



**SWISS  
EXPERIENCE  
WEEK  
2020**



Please read through this information pack for full details of the Swiss Experience event before making your booking. This event is aimed at those who would like a mix of hiking and excursion days, similar to our Summer Youth Events.

If you would prefer a hiking focussed event you may wish to consider our [Hiking Week](#) or [Walking Week](#).

If you would prefer an excursion focussed event you may wish to consider our [International Friendship Week](#) event.

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](mailto:info@ourchalet.waggs.org).

**This event takes place 30 September - 7 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 810 per person for indoor catered package, CHF 700 for camping catered package, and CHF470 for camping self-catered package.**

**Please note:** While the event is open to participants of all ages, the activities are most suitable for those aged 12+. 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.



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# 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](mailto: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.



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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.

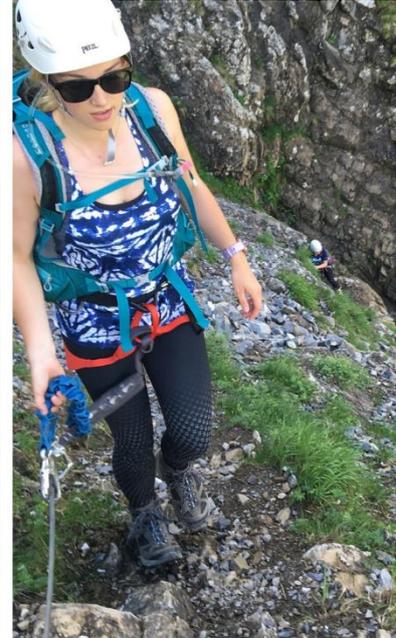


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## ENGSTLIGENALP KLETTERSTEIG

Engstligenalp Klettersteig offers a mix of hiking and climbing in a stunning setting with the route leading up to the alp alongside Switzerland's second highest waterfall.

With beautiful views across the valley below to admire as you climb you will ascend 560m (1,837 feet) to the alpine pasture of Engstligenalp where flowers and cows abound!

This day is guided by Our Chalet staff with qualified, English speaking, Alpine Guides leading the klettersteig section. Equipment for the klettersteig is provided.

**Practical information:**

Walking: 5.5km flat then gradual uphill + 4.9 km flat then uphill

Klettersteig: Hiking/climbing – 3 hours with 560m (1,837 feet) ascent, K2 route.

**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. The klettersteig requires the ability to climb smooth rock and walk over steep, uneven terrain.



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## INTERLAKEN & TRUMMELBACH FALLS

Start your day in Interlaken with a chocolate show with tasting at the traditional Swiss chocolatier, Schuh. Then 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.

In the afternoon head into the Lauterbrunnen valley to explore Trummelbach Falls where up to 20,000 litres of water per second cascade down the glacier falls.

**Practical information:**

Walking: 200m steep downhill (5 mins) + 200m steep uphill (10 mins) + lots of steps at the waterfall.

**Special considerations:** The waterfall is viewed from lots of steep, often slippery, steps. Those with limited mobility can travel by lift/elevator to a viewing point with views across the valley but not of the waterfall.

**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.



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Adelboden village offers plenty of opportunities to souvenir shop, try local treats in one of the cafes, and see many traditional Swiss buildings. A scavenger hunt is available for those who would like to challenge themselves while exploring the village.

The Trummer family have been running a woodcarving business since 1945, visitors can see woodcarving in action and watch as their own personalised woggles, trefoil badges, or other souvenirs are hand-decorated.

An optional visit to Choleren Gorge completes the day. This impressive natural gorge has a series of bridges and stairs to allow visitors to walk safely through while admiring the view.

**Physical activity:**

Walking: 1km downhill (20mins) + 4km mostly downhill (1hr) + 4km downhill then uphill

Choleren Gorge: 30-45 minutes additional walking, downhill then up series of stairs

**Special considerations:** The Choleren Gorge operates a one-way system and can only be walked up the gorge. Participants need to be able to walk up steep flights of stairs, which can be slippery. The Gorge is not suitable for participants with a fear of heights.

