

HALF TERM BREAK

Week 3



October 2020



Please read through this information pack for full details of the Half Term Break Event Week 3 before making your booking. Please note the programme in this event differs from the other Half Term Break events in 2020.

When you are ready to book you can send a booking enquiry [here](#).

If after reading the information pack you have questions about the event, please e-mail info@ourchalet.waggs.org.

This event takes place 25-31 October 2020 and is open to individuals and groups of all ages and genders. Participants are not required to be members of Guiding/Scouting. The cost is CHF 620 per person.

Please note: While the event is open to participants of all ages, the activities are most suitable for those aged 10+. If you would like to bring younger children, please make this clear when making your booking enquiry so we can discuss this prior to confirming your booking.



Half Term Week 3 2020

Our Chalet Event Open to All

info@ourchalet.waggs.org | ourchalet.ch



PROGRAMME



The next few pages give an overview of the programme activities included in this event. If you are unsure if an activity is suitable for your group, please contact programme@ourchalet.waggs.org before making your booking.

NOTE: All programme activities are subject to change depending on availability of suppliers and weather conditions.

Important information about programme:

- Leaders or parents/guardians must accompany their youth participants on all programme activities and are responsible for first aid for their group at all times.
- It is the responsibility of the individual participant or group leader to check that all activities are covered by their travel insurance.
- The transport options listed in the 'adaptations' are only available for participants with a permanent disability or medical condition that affects their mobility.
- In all other cases, participants are responsible for any costs associated with additional transport, e.g. taxis in lieu of walking.

Additional information for participants with disabilities:

- Our Chalet aims to make its' events inclusive to as many people as possible. Most of our programme can be adapted to be suitable for those with physical disabilities or sensory impairments. To ensure we can meet your needs we ask that you let us know at the time of making a booking enquiry what adaptations you may need.
- Many of our activities are also suitable for those with mild/moderate learning disabilities or autism spectrum disorder. As a general rule, if someone attends mainstream school our activities can likely be adapted to fit their needs. Again, we ask that you discuss adaptations at the time of making a booking enquiry.
- Our Chalet staff are not able to help with any medical or personal care or provide 1:1 support. Participants who need this type of support must bring their own carer with them. Please contact us to discuss options for carer places on this event.





Spend a day at Our Chalet discovering Swiss culture and giving back to the oldest WAGGGS World Centre.

From language to music to food, there is lots to learn about Switzerland in a half-day of activities led by Our Chalet staff. A service project offers the opportunity for team building and making new international friends while helping Our Chalet continue to serve Guides and Scouts from around the world.

Practical information:

This day takes place on site. Activities and service projects can be adapted to be inclusive for a range of abilities.



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INTERLAKEN & LAKE BRIENZ

Spend a few hours in Interlaken, the adventure sport capital of Switzerland, watching the paragliders land, exploring the old town, or doing some souvenir shopping.

An optional activity at extra cost is a chocolate show with tasting at the traditional Swiss chocolatier, Schuh.

Follow a riverside path to the beautiful Lake Brienz where you have a go at kayaking. Start out learning how to kayak in the sheltered area by the shore, then move out on to the lake to view the surrounding cliffs and mountains from the calm, blue water. The session includes approximately 2 hours on the water.

Practical information:

Walking: 200m steep downhill (5 mins) + 3km flat (40 mins) + 200m steep uphill (10 mins)

Special considerations: The optional chocolatier visit is not able to guarantee a nut-free environment. Wet suits are provided for the kayaking.

Adaptations: For participants with physical disabilities transport, including wheelchair-accessible transport, can be arranged from Our Chalet to the coach pick-up/drop-off point and in place of the riverside walk. Adaptive kayaking is possible for a range of abilities.





Eisstock is a sport similar to curling and popular in the Alpine regions of Switzerland. Slide your stick over the ice and try to get it closest to the target! A great team-building activity and taste of Swiss culture.

The other half of the day is spent with a WAGGGS programme session helping you to grow in confidence, learn new skills, and maybe even earn a badge! The programme session will be tailored to be suitable for the age range of the participants.

Practical information:

Walking: 1.8km (30 mins) mix of steep downhill and uphill + same return.

Eisstock: Takes place on ice but does not involve ice-skating.

Special considerations: Up to eight players can play on one Eisstock 'field'. Larger groups will need to be split for this activity.

Adaptations: For participants with physical disabilities transport, including wheelchair-accessible transport, can be arranged in place of the walking. Adaptations are possible for Eisstock; however, good use of at least one arm and hand is necessary.



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ENGSTLIGEN FALLS HIKE DAY

Engstligenalp is located at 1,964m and offers spectacular views of the valley and the surrounding mountains, as well as Switzerland's second highest waterfall. The walk from Our Chalet to the falls follows the river through Swiss farmland with beautiful views of the surrounding mountains.

Enjoy a picnic lunch in the forest before climbing up to view the upper part of the falls and then returning to Our Chalet.

