|--|
| Day 1 | PM 20.00 – 21.00 | Arrive (check-in after 14.00) Our Chalet Tour | Reception Reception |
| Day2 | 09.00 – 09.20 09.30 – 12.30 10.30 – 12.00 12.30 – 14.00 14.00 – 17.30 20.00 – 21.00 | Opening Ceremony On-site Activities Leaders' Meeting Swiss BBQ Lunch On-site Activities International Night | Flag pole Flag pole Spycher Veranda Flag pole Flag pole |
| Day 3 | 09.00 – 17.30 20.00 – 21.00 | Adventure Park & Rock Climbing Swiss Night | Flag pole Flag pole |
| Day4 | 9.30 – 11.00 11.45 – 17.30 19.30 / 20.00 | WAGGGS Programme Thun Day (EITHER <u>Oberhofen</u> Castle OR Thun Town) Overnight Hike / Twilight Hike | Flag Pole Flag Pole |
| Day5 | 11.00 – 12.00 | Free day Overnight Hikers Return Free evening | |
| Day 6 | 9.00 – 17.30 20.00 – 21.00 | Woodcarver's Hike & Adelboden Town Games Night | Flag Pole Flag Pole |
| Day 7 | 9.00 – 17.30 | Interlaken Day (St. <u>Beatus</u> Caves OR Mystery Rooms OR rafting (at an extra cost)) Free Night | Flag Pole |
| Day 8 | 09.00 – 17.30 20.00 – 21.30 | <u>Elsigenalp</u> Hike Closing Ceremony & Campfire | Flag Pole Flag Pole |
| Day 9 | AM | Departure (check-out before 10.00) | Reception |



The Our Chalet team is pleased to bring you a fun-filled and thought-provoking programme week that is the perfect opportunity to explore the Swiss Alps, learn more about international guiding and scouting and make new friends. Our programme is centred around the Guiding and Scouting methodology by focusing on developing life skills and positive lifestyle attitudes through outdoor activities, personal challenge, and international friendship. The programmes incorporate a wide range of physical, cultural, and thought-provoking activities. These range from hiking, rock climbing and abseiling, to learning camping skills and environmental issues. Additionally, participants will have an opportunity to learn more about WAGGGS, the World Centres and issues that concern girls and young women today around the world. **The programme week is busy and physically challenging, and a good preparation will help you make the most of the experience.**

WAGGGS's mission is "to enable girls and young women to develop their fullest potential as responsible citizens of the world."

The objective of a WAGGGS's International Event is to support the achievement of WAGGGS's mission and vision which states **"all girls and young women are valued and take action to change the world."**

With international events at Our Chalet we are:

1. Providing more opportunities for girls and young women to grow and lead.
2. Empowering participants to be agents of change in the world.

All Our Chalet events are also open to mixed-gender groups.

Day Programmes

Both event packages (indoor and outdoor package) offer the same programming. The event days comprise of **six programme days**: one on-site day, one adventure day, two hike days, and two excursion days.

There is a **free day** near the middle of the programme days to enable you to have one day on your own to explore somewhere different in Switzerland, or to have a rest and gather strength for the upcoming days.



The first full day is based at Our Chalet. We start with an official Opening Ceremony followed by on-site activities which can range from **campfire skills and cooking, orienteering and environmental activities to the most current WAGGGS programmes.**

The outdoor adventure day takes you on a 1-hour hike from Our Chalet to the **Rehärta Adventure Park**. At the Adventure Park you can have a go at flying across the river on a zip wire, navigating your way across rope bridges and abseiling off the bridge! Then, you can try scaling some

rocks at the nearby **Climbing Wall**.

One of the hike days takes you on a 2-hour hike to the famous Adelboden Woodcarver. At the **Woodcarver's workshop** you will see many delicate woodcarvings and have the chance to purchase some unique souvenirs. Then you will have the opportunity to **walk through the beautiful Choleren Gorge** - an experience you will never forget! You will also have an opportunity to spend some time in the picturesque Adelboden village and visit local souvenir shops or perhaps complete a scavenger hunt.



