

# SUMMER 2012



**Our Chalet  
Switzerland**  
World Association  
of Girl Guides  
and Girl Scouts



Our Chalet, Hohliebeweg 1, 3715 Adelboden, Switzerland  
Phone +41 (0) 33 673 12 26 - Fax +41 (0) 33 673 20 82  
info@ourchalet.ch - www.ourchalet.ch



**Our Chalet  
Switzerland**

World Association  
of Girl Guides  
and Girl Scouts

# Summer Events 2012

For Summer 2012 we have created fun, adventurous and affordable packages for **Guides and Scouts aged 12 - 18 years.**

We invite you to come and discover the magic of WAGGGS's first World Centre, Our Chalet. Here you can explore the Swiss Alps and challenge yourself through a variety of outdoor activities, while savouring Swiss culture, learning about environmental issues, celebrating the Centenary of WAGGGS and making new friends in an international Guiding and Scouting environment.

In Our Chalet we are aware different guests have different wishes, so we are offering four comprehensive packages regarding accommodation and catering. Each Event Programme of choice will be run for all participants, regardless of accommodation and catering choice. **Prices below are valid for bookings received after 01 October 2011.**

**Four Package Options:**

## **Package 1 - Swiss Experience**

**Stay indoors and have your meals provided – 8 days for 880 CHF**

Includes adventurous outdoor activities and an excursion to a typical Swiss town.

## **Package 2 - Swiss Experience**

**Camp outside and prepare your own meals – 8 days for 530 CHF**

Includes adventurous outdoor activities and an excursion to a typical Swiss town.

## **Package 3 – Swiss Alpine Adventure**

**Stay indoors and have your meals provided – 8 days for 796 CHF**

Includes adventurous outdoor activities, with an additional day hiking, and more of an environmental focus.

## **Package 4 - Swiss Alpine Adventure**

**Camp outside and prepare your own meals – 8 days for 446 CHF**

Includes adventurous outdoor activities, with an additional day hiking, and more of an environmental focus.



## Package Options Overview

	Package 1 Swiss Experience Indoor	Package 2 Swiss Experience Outdoor	Package 3 Swiss Alpine Adventure Indoor	Package 4 Swiss Alpine Adventure Outdoor
Indoor Accommodation	✓		✓	
Outdoor Accommodation		✓		✓
Self Catering		✓		✓
Excursion Day	✓	✓		
Full Day hike			✓	✓
Price	880 CHF	530 CHF	796 CHF	446 CHF

On the following pages different packages and their options are explained in more detail. All packages include extensive day and evening programmes.

**We have created a programme based on Guiding and Scouting methods focusing on developing life skills and positive lifestyle attitudes through outdoor activities, personal challenge and international friendship.** The programme incorporates a wide range of physical as well as cultural and mentally stimulating activities, ranging from hiking, rock climbing and abseiling, to trying traditional crafts, visiting a local town and learning about environmental issues. We offer four different packages to suit the wishes of different groups, providing a variety of options to participate in programmes with different focus areas.

The programme structure and outdoor adventure activities are included in all packages. The **Swiss Experience** package will include a one day excursion to a Swiss town and **Swiss Adventure** package a full day hike instead. Please decide which package you would like to participate in when booking.

**An important part of the programme is the outdoor Guiding and Scouting experience,** with opportunities to learn more about WAGGGS, the 4 World Centres and issues that concern girls and young women today around the world.

The packages we offer are much more cost effective than participating in activities individually, as we are running events with large numbers of participants.



## Our Chalet, Switzerland

World Association  
of Girl Guides  
and Girl Scouts

Please take the time to read through the **2012 Summer Events Package Information** and pass it on to your group and friends. When you are ready to book your Summer Events Package please contact Our Chalet to make a booking. We will then provide you with a booking contract and request a 10% non-refundable deposit which will secure your reservation. In order to secure your place we strongly encourage you to make your decision early, because places fill up very quickly.

Please note that programme presented is subject to change.

We hope that this information is useful for your preparations. If you have any further questions, please do not hesitate to contact us.

We look forward to welcoming you here soon!