**Adaptations:** For participants with physical disabilities transport, including wheelchair-accessible transport, can be arranged to replace the walking from Our Chalet to the village, from the village to the woodcarvers, and return to Our Chalet. The walk through the gorge is not accessible for those with limited mobility but can be partly viewed from the bridge above.



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## ADVENTURE PARK & ROCK CLIMBING

Adelboden Adventure Park offers a day of thrills with zip lines, rock climbing, and abseiling. Spend the day challenging yourself to try new things and conquer your fears!

This day is guided by Our Chalet staff. All activities at the Adventure Park are led by qualified, English speaking instructors.

**Practical information:**

Walking: 3.5 km mix of downhill, flat, and uphill (60 mins) + return

**Special considerations:** In wet weather rock climbing may take place indoors.

**Adaptations:** For participants with physical disabilities transport, including wheelchair-accessible transport, can be arranged from Our Chalet to the Adventure Park and return. Some activities at the Adventure Park can be adapted depending on ability level.



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Take the cable car up to Silleren, from where there are great views and several hiking options to choose from. Learn more about the local legend of Vogel Lisi, follow the flower trail to Hahnenmoospass, or meander down on the mountain road.

**Practical information:**

Walking: Varies depending on chosen trail.

**Adaptations:** For participants with physical disabilities transport, including wheelchair-accessible transport, can be arranged from Our Chalet to the cable car base station. The cable car is accessible to manual wheelchairs.



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## 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.



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# ACCOMMODATION



## Important information about accommodation:

- For this event there are the options of fully catered, indoor accommodation, self-catered camping accommodation, or catered camping accommodation.
- 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](mailto:info@ourchalet.waggs.org)

	Indoor	Camping Catered	Camping Self Catered
<b>Fully catered</b>	✓	✓	✗
<b>Self-catered w/ kitchen facilities</b>	✗	✗	✓
<b>Grocery delivery available*</b>	✗	✗	✓
<b>Plates/cutlery provided</b>	✓	✓	✓
<b>Luggage transfer - 8am-6pm</b>	✓	✓	✓
<b>Bed linen included</b>	✓	✓	✗
<b>Mattresses included</b>	✓	✓	✓
<b>Towels included</b>	✓	✓	✗
<b>Showers in same building</b>	✓	In Camp House	In Camp House
<b>Access to laundry facilities*</b>	✓	✓	✓
<b>Event price (CHF) per person</b>	810	700	470

\*At extra cost



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**Cost for indoor package is CHF 810 per person.** This includes seven nights of accommodation, luggage transfers on arrival/departure, all meals from dinner on arrival day to packed lunch on departure day, and all event programme activities.

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](mailto: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.



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**Cost for camping package is CHF 470 per person for self-catered and CHF700 for catered.** The self-catered package includes seven nights of accommodation, luggage transfers, and all event programme activities. The catered package includes the same plus all meals from dinner on arrival day to packed lunch on departure day.

Our campsite can accommodate up to 30 people. Tents including inflatable mattresses are included in the cost. For hygiene reasons participants must bring their own sleeping bags.

For those on the self-catered camping package Camp House contains a small kitchen for the use of campers. Equipment for outdoor cooking is also available. No meals are included in the self-catered package, except for dinner and breakfast at the mountain hut on the overnight hike.

Toilets and showers are available in Camp House. The upstairs of Camp House can be used for shelter in wet/stormy weather. It is approximately a five minute walk from the campsite to Main Chalet and Spycher House.

**Note:** It is not possible to be partly catered. Participants can either book a fully catered camping package where all meals are included, or a self-catered package where no meals are included.



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All meals from dinner on arrival day to packed lunch on departure day are included in the event package cost for the indoor accommodation and camping catered packages.

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