



International Friendship Week 2022





Please read through this information pack for full details of the International Friendship Week event. This event is focussed on excursion days; if you prefer to hike you may wish to consider our Hiking or Walking Week events. If you prefer a mix of hiking and excursions you may wish to consider our Swiss Experience event. You can find details of all these events on our [2022 calendar](#).

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 29th September – 7th October 2022 and is open to individuals and groups of all genders age 18+. Participants are not required to be members of Guiding/Scouting. The cost is CHF 1,198 per person.

Scholarships: We have scholarships available for women aged over 60 with 20+ years involvement in Guiding/Scouting. For this event these scholarships can be used to cover the accommodation portion of the package cost. You can find details of the scholarship [here](#).

Scholarships may also be available for younger women who would not otherwise be able to take part in an event at Our Chalet. Please see our [scholarships page](#) for more information.



International Friendship 2022

Our Chalet Event Open to All Age 18+

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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 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 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.
- 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.
- 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.

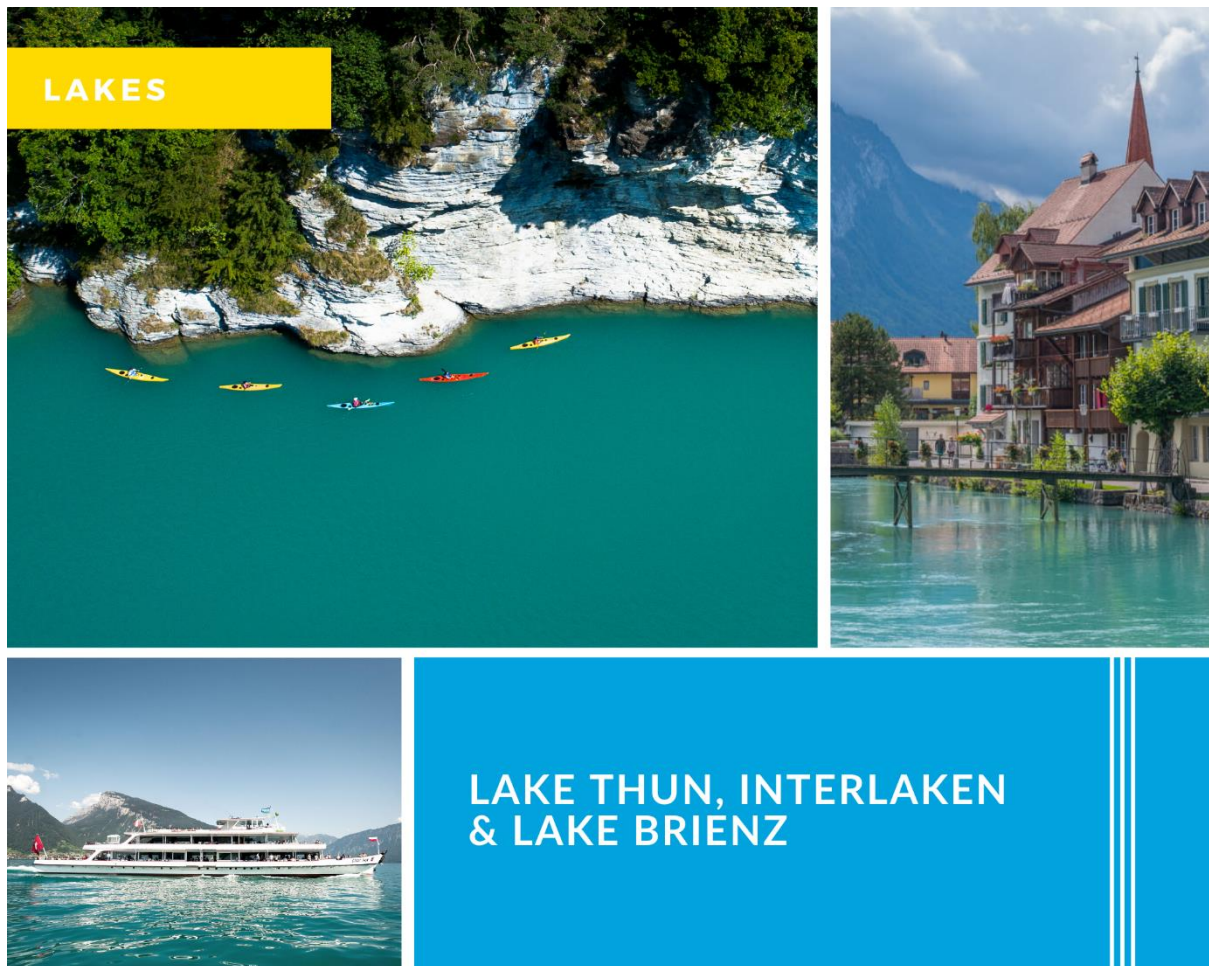


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Cruise on the blue waters of the 17.5km long Lake Thun from Spiez to Interlaken, taking in the mountains and villages dotted along the shore.

Once in Interlaken you have three options:

- Explore the town and/or one of its tourist attractions (e.g. Chocolate Show, Harder Kulm, paragliding!) on your own (attractions at extra cost).
- Walk from Interlaken to Bönigen along the Aare river, guided by Our Chalet staff. Once in Bönigen enjoy the views of Lake Brienz or follow the historic house trail around the village.
- Try kayaking on Lake Brienz's turquoise waters. Booked by Our Chalet at extra cost (CHF 70 per person). Approx. two hours on the water with qualified instructor/guide.

Practical information:

Return transport from Our Chalet included. Journey time approx. one hour each way.

Boat cruise time: 1 hour 20 minutes.