Yours in Guiding and Scouting

***Your Our Chalet Team***



## Summer 2012 Events Dates

Dates	Event	Event
12 – 19 June	Swiss Experience 1	Swiss Alpine Adventure 1
22 – 29 June	Swiss Experience 2	Swiss Alpine Adventure 2
02 – 09 July	Swiss Experience 3	Swiss Alpine Adventure 3
12 – 19 July	Swiss Experience 4	Swiss Alpine Adventure 4
21 – 28 July	Swiss Experience 5	Swiss Alpine Adventure 5
31 July – 07 August	Swiss Experience 6	Swiss Alpine Adventure 6
10 – 17 August	Swiss Experience 7	Swiss Alpine Adventure 7
18 – 25 August	Swiss Experience 8	Swiss Alpine Adventure 8
26 August – 02 September	Swiss Experience 9	Swiss Alpine Adventure 9

### Participants

Participants must be **Guides or Scouts aged 12 - 18 years and accompanied by their adult leaders**. All attending adults should be registered leaders or registered helpers. **There should be a maximum of 2 adult leaders for 8 youth participants to ensure the delivery of a high quality programme suitable for this age group.**

When booking your package please indicate how many adults and young people are attending and whether they are male or female. Please note that we will require a participant manifesto prior to your arrival, which should contain all participants' and leaders' full names, dates of birth and emergency contact details.

### Bookings

**Bookings for the 2012 Summer Events are open for booking!** Don't miss your place as the events will fill up quickly. To reserve your place on a Summer Event contact [info@ourchalet.ch](mailto:info@ourchalet.ch) or make an on-line booking on our website [www.ourchalet.ch](http://www.ourchalet.ch)



## Summer Events Packages

<b>Package 1</b>	<b>Swiss Experience</b>	<b>8 days</b>	<b>880 CHF per person</b>
<b>Package 3</b>	<b>Swiss Adventure</b>	<b>8 days</b>	<b>796 CHF per person</b>

This package offers **seven nights of Our Chalet indoor accommodation**, all meals during your stay (breakfast, packed lunch and evening meal), luggage transfers from Adelboden Oey bus stop to Our Chalet and back, five days of programme and six evening programmes.



*Please note: Adults and youth will have separate rooms and will be allocated to rooms which may be shared with other groups.*

<b>Package 2</b>	<b>Swiss Experience</b>	<b>8 days</b>	<b>530 CHF per person</b>
<b>Package 4</b>	<b>Swiss Adventure</b>	<b>8 days</b>	<b>446 CHF per person</b>

This package offers **seven nights of outdoor - camping accommodation**, hire of tents and mattresses, shared use of one of Our Chalet's camp kitchens with cooking equipment, luggage transfers from Adelboden Oey bus stop to Our Chalet and back, five day programmes and six evening programmes. Our Chalet's Swiss canvas tents accommodate up to 7 people per tent.

**Camp House and Squirrel House kitchens** have a small indoor dining area, fridge, oven, crockery, cutlery and cooking equipment. At the time of booking, please let us know if you have a preference for shared access to the Camp or Squirrel House kitchen and campsites. Please note that you may be sharing the kitchen and bathroom facilities with other event participants and independent guests.





## Summer Events Programme

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

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

With international events in Our Chalet we are:

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

We have therefore created a programme focusing on developing life skills and positive lifestyle attitudes through outdoor activities, personal challenge and international friendship.

### Day Programme

The event days at Our Chalet will comprise of five programme days. On Day 1 you will be based at Our Chalet. We start the day with an Official Opening Ceremony, which is followed by on-site activities. You will then be allocated into patrols to do: **campfire skills and cooking, orienteering** and an **environmental activity or craft**. The rest of the programme is divided between **hiking, other outdoor adventure** activities and a **town excursion day** (please note the town excursion ONLY applies to **Swiss Experience Events**). There is a **free day** in the middle of the programme 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 days ahead.