Practical information:

Hiking: 14 km with 720m of ascent and 720m of descent. Approximately 4.5 hours of active hiking plus time for breaks.

Special considerations: The hike from Our Chalet to the base of the waterfall is a mix of paved road and wide trail with gravel/dirt surface. From the base of the waterfall to the upper falls is along a narrow hiking trail with rocks/tree roots.

Adaptations: For participants with physical disabilities transport, including wheelchair-accessible transport, can be arranged from Our Chalet to the car park near the base of the falls and return. From the car park, it is a 1km walk to the base of the falls with 50m of ascent. This trail is passable with assistance for manual wheelchair users.

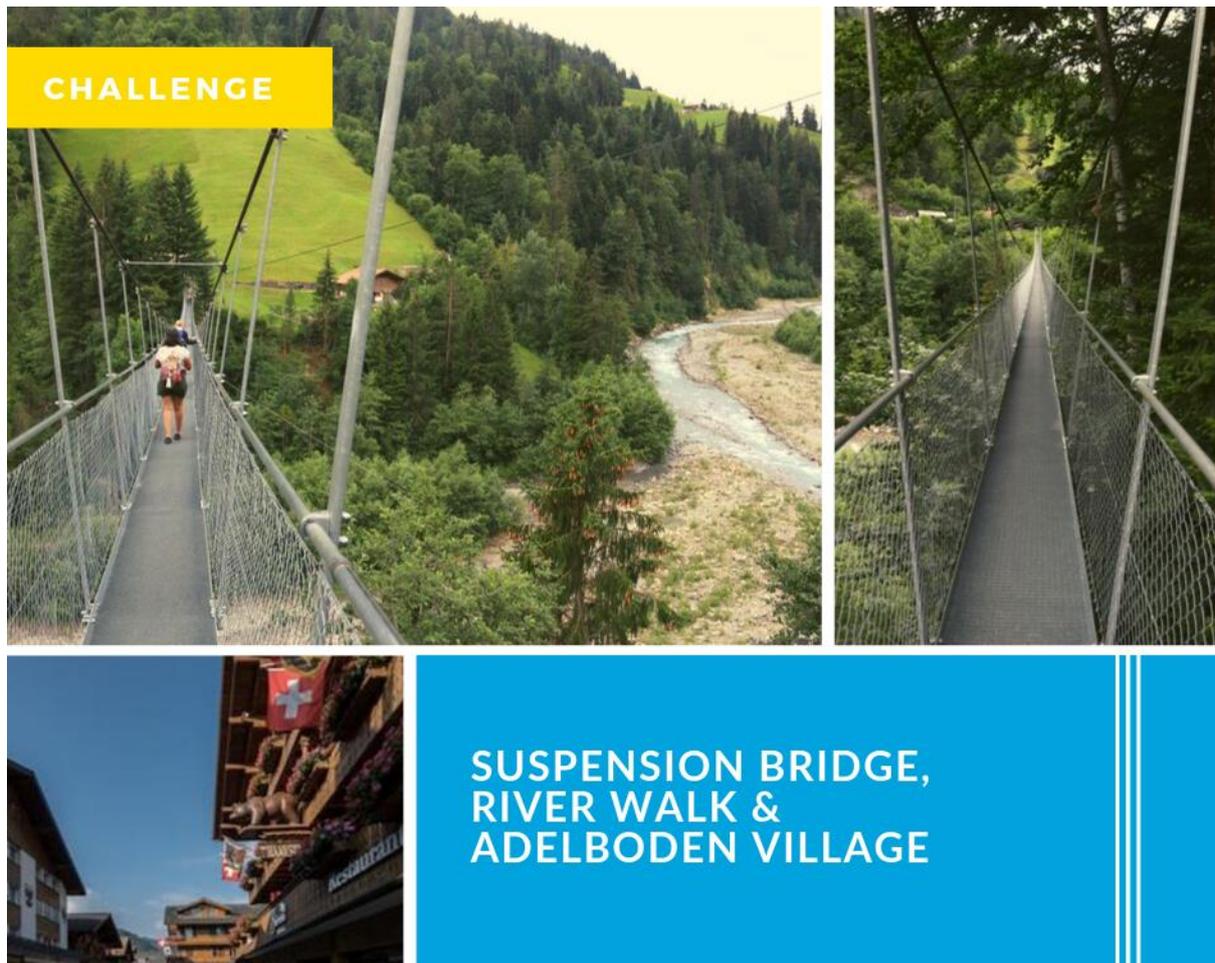


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Cross one of Europe's longest pedestrian suspension bridges (153 metres long and 38 metres high!) before following the river to Frutigen. The riverside trail has many woodcarved creatures waiting to greet you along the way!

Adelboden village offers plenty of opportunities to souvenir shop, try local treats in one of the cafes, and see many traditional Swiss buildings. Our Chalet can also offer a scavenger hunt for those who would like a challenge while they explore the village.

