



**Swiss Experience Week**  
**30 September - 7 October 2019**

## Swiss Experience Week

30 September – 7 October 2019

If your idea of fun includes challenging yourself and experiencing the culture and beauty of the Bernese Oberland, we are sure you will enjoy this event. It will be packed with opportunities to try new activities, learn about our global movement, and explore the outdoors. Come and spend an unforgettable week in the Swiss Alps!

During this event you will be able to discover the beauty of the mountains, try new activities, explore the outdoors, and experience the magic of an international Guide and Scout Centre.

### Cost

#### **CHF 830 per person**

This event is open to Guides and Scouts of all ages.

**Note:** Accommodation is in shared rooms. A limited number of single and twin rooms are available on request, there is a surcharge of CHF10 per person per night for these rooms.

### Package includes

- 7 nights of accommodation in rooms allocated by Our Chalet
- All meals (breakfast, packed lunch and dinner from arrival day to packed lunch on departure day)
- 6 day programmes, 6 evening programmes
- All costs associated with activities, hikes and excursions (including gondolas) as indicated in the programme
- Luggage transfer on arrival and departure day

### Package price does NOT include

- Personal souvenirs and snacks
- Additional taxis or buses required in lieu of planned hikes on the itinerary
- Travel or health insurance
- Travel to and from your home to Our Chalet
- Additional nights' accommodation and meals at Our Chalet before or after the event week
- Use of internet and personal laundry

### Booking

Please take the time to read through the Our Chalet Autumn Experience Information Pack. To reserve your place, contact [info@ourchalet.waggs.org](mailto:info@ourchalet.waggs.org) or make an on-line booking on our website at <https://www.waggs.org/en/our-world/world-centres/our-chalet/>. We will then provide you with a booking contract and request a 10% non-refundable deposit which will secure your reservation, for more booking detail please see the end of the brochure.

Yours in Guiding and Scouting,

**Your Our Chalet Team**

## Day Programme

The Our Chalet Team is pleased to bring you the following activities, all of which are led by our volunteer staff. Please note that the different hikes and activities will be guided according to weather conditions and the wishes and abilities of participants. The following draft event itinerary is subject to changes. Please see the next page for descriptions of the programme.

	Time	Activity	Meeting Place
<b>Day 1</b>	PM	Arrivals (check in after 14.00)	Reception
	19.30 – 21.00	<b>Our Chalet Tour</b>	Flag Pole
<b>Day 2</b>	09.00 – 09.20	<b>Opening Ceremony</b>	Flag Pole
	10.00 – 12.00	<b>On-Site Activities</b>	Flag Pole
	12.00 – 13.00	<b>Swiss BBQ Lunch</b>	Veranda
	13.00 – 17.00	<b>On-Site Activities</b>	Flag Pole
	19.30 – 21.00	<b>International Night</b>	Flag Pole
<b>Day 3</b>	09.00 – 17.30	<b>Thun Day: <u>Niesen</u> Funicular, Boat Trip on Lake Thun &amp; <u>Oberhofen</u> Castle</b>	Flag Pole
	19.30 – 21.00	<b>Swiss Night</b>	Dining Hall
<b>Day 4</b>	09.00 – 17.30	<b>Engstligen Falls Hike and Engstligenalp Experience</b>	Flag Pole
	19.30 – 21.00	<b>WAGGS Wide Game</b>	Flag Pole
<b>Day 5</b>	09.00 – 17.30	<b>Adventure Park &amp; Climbing Wall</b>	Flag Pole
	19.30 – 21.00	<b>Games Night</b>	Flag Pole
<b>Day 6</b>	09.00 – 17.30	<b>Interlaken Day: Schuh Chocolatier &amp; Trümmelbach Falls</b>	Flag Pole
	19.30 – 21.00	<b>Magic Tree Hike</b>	Flag pole
<b>Day 7</b>	09.00 – 17.30	<b>Woodcarver's Hike &amp; Adelboden Town</b>	Flag Pole
	19.30 – 21.00	<b>Closing Ceremony &amp; Campfire</b>	Flag Pole
<b>Day 8</b>	AM	Departure (check out before 10.00)	Reception

## Day Programme Descriptions

### On-Site Activity Day

For the On-Site Activity Day we stay largely on Our Chalet grounds. Below you will find a selection of activities ranging from traditional Scouting skills to a tour of Our Chalet and a visit to the shop. Each activity lasts approximately 2 hours.