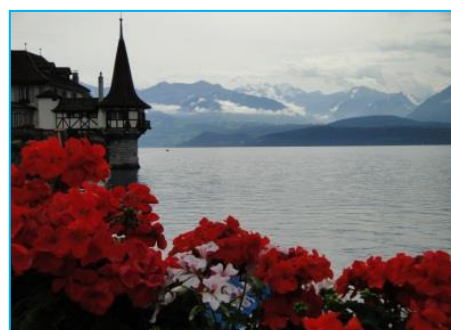
The most challenging full hiking day will take you to **Elsigenalp**, a spectacular alpine area, where you can take a dip in a glacial lake, or even hike to the peak of **Elsighorn (2341m)**.

On one of the excursion days, you will have the opportunity to visit the Swiss town of Interlaken. This day will include a visit to a local **Chocolatier, where you can sample authentic hand-made Swiss chocolate**. In the afternoon, you can choose whether to visit the local **Mystery Rooms**, an exciting live escape game that challenges you to really think as well as an option to visit the very impressive rock formation in the **St Beatus Caves** OR have a go at **white water rafting (at an extra cost of CHF 80 per person – age minimum: 14 years old)**!



The second excursion day begins with a

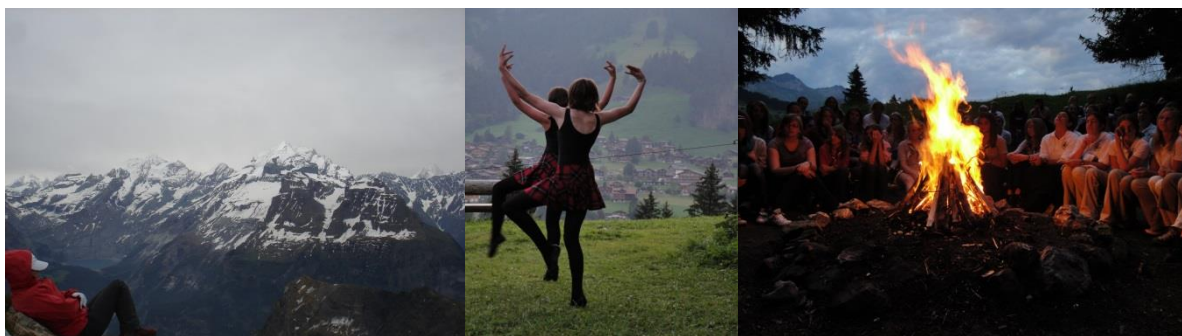
WAGGGS-themed morning at Our Chalet, exploring one of the current WAGGGS programmes. Then we will take a coach trip to the nearby town of Spiez where we can enjoy our packed lunches, and in the afternoon you have the option of visiting **Spiez or Oberhofen Castle**, both are **beautiful medieval castles overlooking the lake of Thun**, or the town of **Thun, a beautiful nearby medieval town**. Both options include a boat trip across Lake Thun.



Please note: programme is subject to change.

All activities in the programme are run by trained and experienced Our Chalet Staff, and risk assessments are available by request. Adventure activities such as rock climbing, abseiling, zip lines, high ropes and white water rafting are run by experienced adventure and alpine activity guides. Please note that there is a maximum weight limit to all high ropes activities: 120 kg / 260 pounds.

** Please check with your National Organisation if there are restrictions on high adventure activities.**



Evening Programme

Our Chalet Summer Events consist of six evening programmes. On the first evening you will be welcomed with an **Our Chalet Orientation Tour**.

International Festival – It is very exciting for every Guide and Scout to meet new friends from different countries. This evening is an opportunity for you to tell, sing, dance or present something from your country or Guide / Scout group (please keep your presentation to no more than 10 minutes). Be prepared to have fun and laugh! The end of this evening provides the perfect opportunity to share SWAPS.

Night Hikes – With this evening programme you will have the opportunity to see and explore the valley in a different light!

Bonder Falls Twilight Hike: Hikers will leave Our Chalet after dinner and return the same evening after a pleasant hike to Bonder Falls. These waterfalls are located at the end of our valley where the fresh mountain water cascades off Lohner.

Overnight Hike to Bunderspitz (2546m): This hike is for those who really wish to challenge themselves! Hikers leave Our Chalet after dinner and return the next morning after viewing the sunrise from the peak. Please bring an **additional CHF 17 per person (to be paid in cash)** for sleeping over in the Cheesemaker's Hut on Bunderalp. *Please note that this overnight hike is for experienced and confident hikers only, minimum 14 years of age. All hikers must have appropriate hiking equipment including hiking boots with ankle support. Due to sleeping arrangements, numbers are limited to 17 guests per event.*





Swiss Night – It's time to experience Swiss culture! Listen to traditional Swiss music, learn interesting facts, test your knowledge about Switzerland and celebrate with delicious chocolate fondue!