Practical information:

Walking: 1 km downhill (20 mins) + 4.5km mostly flat (1¼ hour) + 2.5km steep downhill and steep uphill (45 to 60 mins)

Special considerations: The riverside trail is a gravel trail and uneven in places. The bridge is high and sways and is therefore unsuitable for those with a severe phobia of heights. It may be difficult for those with restricted mobility to cross unaided.

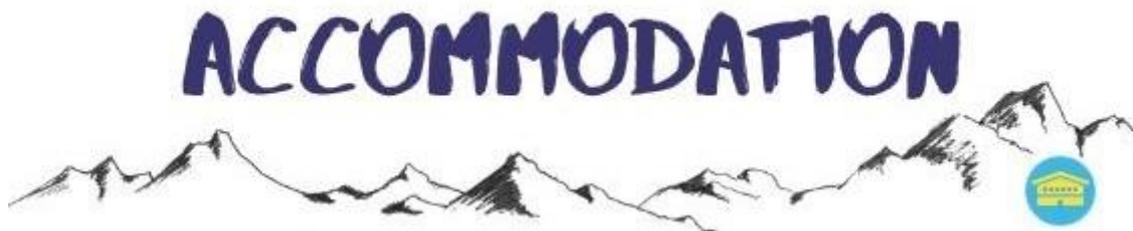
Adaptations: For participants with physical disabilities transport, including wheelchair-accessible transport, can be arranged. The public bus from Frutigen to Adelboden is wheelchair accessible. The bridge is suitable for crossing for users of smaller manual wheelchairs.



Pinning Ceremony, Tour, & Evening Programmes

We will welcome you to Our Chalet with an opening ceremony for your event. Everyone taking part in the opening ceremony will receive a special Our Chalet pin only available to those who have visited the Centre. You will also have a guided tour to help you learn your way around!

Throughout the week, we also run six evening programmes. Each of these lasts approximately 1.5 hours and gives participants more opportunities to learn new skills and develop friendships.



Important information about accommodation:

- For this event only fully catered, indoor accommodation is available.
- Our Chalet is open to guests of all genders. We are not able to guarantee single-gender hallways or buildings.
- For groups, rooms will be allocated by Our Chalet and it is up to group leaders to allocate their participants to each room.
- A small number of single and twin rooms are available on request for an extra fee.
- Rooms are not shared between groups, unless multiple groups request to share. Individuals booking on to this event will be roomed in a shared dorm, unless requesting a single/twin and paying the additional fee.
- Bed linen and towels are provided and for hygiene reasons we do not allow the use of sleeping bags in our accommodation.
- For fire safety reasons it is not possible to add extra beds or mattresses to any of our rooms.
- For full details of wheelchair accessibility please e-mail info@ourchalet.waggs.org





Our indoor accommodation is offered across two buildings:

Main Chalet opened in 1932 and offers dorm rooms, triple rooms, twin rooms, and a single room. The largest dorm room can sleep up to 14 guests. None of the rooms in Main Chalet have bunk beds.

Spycher House opened in 1999 and offers one dorm room (sleeps up to eight guests), quad rooms, twin rooms, and two single rooms. Some rooms in Spycher House have bunk beds.

For groups, rooms will be assigned by our office staff based on your needs. To maximise availability, groups may be split across both buildings. Our staff always ensure at least one leader is in the same building as participants from their group.

Participants from different groups do not usually share rooms (unless by request), however, different groups will share the same common facilities such as bathrooms and hallways. Our Chalet is open to guests of all genders.

For details of wheelchair accessibility in our indoor accommodation please e-mail info@ourchalet.waggs.org. As a broad overview, accommodation suitable for manual wheelchair users is available in Spycher House. Users of powered wheelchairs or mobility scooters who can transfer to a manual chair without the use of a hoist can also access this accommodation.





All meals from dinner on arrival day to packed lunch on departure day are included in the event package cost.

The kitchen at Our Chalet is operated by the Kitchen Manager and a team of volunteer staff. We do our best to accommodate dietary requirements, however, if you have a severe allergy or complex dietary requirement, we recommend you discuss your needs prior to booking.

Breakfast

A cold breakfast of cereals, yoghurt, bread, cheese, and fruit is available every morning in a self-service buffet style. Hot and cold drinks are also included.

Packed lunch

Participants make a packed lunch (sandwiches, fruit, snacks, etc.) each morning to take with them on programme. All participants are required to bring a lunch box or bag to carry their lunch.

Dinner

Dinner is served at one sitting and offers one option for everyone. Typical dinners include Swiss dishes such as rösti and camp favourites like chilli or pasta. Dinners always include salad or vegetables and include two courses with a main meal and dessert.

Special diet meals, including vegetarian, vegan, and gluten-free are available only to participants who have notified us in advance of their need for a special meal. Your pre-arrival paperwork will ask you to specify dietary requirements for each participant in your group.



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We look forward to welcoming you to Our Chalet in 2020!



OUR CHALET
WORLD ASSOCIATION
OF GIRL GUIDES
AND GIRL SCOUTS