#### **Campfire Building & Cooking**

Practice your campfire building skills! Using a traditional Swiss method, you can try starting a fire from just a few large pieces of wood. After you have successfully started your fire, make yourself a delicious snack.

#### **Action on Body Confidence**

Global research has shown that 6 in 10 girls worldwide give up an activity they love because of worries about the way they look. WAGGGS has now created the next step to the 'Free Being Me' programme. 'Action on Body Confidence' not only has unique, fun and inspiring activities that help participants realise that they are beautiful just the way they are. This programme also focuses on learning about advocacy, identifying decision makers and taking action.

#### **Orienteering**

Learn some basics of using a map and compass and then have a go at finding different markers located around Our Chalet's property.



#### **Adventure Park and Rock Climbing**

This outdoor adventure day takes you on a 1-hour hike from Our Chalet along the Engstligen River 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 high rope bridges and abseiling / rappelling off the bridge! Then, you can try scaling some rocks at the nearby Climbing Wall.

#### **Woodcarver's Hike and Adelboden Town**

The most famous and traditional hike from Our Chalet takes you along quiet lanes, with breathtaking views of the Adelboden valley. 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, Guide and Scout woggles, and music boxes that play the Our Chalet song. From the Woodcarver you can walk into Adelboden Town to explore with the Scavenger Hunt or shop for souvenirs.





### **Engstligen Falls Hike and Engstligenalp Experience**

With this day you will walk for 2 hours to the second largest waterfall in Switzerland. After lunch, take the gondola up to Engstligenalp, a protected high alpine plateau where snow is visible on the mountains. There are fantastic views of the valley from the top of the alp as well as a variety of activities depending on weather, from geocaching to enjoying a cup of hot cocoa in a restaurant.

### **Interlaken and Trummelbach Falls**

This excursion day will take you to visit the Swiss town of Interlaken. First, you will visit Schuh Chocolatier, where you can sample authentic hand-made Swiss chocolate. In the afternoon, you will visit the stunning glacial Trümmelbach Falls followed by an opportunity for souvenir shopping in the infamous Interlaken.



### **Thun and Oberhofen Castle**

First, we will learn more about one of the current WAGGGS programmes. Then, take a bus trip to the beautiful harbor of Spiez. After enjoying your packed lunch, take a boat trip across the lake of Thun, and visit the beautiful medieval castle called Oberhofen, which provides great landscape views of the Bernese Oberland.

## Evening Programmes

During your stay, Our Chalet Staff offer Evening Programmes. Evening Programmes provide you with a chance to meet other guests who are at Our Chalet during your stay. There are opportunities to play fun games, learn about WAGGGS, go on a beautiful hike, or enjoy an unforgettable campfire.

### International Festival

During this fun festival each guest will have the chance to present for 5 - 10 minutes about their home group, region, state or even country! In the past groups have brought photos, sang songs, shared food and told us stories about their home towns. Groups are asked to make it interactive. At the end of the evening we have time for badge swaps with guests and our international staff.

### Swiss Night

Whilst in Switzerland take part in this unique opportunity to learn more about your host country. Experience some Swiss culture with a play on the William Tell story, a Swiss quiz, authentic alphorn music and of course, chocolate fondue tasting!



### Games Night

Join us for an evening of games! Games Nights are special in Our Chalet, and vary from longer, strategic wide games to short, energetic, creative ones. You could be solving a mystery, going on a Scavenger Hunt, and more!

### Magic Tree Hike

Our staff will lead you on an evening adventure for wonderful views across the valley and towards Adelboden town's twinkling lights. This will be a beautiful yet manageable hike through the forest to the 600-year-old Magic Tree. Remember your warm clothes, a flashlight and sturdy shoes!

### Campfire & Closing Ceremony

No Guiding or Scouting experience would be complete without the traditional Our Chalet campfire. Join our international staff for a campfire where you can learn some new songs and sing and teach some old favourites. During the campfire we will present Our Chalet Challenge badges and end the week with a closing ceremony.

## 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, Prior to Arrival section.