Optional walk from Interlaken to Bönigen: approx. 45 minutes, flat trail, 3.5 km.

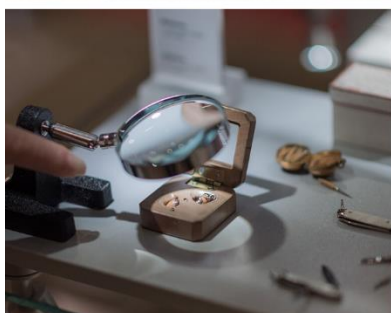


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Learn more about one of Switzerland's most famous products – the Swiss Army Knife – at the Victorinox Museum in the beautiful lakeside town of Brunnen. Take a guided tour and learn about the development of the pocketknife since Victorinox was founded in 1884.

After the tour you can build your own pocketknife (extra cost) or look around Brunnen.

Then it's on to Luzern where you can visit the wooden Chapel Bridge, the lakeside promenade, the lion monument, or explore the city's many shops and cafes.

Practical information:

Transport from Our Chalet included. Journey time approx. 2hrs15 each way + 45 mins between Brunnen and Luzern.

Guided tour of Victorinox museum: 1.5 hrs

Note: This day requires an early departure (8am) from Our Chalet.



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Spend the day at Our Chalet learning about our history and trying your hand at some traditional Swiss baking.

This is also a great day to relax on site between all the busy excursions! If you choose to work towards your Our Chalet Challenge badge there is also time to tick off some of the activities needed to earn this.

Practical information:

Swiss baking is taught by our Kitchen Manager and requires no previous experience.

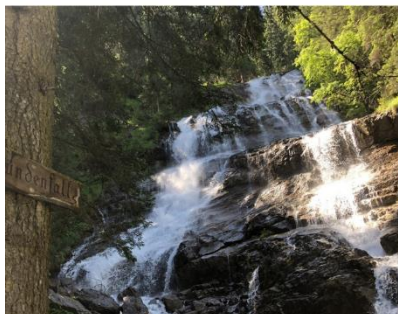


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GRIESALP + STEEPEST POST BUS

Ride on the steepest Post Bus route with a gradient of 28% at its steepest point! The mountains of the Kiental valley provide a stunning backdrop as you wind your way up to Griesalp.

From Griesalp follow the Post Bus adventure trail down to Tschingelsee, passing waterfalls, mountain views, and information points about the history of the Post Bus.

This is a shorter excursion day, giving you time to enjoy the Our Chalet site or visit Adelboden village later in the day.

Practical information:

Transport from Our Chalet to the Post Bus departure point included. Journey time approx. 40 mins each way.

Walk from Griesalp to Tschingelsee approx. one hour with stops. 1.5km downhill.



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GRUYERE + MAISON CAILLER

What better way to get a feel for Swiss culture than trying the local food? Switzerland is famous for its cheese and chocolate and this excursion gives you the opportunity to experience both.

Visit the demonstration cheese dairy at Maison Gruyere then try the gruyere cheese the traditional way with a cheese fondue for lunch.

A visit to Maison Cailler lets you discover over 200 years of Swiss chocolate making history before tasting some of the current flavours available.

Between all the food tasting there's time to explore the cobble stone streets of Gruyere with its impressive castle towering above the village.

Practical information:

Transport from Our Chalet included. Journey time approx. 1hr 45 each way.

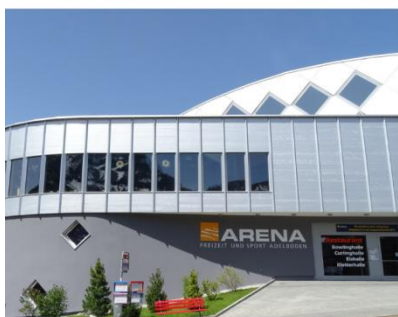


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EISSTOCK

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 low-impact sport anyone can try and a taste of Swiss culture.

This is a half-day activity, giving you time to relax at Our Chalet or do some souvenir shopping in Adelboden afterwards.

Practical information:

Transport to the arena is by public bus (free of charge). Walk to the bus stop from Our Chalet is approx. 20 minutes steep downhill. Return walk approx. 30-40 steep uphill walk.

All Eisstock equipment is included.

Free Day



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Free Day is your opportunity to organise your own activity for yourself/your group and it is completely up to you what you choose to do! Perhaps your group want to spend more time exploring the Adelboden area or visiting one of the wellness spas, or maybe there is a destination further afield you don't want to miss. [MySwitzerland](#) has lots of ideas to help you organise your own activity on this day.



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.

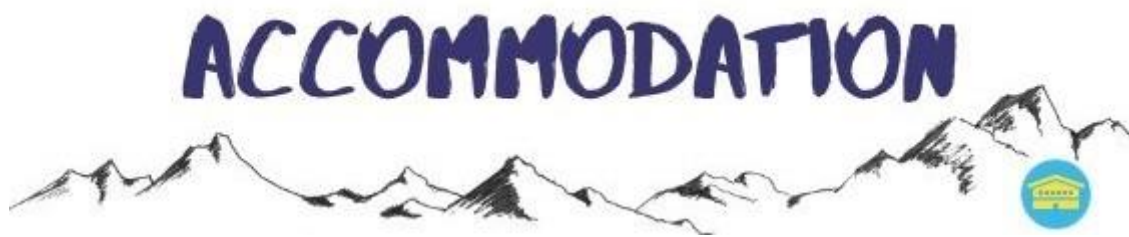


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Important information about accommodation:

- 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



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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.



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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 notified us in advance



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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 2022!



OUR CHALET
WORLD ASSOCIATION
OF GIRL GUIDES
AND GIRL SCOUTS