



Global Campus Worldwide

Personal Challenge
Expedition

Switzerland, June 2016



NORD
ANGLIA
EDUCATION

Be Ambitious



GLOBAL
CAMPUS



We believe that there is no limit to what your child can achieve

The Gloabl Campus Personal Challenge Expedition is a once-in-a-lifetime adventure for your child, enabling them to stretch their mental and physical limits in a safe and fun environment.

From our dedicated expedition based in Les Martinets, your child will explore the beautiful Swiss Alps, staying in remote alpine huts to discover a new side to the iconic Swiss countryside.

Our highly trained guides will lead your child through an inspirational programme. We have developed an exciting series of activities which are designed to help your child collaborate with their fellow students, connect with the environment, and develop valuable life skills such as leadership, self-reliance, risk taking, flexible thinking, organisation and perseverance. We believe this will be a memorable and motivating experience for every child, giving them a sense of self-achievement.

Students aged 12-14 of all nationalities are encouraged to apply. Space is limited to 120 places so please sign up early to avoid disappointment.

7 Day Programme



Day 1: Arrival

The Nord Anglia team will greet your child upon arrival at Geneva International Airport and accompany them as they travel by coach to our expedition base in the alpine village of Les Plan Sur Bex. Your child will spend the day relaxing and enjoying the beautiful alpine surroundings whilst getting to know their fellow adventurers from Nord Anglia schools around the world. In the evening there will be a self-led walk or treasure hunt.

Day 2: Training

Day 1 is a training day to equip all students with the skills and knowledge to take part in a two day and one night journey through the local alpine terrain. Your child will receive training in navigation skills, camp craft and a range of other expedition skills, which will foster team work and leadership in challenging environments. Students will be immersed in nature, gaining a greater appreciation for the visually stunning Swiss countryside. The day will be rounded off with a group drumming activity.

Day 3: Mountain Day

Students will travel from Les Martinets to a mountain hut where they will stay for the night. We have selected a range of routes which are suitable for various levels of experience. Your child's safety is our utmost concern and we will choose routes according to weather conditions on the day. Students will lead the trek under the close supervision of a professional International Mountain Leader.

Day 4: Mountain Day

On day two of the mountain journey students will lead themselves and their team via a different route back to Les Martinets. On route they will be coached in the skills required to look after each other in the mountains, as well as what it takes to lead a group of people in challenging conditions.

Day 5: Chocolate and Cheese

After several days of physical exertion and mountain trekking, your child will be rewarded with the finest in Swiss cuisine: cheese and chocolate. A lesson on the art of cheese and chocolate making will indulge their senses. Upon their return to Les Martinets, students will participate in a series of teambuilding and leadership activities.

Day 6: Glacier 3000

With the effects of climate change more apparent on glaciers than almost anywhere else, your child will take a gondola up to Glacier 3000 to observe a high glacial environment and gain some understanding of the environmental impact in the region. A range of glacial activities will further immerse them in the outdoors, offering more opportunities for shared adventures with their new friends from around the world. In the evening, we will celebrate your child's accomplishments in an awards ceremony.

Day 7: Depart

On the final day of the expedition your child will share experiences and self-reflections from the week, evaluating what they have learned and how this could be applied in school, daily life and future careers. Coaches have been arranged at various times throughout the day and each school will be accompanied back to the airport by the Nord Anglia team.

Your stay in Switzerland

We will be staying at Nord Anglia's dedicated Les Martinets expedition centre, a beautiful chalet situated in the alpine village of Les Plans Sur Bex, and Alpine mountain huts in the surrounding area.



Les Martinets (left) is a very comfortable and fully equipped expedition base for our adventurers. Students will share a room with a fellow Nord Anglia student of the same gender and each floor has modern and recently renovated shower and toilet facilities. The centre also has WiFi, classrooms, dining room and a range of sports facilities (football, volleyball, table tennis) on or near the site. Whilst on the two day mountain journey, we will stay in the historic Cabane Barraud (right). All mountain activities are weather dependant, but alternative plans will always be in place in case of bad weather.

Transport

Your child will be collected from the airport and transported to the Les Martinets base, where we have a number of smaller vehicles for local transport and emergency use.

All drivers will hold a full UK Driving Licence with a D1 minibus classification or Swiss Equivalent.

Currency

The currency in Switzerland is the Swiss Franc which is readily available in most countries. Some spending money is advisable for additional snacks, drinks and souvenirs.

Language

Switzerland has four national languages: German, French, Italian and Rumantsch, but English is also widely spoken. In the region we will be visiting, French is the most commonly spoken language. If you are not already familiar with French it may be advisable to bring along a phrase book or even practise with your fellow adventurers before departure.

