

# MINI BREAKS 2023







Please read this information pack for full details of Mini Breaks before making your booking. These events are for short visits for groups of any age accompanied by adult leaders. If you would prefer a longer event, we recommend looking at our Winter Adventure (age 8+) and Leadership Youth (age 11+) programmes.

Mini Breaks are available on weekends (Friday to Sunday) during our Winter and Spring seasons. It may also be possible to book a mid-week Mini Break (excluding 12-27 February and 2-22 April). When you have decided which event and which dates you would like to book you can send a booking enquiry [here](#).

If after reading the information packs you have questions about any of the events, please e-mail [info@ourchalet.waggs.org](mailto:info@ourchalet.waggs.org).

#### Dates and prices for 2023:

Month	Adults/youth age 16+	Youth age 6-15	Child age 3-5
January (exc. 7 <sup>th</sup> -9 <sup>th</sup> )	CHF 235	CHF 223	CHF 142
February (exc. 12 <sup>th</sup> -27 <sup>th</sup> )	CHF 235	CHF 223	CHF 142
March	CHF 235	CHF 223	CHF 142
April (exc. 2 <sup>nd</sup> -22 <sup>nd</sup> )	CHF 235	CHF 223	CHF 142
May	CHF 275	CHF 263	CHF 162

Note: Infants (age 0-2) are free of charge but must be included in your booking. We are not able to provide travel cots. Infants must be supervised by an adult at all times, therefore for some activities (such as climbing tower) your group will need an adult not taking part in the activity to supervise any infants in your group. Our Chalet staff cannot supervise infants at any time.



#### Mini Breaks Winter/Spring

Our Chalet Events Open to All  
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The next few pages give an overview of the programme activities included in this event. If you are unsure if any 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:**

- These events are open to anyone (Guides and Scouts and non-members of all genders). The recommended minimum age is 6 years. Younger children are welcome to join, but may not be able to fully participate in all activities or may need support from adults in their group to participate.
- Leaders/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 group to check that activities meet their Member Organisation's rules and 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 groups are responsible for any costs associated with additional transport for their participants, e.g. taxis in lieu of walking.



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## SWISS ACTIVITIES

During your mini break you have two half days of onsite activities at Our Chalet. On Friday afternoon these will be Swiss themed with an opportunity to learn about Swiss traditions, Swiss games, and a local Adelboden fairly tale.

You will also have a pinning ceremony and tour of the Our Chalet site on this day.

We recommend participants arrive by 13:00 (1pm) in order to have time to take part in the full afternoon of activities. Lunch is not provided but you are welcome to eat a picnic lunch onsite.

### **Practical information:**

Some activities take place outside, including in snow.

**Adaptation:** All activities can be adapted to the abilities of the participants.

### **Evening programme**

On Friday and Saturday evenings you will also have an evening programme after dinner. This lasts between 1 and 1.5 hours and is an opportunity to learn a new skill, play fun games, or work towards a badge.



**Mini Breaks Winter/Spring**

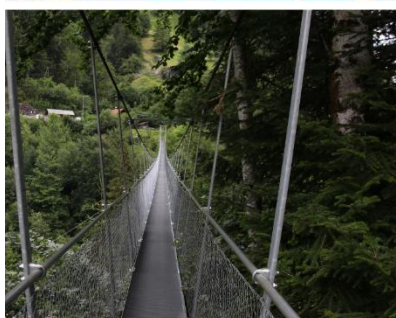
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SATURDAY



## SUSPENSION BRIDGE, RIVER WALK & CLIMBING TOWER

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.

Once we reach Frutigen, there's time for picnic lunch before you take on the climbing tower. With three levels and 64 different challenge stations, the climbing tower offers a challenge for everyone! **Note:** for children under 140cm there is a smaller "Children's Climbing Park" on the bottom level of the tower. **Children must be 140cm tall to access the main part of the climbing tower.**

At the end of the day we return to Adelboden Oey by bus and walk back up the hill to Our Chalet. This day is guided by Our Chalet staff. Climbing Tower is supervised by trained staff.

### Practical information:

Walking: 1 km steep downhill (15-20 mins) + 4.5km mostly flat (1.5 hours) + 1km steep uphill (20-30 mins)

**Special considerations:** The riverside trail is a gravel path and uneven in places. The bridge is high and sways and is therefore unsuitable for those with a severe phobia of heights.

**Adaptation:** 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. Those who use crutches or walking sticks may need assistance to cross. The Climbing Tower involves stairs to access each level.



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Challenge yourself to complete a range of timed challenges around the Our Chalet site. With an international theme you'll learn about other cultures while you have fun and get competitive!

Activities finish by 12:30 and you can depart any time after this. Packed lunch is included, you are welcome to eat this as a picnic onsite or take it with you for your journey.

Practical information:

Some activities take place outside, including in snow.

Adaptation: All activities can be adapted to the abilities of the participants.



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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 participants. None of the rooms in Main Chalet have bunk beds.

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

Rooms will be assigned to your group by our Guest Services 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 Scouts and Guides and non-members of all genders.

For details of wheelchair accessibility in our indoor accommodation please e-mail [info@ourchalet.wagggg.org](mailto:info@ourchalet.wagggg.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 package cost.

The kitchen at Our Chalet is operated by the Catering Co-ordinator and a team of volunteer staff. We do our best to accommodate dietary requirements, but if your group has a participant with 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 consist of 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 2023!**



**OUR CHALET**  
WORLD ASSOCIATION  
OF GIRL GUIDES  
AND GIRL SCOUTS