The first outdoor adventure day will either take you on a 1-hour hike from Our Chalet along the valley and the Engstligen River to the **Rehärta Adventure Park** or a 2-hour hike to the famous Adelboden Woodcarver. 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**. At the **Woodcarver's workshop** you may see some woodcarving and have the chance to purchase some unique goods. Then you'll have the opportunity to abseil into the Choleren gorge - an experience



you will never forget! One hiking day will take you to **Elsigenalp**, a spectacular alpine area, where you can enjoy your lunch, paddle in a glacial lake and play games. Then a second **full hiking day** (this ONLY applies for **Swiss Adventure Events**) will be a day spent discovering the mountains in the Adelboden valley. During the **excursion** day (this ONLY applies to **Swiss Experience Events**) you will visit a beautiful Swiss town.

*All activities in the programme are run by trained and experienced Our Chalet Staff. Adventurous activities such as rock climbing, abseiling, the zip lines, high ropes and white water rafting are run by experienced adventure and alpine activities guides from Switzerland.*

*\*\*\*Please check with your national Scout / Guide Member Organisation if there are any restrictions on high adventure activities.\*\*\**

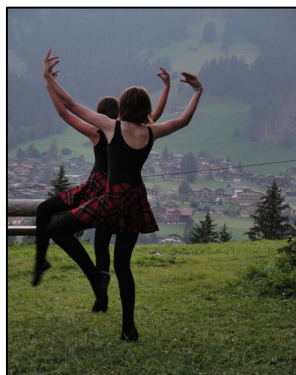
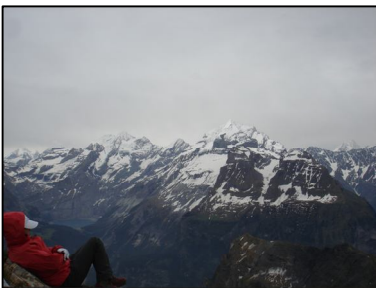
*Please note that this programme is subject to change.*

## Evening Programme

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

**International Night** – It is very exciting for every Guide and Scout to meet new friends from different countries. This evening is an opportunity to tell, sing, dance or present something from your country or Guide or Scout group (please could your presentation last no more than 10 minutes). Be prepared to sing, have fun and laugh. What comes at the end of the evening? Swaps!

**WAGGGS Centenary Celebration Night** – It's time to celebrate! There are 10 million Girl Guides and Girl Scouts around the world. Find out what they are doing, and how they are celebrating our centenary. Learn more about WAGGGS, the 4 World Centres, play games and have your say on issues girls and young women are facing today. This night is also an opportunity to earn your Centenary Badge for 2011!







## Our Chalet, Switzerland

World Association  
of Girl Guides  
and Girl Scouts

**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 a 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 and creative ones.

**Overnight Hike or Twilight Hike** – there are two options for this evening programme.

- **Overnight Hike to Bonderspitz** (2546m) (this ONLY applies for **Swiss Adventure Events**) A hike for those who wish to challenge themselves! Hikers leave Our Chalet after dinner and return the next day in the morning. Please bring an additional 13 CHF for sleeping over in the Cheesemaker's Hut on Bunderalp. *Please note that this overnight hike is for experienced and confident hikers only, minimum 15 years of age. All hikers must have appropriate hiking equipment including hiking boots. Due to sleeping arrangements, numbers are limited to 17 guests per event.*

- **Twilight Hike** Hikers will leave Our Chalet after dinner and enjoy the evening, hiking towards local waterfalls. They will return to Our Chalet on the same evening.

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



**Our Chalet, Switzerland**  
World Association  
of Girl Guides  
and Girl Scouts

## Additional Information

### Travelling to Our Chalet

The closest international airports to Our Chalet are Bern, Geneva, Zurich or Milan airports. From all airports you can catch a train to Frutigen where you can transfer to a red AFA bus to arrive at Adelboden Oey, Our Chalet's closest bus stop. To find out about train and bus times and fares and discounts please visit the Swiss Transport website ([www.sbb.ch/en](http://www.sbb.ch/en)). You can purchase your tickets online.

If you are travelling with a group of 10 or more guests you must inform AFA buses ([info@afa-busbetrieb.ch](mailto:info@afa-busbetrieb.ch)) 24 hours in advance.

