

Action on Body Confidence Spring Breaks

14 - 20 April 2019

21 - 27 April 2019





Action on Body Confidence - Spring Breaks 2019

14 - 20 April and 21 - 27 April 2019

For Spring Breaks 2019 we have created a fun, adventurous and affordable package for Guides and Scouts of all ages and their accompanying leaders.

We invite you to come and discover the magic of the first WAGGGS World Centre, Our Chalet. Here you can explore the spectacular Swiss Alps and challenge yourself through a variety of outdoor activities. **You will have the opportunity to complete the full 'Action on Body Confidence' badge programme, a series of activities based around building body confidence and self-esteem, as well as savour Swiss culture and make new friends.**

Cost

CHF 670 per person

This event is open to Guides and Scouts of all ages and their accompanying leaders. Please let us know the age range of your Guides/Scouts as 'Action on Body Confidence' has an activity pack for ages 7 to 10 and 11 to 25. We are not able to run both simultaneously, therefore we will decide according to the majority.

Package includes

- 6 nights of accommodation in rooms allocated by Our Chalet
- All meals from dinner on your arrival day to a packed lunch on your departure day
- 4 day programmes, 5 evening programmes
- Luggage transfer from Adeboden Oey bus stop (9am - 6pm, must be pre-booked)
- All costs associated with activities, hikes and excursions as indicated in the programme

Package price does NOT include

- Personal souvenirs and snacks
- Additional taxis or buses
- Travel or health insurance
- Travel to and from your home to Our Chalet
- Use of internet and personal laundry

Booking

Please take the time to read through this Information Pack. To reserve your place, contact info@ourchalet.wagggs.org or make an on-line booking enquiry on our website at www.ourchalet.ch. We will then provide you with a booking contract and request a 10% non-refundable deposit which will secure your reservation.

Yours in Guiding and Scouting,

Your Our Chalet Team



Day Programme Descriptions

We have created a programme centred around the Guiding and Scouting methodology, 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, snowshoeing and cross-country skiing, to trying traditional crafts.

Through a partnership with Dove, WAGGGS has also released a new badge programme, which you will be able to complete over the course of the event. You may have heard of its predecessor 'Free Being Me', the programme that focuses on building self confidence and self-esteem. The next step '**Action on Body Confidence**' was released in 2017. This programme focuses not only on building body confidence but also on learning about advocacy, identifying decision makers and taking action.

The Our Chalet Team is pleased to bring you the following activities, all of which are led by our programme and volunteer staff. Please note that due to the variability of weather at this time of year, the programme is subject to change.

	Time	Activity	Meeting Place
Day 1	PM	Arrival	Reception
	19.30 – 21.00	Our Chalet Tour	Reception
Day 2	09.00 – 09.20	Opening Ceremony	Flag Pole
	09.30 – 11.00	On-Site Activities	Flag Pole
	09.30 – 11.00	Leaders' Meeting	Conf. Room
	11.00 – 12.30	Action on Body Confidence Session	Dining Hall
		Lunch break	
	14.00 – 15.30	Action on Body Confidence Session	Dining Hall
	15.30 – 17.00	On-Site Activities	Flag Pole
19.30 – 21.00	Swiss Night	Dining Hall	
Day 3	09.00 – 15.00	Engstligen Hike	Flagpole
	16.00- 17.30	Action on Body Confidence Session	Dining Hall
		Free Evening	
Day 4		Free Day	
	19.30 – 21.00	Action on Body Confidence Evening	Dining Hall
Day 5	09.00 – 17.00	Woodcarver's Hike and Adelboden	Flagpole
	19.30 – 21.00	Action on Body Confidence Evening	Dining Hall
Day 6	09.00 – 17.00	Kandersteg & Blausee	Flag Pole
	19.30 – 21.00	Campfire and Closing Ceremony	Flag Pole
Day 7	AM	Departure	Reception



Day Programmes

On-Site Day

The first full day is based at Our Chalet. We start with an official Opening Ceremony followed by on-site activities. Depending on the weather, these will include starting on the 'Action on Body Confidence' badge programme and two of the following activities: campfire skills and cooking, orienteering, igloo building, on-site sledging, snowshoe games or Swiss crafts.



Woodcarver's Hike & Adelboden Town

The most famous and traditional hike from Our Chalet takes you along quiet lanes, with breath-taking views of the Adelboden valley for 2 hours. At the Woodcarver's workshop you can purchase and admire a range of beautiful hand-carved objects, including many items unique to Our Chalet, like wooden name badges and music boxes that play the Our Chalet song. From the Woodcarver we then walk an additional 1.5 hours into Adelboden Town.

Engstligen Hike

This hike will take us along the banks of the River Engstlige for approximately 2 hours, ascending 188m to reach the base of Engstligen Falls, the second tallest waterfall in Switzerland! We will then take the gondola up to Engstligenalp and explore what this unique plateau has to offer. There are delightful restaurants and cafés, surrounded by beautiful peaks, and you may also want to try snowtubing! Two runs are included in your package price.

Kandersteg & Blausee

On this excursion day, you will visit the beautiful village of Kandersteg, which is located in the valley next to Adelboden, separated by the impressive Lohner mountains. You will have a chance to visit Kandersteg International Scout Centre as well as stop by the beautiful Blausee nature park with its very blue lake.





Evening Programmes

Our Chalet Tour

After your arrival, come and learn about the history of Our Chalet with a presentation. We will then take you on a tour of the main buildings.

Action on Body Confidence

Spend two evenings completing more from the interactive 'Action on Body Confidence' badge programme, boosting your body confidence and self-esteem and learning how to make a change!



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 chocolate fondue! There is an additional option of having an Alphorn player for the evening, at a cost of **CHF 50 per group**.

WAGGGS Night

There are 10 million Girl Guides and Girl Scouts around the world. Find out what they do, what WAGGGS is doing to improve the lives of girls and young women around the globe, and what it means to be a member.

Campfire & Closing Ceremony

Our Chalet international staff will run the campfire, where 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 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 suggested packing list

Our Chalet is located in the Swiss Alps, 1353 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 your level of fitness prior to your arrival. You can find our suggested packing list on our website under the Book Now section and Prior to Arrival.

Please note that throughout the year, weather conditions can vary from summery temperatures to occasional snow days!