Maps

We will be using maps to navigate our way around the mountains and you may wish to familiarise yourself with the area before departure. It is worth [visiting this website](#) which has free digital maps of Switzerland and is an incredible resource for planning prior to your trip. You can

also get involved with the Global Campus Online route planning exercise.

Catering

Breakfast, lunch, and dinner will be provided to students throughout the expedition. During the 2-day mountain journey, students will cook for themselves.

Safety



Your child's health, safety and welfare is our first priority and we organise our expeditions to the highest standards so that your child can enjoy the experience, confidently and safely.

During the expedition students will be supervised by teachers from your school, the Nord Anglia Education Expedition Team and UIMLA qualified International Mountain Leaders. This results in a high ratio of qualified and competent staff to students.

All leaders and expedition team members are trained to a very high level of first aid and will always carry suitable medical kits for the areas we will be working in.

We have fully risk assessed all activities which students will take part in whilst in Switzerland and implemented all reasonable and practical control measures. Emergency response plans are in place so that in the unlikely event of an incident, we can deal with it

quickly and effectively to ensure the highest level of care for our students.

In the unlikely event of an emergency while in Switzerland, your child will be covered by International SOS, a service providing 24 hour medical and emergency assistance including global evacuation and repatriation. They operate in 850 locations, in 92 different countries with 11,000 members of staff including 5,600 medical professionals. International SOS is not, however, an insurance policy. Your child will still need a comprehensive travel insurance policy.

Our team will carry suitable communication devices for the areas we are operating in and will have access to all emergency contact information at all times. Should we need to contact you, we will use the emergency communication trees put in place prior to departure. We will also be provide an in school contact whom

you will be able to use to make contact with us in the event of a family emergency at home.

We must stress that we will be working in remote areas and at times will have limited communication, for this reason we will not be making frequent calls home or posting a daily blog. Needless to say when we do have web and phone access we will allow students time to contact home.

Switzerland is a very safe country to travel around but if you have any concerns please get in touch or [visit this website](#) for more information.



Training for the expedition



Training

The training element of this expedition will make a huge difference to your child's enjoyment, comfort and safety.

We have developed a training programme that will help your child fully prepare for their adventure. Physical preparation is only one aspect of training - mental preparation is equally as important. It is intended to be flexible so your child can fit it around school and family life, but would be best completed with the rest of the students participating from your child's school.

Online

Global Campus Online will be an integral platform in preparing your child for this expedition.

Your child will be joined on this expedition by others from Nord Anglia schools around the world. To help our adventurers get to know each other, we have a dedicated area on Global Campus Online.

Global Campus is only accessible to Nord Anglia students and educators so provides a safe environment for your child to interact and learn. It will be used to deliver aspects of your child's training programme and gives them the opportunity to ask questions and meet the expedition team and students. In addition to regular webinars, your child can also ask questions and discuss menu plans, equipment needs, training programme or anything else for the trip in the community area.

Timing	Activity	Resources	Solo / Group
Webinar - time and date to be confirmed			
Week 1	Media- produce video diary of your team's preparation for the expedition.	Smartphone or Camera	Group
Week 2	Physical - 5km walk	Maps, First Aid Kit, appropriate clothing and footwear	Group
	Organisational- route planning	Web Access, Global Campus Online	
Week 3	Physical - training session with 400m height gain	Maps, First Aid Kit, appropriate clothing and footwear	Group
Week 4	Physical and organisational - 8km walk - Dress rehearsal walk	Maps, First Aid Kit, appropriate clothing and footwear	Group
Week 5	Physical -training session with 600m height gain	Maps, First Aid Kit, appropriate clothing and footwear	Group
Week 6	Physical- 10km walk	Maps, First Aid Kit, appropriate clothing and footwear	Group
Week 7	Organisational - Barf your bag exercise!	Full kit bag packed and ready to go	Group

Physical

Your child's physical fitness is important to ensure that they can cope with the challenges faced in Switzerland and also enjoy their time on the expedition. We will be working on aerobic endurance fitness and will focus on walking and stair climbing whilst carrying some weight.

Organisational

Being organised prior to the trip is one of the most important aspects of your child's training for the expedition. There will be a number of challenges and tasks to complete before departure, some solo and some as part of the school group.

Sharing the experience

This will be a memorable and motivating trip for students. We encourage them to share their experience and showcase their new skills, knowledge and accomplishments with their families and school community, and will set a number of challenges for them to use various forms of media and activities.

Equipment List

Please note that all of the equipment listed below is required for the expedition and contributes to keeping participants safe, warm, dry and happy. If you have any questions please feel free to get in touch with your in-school trip organiser or [Head of Expeditions, David Wall](#). We'll be happy to advise you in more detail regarding equipment or suggest alternative suppliers in your area.