### Arrivals

Your group will be able to check in from 2.00 pm on your arrival day. Guests arriving earlier can store their luggage at the Chalet, but cannot access their rooms. Between 9.00 am and 6.00 pm Our Chalet offers a luggage transfer service from Oey bus stop to Our Chalet. Please inform Our Chalet of the exact time you will be arriving at least two days prior to your arrival. Note that the bus stop you will need to get off at is **Adelboden Oey** - tell the bus driver you are travelling to Our Chalet. The luggage transfer service is only for luggage, guests will walk from the bus stop to Our Chalet. A member of Our Chalet staff will meet you and escort you up the hill. Alternatively, if you do not wish to walk or are arriving outside of office hours you are welcome to book a taxi. (Taxi Bergmann, Tel: 033 673 2848).

### Leaders' Meeting

After dinner on the day of arrival we will hold a Leaders' Meeting. During this meeting we will provide you with your itinerary for the week and information about the structure of the event. Additionally we will inform you about the Our Chalet Challenge, special dietary requirements, Alpine Activity Declaration Forms, safety and more. This is also a great chance for leaders to get to know one another and ask any questions. The meeting will be held in the Spycher Conference Room and it is very important that at least one responsible leader per group attends.

### 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 **five** components: **physical challenge, WAGGGS knowledge, Our Chalet history, Swiss culture and service.**

If you manage to complete all five sections, you will be presented with a special Our Chalet Challenge badge. In order to cover the cost of the badge, we ask for 2 CHF per person.



## Our Chalet, Switzerland

World Association  
of Girl Guides  
and Girl Scouts

### Food and Meals

In recent years we have been receiving very positive feedback regarding the food and catering service we offer to our guests. We are striving to:

- Use local products – locally produced milk, cheese and meat
- Use fair trade tea, coffee and hot chocolate
- Use fresh ingredients - plenty of fruit and vegetables
- Use healthy methods of cooking
- Be sensitive to food allergies and different food intolerances
- Cook international dishes as well as traditional Swiss dishes
- Serve and enjoy meals in a traditional family style



- Dinner is at 6.30 pm. Later dinners will not be served, so if guests are arriving late on the first day they will need to make their own arrangements.

- Guests on outdoor packages can pre-order packed lunch for CHF 10 per person per day. These can be prepared at breakfast time. A lunch package includes: sandwiches, 2 snacks, a drink and a piece of fruit. Guests staying indoors have this included in their package. **For outdoor packages packed lunches must be ordered by the group four weeks prior to their arrival.** The form will be sent to you along with your booking contract. Please return it via fax, email or post. **Don't forget to bring your own drink bottles and a lunch box.**

- **Any guests with dietary requirements must fill and return a Dietary Requirement Form. The form is available at [www.ourchalet.ch](http://www.ourchalet.ch).** Please return it via fax, email or post four weeks prior to your arrival.

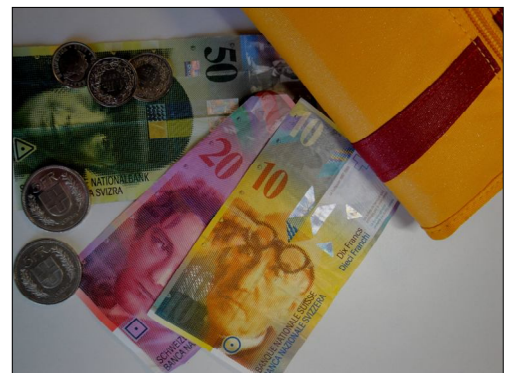
- For guests catering for themselves, Adelboden has a local supermarket where you can purchase food supplies (open Mon - Sat 8.30am – 6.30pm). Please note that this is a 40 minute walk from Our Chalet. During Summer we also offer a food purchasing service where you can pre-order food which we can then deliver to your campsite.

- You will be able to buy some snacks in Our Chalet shop.

