



Mini Swiss Challenge 2020

Mini Swiss Challenge 2019

We invite you to come and discover the magic of the first WAGGGS 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 leadership and environmental issues, discovering what it means to be a member of WAGGGS and making new friends in an international Guiding and Scouting environment.

At Our Chalet we are aware that different guests have different wishes. As such, these Mini Swiss Challenge events are designed to provide you with an opportunity to enjoy international friendship, challenge and adventure in a spectacular outdoor environment over a shorter period of time. You will experience a high adventure day, visit a historical town and either spend a day hiking some of the favourite trails in the valley or enjoy on-site activities at Our Chalet. You will have exciting evening programmes from international games to sharing songs.

Cost

CHF 565

Participants for the Mini Swiss Challenge 3a and 3b must be **Guides or Scouts aged 12-18 years and accompanied by their adult leaders.**

Participants for the Mini Swiss Challenge 1 and 7 must be **Guides or Scouts aged 12 - 26 years.**

All attending adults should be registered leaders or registered helpers.

Package includes

- 4 nights of accommodation in rooms allocated by Our Chalet
- All meals (breakfast, packed lunch and dinner, starting from dinner on arrival day until packed lunch on departure day)
- 3 day programmes and 4 evening programmes
- All costs associated with activities, hikes and excursions (including gondolas) as indicated in the programme
- Luggage transfer on arrival and departure day (8am - 6pm)

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 this Information Pack. To reserve your place, contact info@ourchalet.wagggs.org or make an on-line booking request 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

Summer 2020 Event Dates

Event	Dates	Age
Mini Swiss Challenge 1	20 - 24 June	Ages 12 - 26
Swiss Challenge 2*	29 June – 7 July	Ages 12 - 18
Mini Swiss Challenge 3a	13 - 17 July	Ages 12 - 18
Mini Swiss Challenge 3b	17 - 21 July	
Swiss Challenge 4*	26 July - 3 August	Ages 12 - 18
Swiss Challenge 5*	4 - 12 August	Ages 12 - 18
Swiss Challenge 6*	14 - 22 August	Ages 12 - 18
Mini Swiss Challenge 7	27 - 31 August	Ages 12 - 26

*For additional information about the Swiss Challenges please see the event info pack

Participants

Swiss Challenges 2 - 6: 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 ratio of 2 adult leaders for every 8 youth participants** in order to ensure the delivery of a high-quality programme, suitable for this age group. This may be relaxed for groups camping outdoors who are in need of one additional leader to support their group.

Swiss Challenges 1 & 7: Participants must be **Guides or Scouts aged 12 - 26 years**. Participants under the age of 18 must be **accompanied by their adult leaders**. Participants over the age of 18 by the start of the event may register as individuals.

Please note: Events 1, 3a, 3b, and 7 are Mini Swiss Challenge. The length of the event is half the full Swiss Challenge event, and the cost is CHF 565 in indoor accommodation. Please see the Swiss Challenge info pack for details of the full-length events.

When booking your package please indicate how many adults and young people are attending and what their gender is. Please note that we will require a Passenger Manifest prior to your arrival. This form should contain all participants' and leaders' full names, dates of birth and emergency contact details. Please also add information on health needs and any accommodations that participants might need to fully participate in events and activities at Our Chalet.

Please note that Our Chalet is open to visitors of all genders from all over the world during the summer events.

Day Programme Descriptions

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. Your event will include three out of the following six programme days, starting out with an On-Site Day, then a hike or adventure day and finally a town excursion day.



The **On-Site 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 along the Engstligen River to the **Rehärty 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)!**

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 Castle, a beautiful medieval castle 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 from Switzerland. 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 Mini Swiss Challenge guests will have a chance to participate in four of the following 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 could your presentation last no more than 10 minutes). Be prepared to have fun and laugh! The end of this evening provides the perfect opportunity to share SWAPS!



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.

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.

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 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. 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. The human body at a higher altitude and 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 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 (Sneakers / Trainers)
- 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

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



*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 building.

