



# International Friendship Week 2023







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. You can find details of all these events on our [2023 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.wagggs.org](mailto:info@ourchalet.wagggs.org).

**This event takes place 13<sup>th</sup> September – 21<sup>st</sup> September 2023 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 1,186 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 are active members of Guiding and Scouting and would not otherwise be able to take part in an event at Our Chalet. Please e-mail [info@ourchalet.wagggs.org](mailto:info@ourchalet.wagggs.org) for more information, telling us which Member Organisation you belong to and a brief description of why you would need a scholarship to attend an event.



**International Friendship 2022**

*Our Chalet Event Open to All Age 18+*  
[Info@ourchalet.wagggs.org](mailto:Info@ourchalet.wagggs.org) | [ourchalet.ch](http://ourchalet.ch)





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 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.

#### **Opting out of an activity:**

- All programme is optional and you are welcome to opt out of any day or evening programme. All we ask is that you let us know so we don't think we've lost someone!
- **We are not able to give refunds for activities you opt out of or miss.** This is because International Friendship Week is sold as a package price and our activities have to be pre-booked at a group rate.



**International Friendship 2023**

Our Chalet Event Open to All Age 18+  
[info@ourchalet.waggs.org](mailto:info@ourchalet.waggs.org)





Cruise on a passenger boat 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 will explore the beautiful turquoise waters of Lake Brienz by kayak, on a leisurely guided kayak tour of the lake.

This day is guided by Our Chalet staff. The kayaking tour is run by fully qualified, English-speaking instructors and is fun for all ages and abilities!

#### **Practical information:**

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

Boat cruise time: 1 hour 20 minutes.

Special considerations: Kayaking takes place in all weathers, except lightning and very high wind.

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. Adaptive kayaking is possible for a range of abilities using specialised equipment.



**International Friendship 2023**

Our Chalet Event Open to All Age 18+  
info@ourchalet.waggs.org



EXPLORE



## GLASI HERGISWIL + LUZERN

Learn more about the history of glass blowing in Switzerland, in the only glass Swiss works where glass is manually shaped.

After the tour you can have a go at glass blowing and create your own glass ball.

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. 2hrs each way + 15 mins between Glasi Hergiswil and Luzern.

Note: This day requires an early departure from Our Chalet.



International Friendship 2023

Our Chalet Event Open to All Age 18+  
[info@ourchalet.waggs.org](mailto:info@ourchalet.waggs.org)







## ONSITE DAY

Spend the day at Our Chalet learning about our Centre, WAGGGS, and our international team.

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.



### International Friendship 2023

Our Chalet Event Open to All Age 18+  
[info@ourchalet.wagggs.org](mailto:info@ourchalet.wagggs.org)





## HASLIBERG MARBLE RUN + MEIRINGEN

We start the day in Meiringen where you will have a little time to explore the village before taking a short cable car ride to Bidmi.

From Bidmi we walk downhill to Reuti following the marble run trail. Along the way we can have a little fun and competition at 12 exciting and varied marble runs.

We finish the day with a cable car journey back down to Meiringen before getting the coach back to Our Chalet.

### Practical information:

Transport from Our Chalet to Meiringen: 1.5hrs.

Walk from Bidmi to Reuti approx. one and half hour (3km) downhill. Note: this includes steep sections, however, we do take plenty of breaks as there is a marble run station located approximately every 200m to 300m.

The hiking trail is not wheelchair accessible nor suitable for those using walkers/zimmer frames. However, the cable car is wheelchair accessible and we can recommend other trails that may be suitable. Two of the marble runs are next to the gondola station and can be easily accessed by all without hiking.



International Friendship 2023

Our Chalet Event Open to All Age 18+  
info@ourchalet.waggs.org







What better way to get a feel for Swiss culture than visiting the parliament buildings? Here we will be given a guided tour and get to understand the inner workings of the Swiss parliament.

You will then get to explore the Swiss capital city of Bern, visiting the historic old town, which is a UNESCO World Heritage Site. Before walking along the famous undercover walkways and trying to catch a glimpse of the famous Zytglogge clock tower in action.

#### **Practical information:**

Transport from Our Chalet included. Journey time approx. 1hr 15 each way.

Tours of parliament only take place when parliament is not in session and can be cancelled last minute due to changes in parliamentary schedules. In this case we will visit a museum in Bern instead of touring parliament.

Parliament is wheelchair accessible, the old town of Bern is wheelchair accessible but has some areas of cobble-stones which can be difficult to navigate.

**NOTE:** All guests must present a passport or EU ID card to enter the parliament buildings.



**International Friendship 2023**

Our Chalet Event Open to All Age 18+  
info@ourchalet.waggs.org







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.

After spending time practicing Eisstock we will head into the village to explore Adelboden.

**Practical information:**

Transport to the arena is by public bus. 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 and the session is guided by a local Eisstock player.

For participants with physical disabilities transport, including wheelchair accessible transport, can be arranged from Our Chalet to the Arena and village. Wheelchairs can access the ice. Eisstock is not recommended for those with arm or shoulder injuries or non-wheelchair users who have difficulty with balance.



International Friendship 2023

Our Chalet Event Open to All Age 18+  
info@ourchalet.waggs.org



## Free Day

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 and find out about our history.

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.

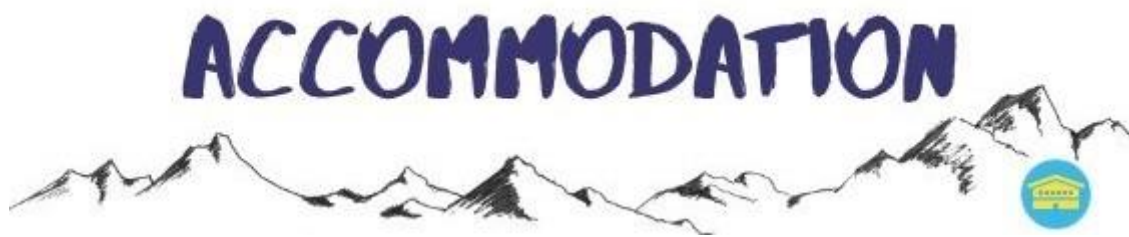


International Friendship 2023

Our Chalet Event Open to All Age 18+  
[info@ourchalet.waggs.org](mailto:info@ourchalet.waggs.org)







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



International Friendship 2023

Our Chalet Event Open to All Age 18+  
[info@ourchalet.waggs.org](mailto: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](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.



International Friendship 2023

Our Chalet Event Open to All Age 18+  
[info@ourchalet.waggs.org](mailto:info@ourchalet.waggs.org)







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 as well as containers for snacks.

### **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.



**International Friendship 2023**

Our Chalet Event Open to All Age 18+  
info@ourchalet.waggs.org



We look forward to welcoming you to Our Chalet in 2023!



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