### Budget

Remember to include the following expenses in your budget:

- Transport to Our Chalet such as flights, train and bus tickets
- Travel and Health Insurance
- Internet Access
- Laundry
- Pocket Money for personal expenses





**Our Chalet, Switzerland**  
World Association  
of Girl Guides  
and Girl Scouts

## Money

Switzerland uses the Swiss Franc (CHF). All of our prices are quoted in Swiss Francs and this is the currency that all shops, including Our Chalet's own, will use. Credit cards can be used, but incur a 3% fee and cannot usually be used for purchases under CHF 10 or in smaller shops. Travellers' cheques can only be cashed at banks. For bill payment Our Chalet will accept cheques, travellers' cheques, US Dollars and Euros, but please note we will calculate the exchange rate for you on the day that you pay. Our Chalet is unable to provide you with cash, but you can get this from Adelboden town where several 24 hour ATMs are located.

## Insurance

It is the responsibility of your group to ensure that you have adequate insurance for all programme activities at Our Chalet. You will need to get in touch with your Member Organisation or National Organization for any questions about international travel and insurance requirements as we are unable to give you information on this.

## Internet

Our Chalet has three internet terminals. Some websites are free of charge and internet codes to access other websites can be bought in the reception. The cost is 3 CHF per 1 hour, 5 CHF per 3 hours and 10 CHF per 24 hours.

## Laundry

Our Chalet has self-service guest laundry facilities. There are 2 washing machines (soap is included; 1½ hour cycle), and 2 tumble dryers (1½ hour cycle). These facilities are shared by all guests staying at Our Chalet. Price per load per machine for 1½ hour cycle is approx 3 CHF. You can use Swiss franc coins.

## Linen

Our Chalet provides pillows and duvets/quilts, sheet sets and a set of towels for those staying indoors.

## Environmental Sustainability

Guides and Scouts are instrumental in leading change towards a greener planet: respecting and preserving nature is part of our Girl Guide / Girl Scout law. Living in harmony with nature and practising a healthy lifestyle are important parts of culture and every day life in Switzerland.

In Our Chalet we are committed to providing a healthy environment for all our guests and staff. An important part of this is raising environmental awareness and taking action to build a healthier, more environmentally responsible Guide and Scout centre.



**YOU can contribute and be a part of this solution while staying in Our Chalet.**



**In order to achieve this goal together we:**

- Separate rubbish and recycle – paper, metal, PET bottles, all glass, batteries
- Compost raw foods and ensure any food scraps are used as food for animals
- Use recycled materials where ever possible
- Use energy-saving lighting and heating systems
- Reduce usage of plastic and non recyclable materials
- Use water-saving systems
- Encourage guests and staff to use public transport
- Encourage guests to travel via train if possible, instead of flying to Switzerland
- Actively participate in Global Environmental Campaigns
- Plan programme activities that practise and reflect healthy lifestyle practises
- Plan programme activities that give an opportunity to guests to learn about the environment

## Preparation and Advice from the Programme Team

Our Chalet is located in the Swiss Alps, 1350 metres above sea level, and the weather can vary greatly on a daily basis. **In order to fully enjoy this programme and feel comfortable with changing weather conditions in the Alps we advise you to be aware of this while packing, as well as build up the level of your fitness prior to your arrival.** Being fit will help you to better manage your everyday hiking and the other outdoor activities in which you will be participating. The human body at a higher altitude and in colder temperatures needs more energy and stamina, so being generally 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 the programme, and have lots of fun hiking and exploring, while feeling strong and confident.

### Suggested Packing List

We advise you to bring clothes for all seasons, even in Summer we can get snow and cold nights. For weather forecasts visit: [www.meteoswiss.ch](http://www.meteoswiss.ch)

### Clothing and Shoes

- Socks & Underwear
- Warm Jacket
- Waterproof Rain Coat
- Waterproof trousers
- 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
- Indoor Shoes (Sneakers / Trainers)
- Sturdy Hiking Shoes/boots
- Uniform for Opening Ceremony (Scarf and Troop T-shirt or Shirt only is adequate)

#### **Toiletries**

- Toothbrush and Toothpaste
- Shampoo and Conditioner
- Soap / Bodywash
- 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

#### **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

*Please note that this is a suggested list only; please think about your own requirements when packing. Please label your personal belongings. Our Chalet assumes no responsibility for loss or damage of any personal items while staying at the centre.*