Games Night – There's no Guide or Scout in the world who doesn't like to play. Games Nights are special in Our Chalet, and vary from longer, strategic wide games to short, energetic ones

Campfire and Closing Ceremony – Our Chalet international staff will run the final campfire celebration, where you'll have a chance to learn new songs, skits, games and dances, and teach everybody some of your own favourites. At the campfire we will close the event and present badges to participants who complete the Our Chalet Challenge.

Patrol Duties

At Our Chalet, all event participants get a chance to lend a hand by participating in patrol duties. Depending on the age of the participants, you may find yourselves helping set the table for dinner or for breakfast, restocking the bathrooms with more toilet paper, or helping us with the recycling!

Our Chalet Challenge

If you feel like giving yourself the ultimate physical challenge, and would like to discover more about Our Chalet, Switzerland and WAGGGS, then the Our Chalet Challenge is for you!

The Our Chalet Challenge consists of six components: Physical Challenge, WAGGGS Knowledge, Our Chalet History, Swiss Culture, Personal Challenge and Service. If you manage to complete all six sections, you will be presented with a special Our Chalet Challenge badge. The cost of the badge is included in the programme package.



Preparation and Packing

Our Chalet is located in the Swiss Alps, 1353 metres above sea level, and the weather varies greatly on a daily basis. In order to fully enjoy this programme and feel comfortable with changing weather conditions, we advise you to be aware of this while packing, **as well as build up your level of fitness prior to your arrival.** Being fit will help you to better manage the activities in which you will be participating. The event programme is physically challenging – during hike days, you will start at 9.00 AM and return to Our Chalet around 6.00 PM, spending the whole day on your feet and hiking 10-15 km (6–10 miles) in a day. The human body at a higher altitude and colder temperatures needs more energy and stamina, so being fit will help you overcome weather and perhaps altitude challenges.

We are confident once you dedicate time to your preparations you will be able to fully enjoy your programme, have lots of fun hiking and exploring, and feel strong and confident throughout your stay. If you have any questions or concerns and would like to discuss the possibilities for accommodating different levels of ability, please contact programme@ourchalet.waggs.org

Suggested Packing List

We advise you to bring clothes for all seasons, as even in summer we can get snow and cold nights. For weather forecasts, visit: www.meteoswiss.ch.

Clothing and Shoes

- Socks & Underwear
- Shorts
- Long Pants / Trousers (no jeans for hiking)
- Shirts / T-shirts
- Gloves
- Hat / Cap / Scarf (for warmth and sun)
- Pyjamas / Sleeping Wear
- Bathing Suit / Swimwear
- Warm Jacket
- Waterproof Rain Coat
- Waterproof Trousers
- Indoor Shoes
- Sturdy Hiking Shoes / Boots
- Uniform for Opening Ceremony (Scarf and Troop T-shirt or Shirt only is acceptable!)

Miscellaneous

- Sunglasses
- European Adapter
- Head Torch / Flashlight
- Badges for swapping
- Good-sized water bottle/s (at least 1 litre, 2 litres recommended)
- Lunch Box for packed lunch
- Money for souvenirs and snacks
- Backpack / Day Bag for excursions and hiking (20 – 30 L)
- Camera with extra batteries and plenty of memory
- OPTIONAL: water shoes for swimming in lakes

Toiletries

- Toothbrush and Toothpaste
- Shampoo and Conditioner
- Soap / Body wash
- Hair Brush and Hair Ties
- Feminine Hygiene Products
- Deodorant
- Other Skin Care Products (if needed)
- Sunscreen
- Personal Medication (as required)
- First Aid Kit: Leaders of each group must bring at least one per group



*Please ensure you bring **everything** listed above, as well as consider any individual requirements you may have. Please label your personal belongings. Our Chalet assumes no responsibility for loss or damage of any personal items while staying at the centre.*

Please ensure that you bring indoor shoes with you to Our Chalet as we change our shoes when we enter and when we leave the buildings.