Please use the table below as a guide to the minimum amount of equipment to be brought on the expedition.

Outdoor Clothing		Camping / Overnight	
Waterproof jacket (lightweight breathable)	1	Wash kit	1
Waterproof trousers with long side zips	1	Silk sheet liner	1
Spare warm fleece	1	2/3 season sleeping bag	1
Fleece mid layer or equivalent	2	Plate, bowl, mug, knife, fork and spoon	1
Trekking trouser (no cotton)	3	Towel	1
Thermal leggings	1	Small pillow	1
Wicking thermal top long sleeved and light colour is ideal (base layer)	2	Insect repellent	1
Warm gloves	1	Wet wipes	2
Warm hat	1	Ear plugs	6
Sun hat	1		
Walking boots	1	Equipment	
Socks (warm loop lined pair)	3	Rucksack - 45l is sufficient	1
20 litre lightweight dry bag	1	Head torch	1
		Spare batteries for torch	2
		Sun glasses	1
		Sunscreen SPF 30+	1
		1 litre water bottle	2
		Flip flops	1
		Whistle	1
		Blister kit including zinc oxide tape, compeed or similar, non adhesive dressings	1
		Optional	
		Book	
		Camera	
		Watch	
		Trekking poles (pair)	
		Pen and paper	
Casual Clothing			
Jeans / casual trousers	3		
T-shirts / shirts	4		
Jumper / hoodies	1		
Trainers	1		
Underwear	7		
Night clothes	1		
Personal			
Personal medications			
Passport and travel documentation			
Insurance documents			
Wallet with small amount of spending money			

All other equipment required on the expedition will be provided by Nord Anglia Education.

Walking boots

One of the most important purchases for the Les Martinets Expedition, these should be comfortable, waterproof, with a deep tread/sole and extend above the ankle. You will need trekking boots rather than mountaineering boots.



Waterproof jacket and trousers

When shopping for these be aware there is a massive range of equipment on offer, in a variety of prices. It is advisable that you avoid both ends of the spectrum and go for something mid-range. Your waterproof jacket must be breathable and have pockets. The trousers must also be breathable and have a long zip down the legs to allow for easy changing with boots on. PLEASE DO NOT BRING PONCHOS.



Base layer

Several long sleeved base layers are required to provide warmth and draw moisture away from the body. It is important these are not cotton as this will remain wet for longer and provide little warmth. Suggested materials are polypropylene, merino wool or a mix of both.



Fleeces / mid layer

Whilst fleece has become less popular in recent years due to the advent of more advanced fabrics it is still one of the best materials for warmth vs weight. You can get fleeces very cheaply, but it is important to check that it does not have cotton in it.



Trekking and thermal trousers

It is important to have both - you will wear trekking trousers most days to provide some warmth and protect you from the sun. You should ensure they are not cotton and are comfortable. It is not essential to buy the ones which convert into shorts. Do not be tempted to buy military clothing as this is often cotton and weighs a lot. It is important to have a set of thermal trousers which can be worn under your trekking trousers in colder weather. These should be a similar material to your base layer- they can often be purchased as a set.



Hats

You will need both a warm hat and a sun hat on your trip. The sun hat should be wide brimmed



Gloves

You will need a warm pair of winter gloves, much like ski gloves and they should be water repellent with a reasonable grip on the palm. Woollen or fleece gloves are not suitable for this.



Socks

The right socks are essential - they should be non-cotton, thick and well padded. It is worth spending a bit more on socks as they will really make a difference to your comfort on the expedition. You may also wish to purchase liner socks to keep moisture away from the feet and protect against blisters.



Dry bags

At least one dry bag is useful to keep your spare layers and anything dry. A 20 litre bag is suitable for this



Plate, bowl, mug, knife, fork, spoon

A non-breakable set is for use on the 2 day mountain expedition.



Equipment List



Rucksack

A 45 litre rucksack will be sufficient; when buying a rucksack you should consider if it is comfortable, what kind of back system works for you and that the bag is robust. Ideally it needs compression straps on the sides for attaching equipment and at least one smaller outside pocket for snacks and sun screen.



Head torch

A good head torch with plenty of spare batteries is vital, a modern mid-range torch with an LED bulb will be sufficient.



1 litre water bottle

You will need two one litre water bottles. The style pictured are best - they are tough and see through so we can monitor each student's water intake during the trip. A hydration system can be used but these are more likely to damage and can be more difficult to fill as well as freezing in lower temperatures.



Where can I buy the kit?

There is a plethora of outdoor gear and clothing available, in a variety of price brackets. We would recommend shopping somewhere in the middle - some of the cheapest products are of low quality and do not stand up to the abuse and conditions they will be placed under, while some of the most expensive products are more technical than is needed.

We understand that it is not always easy to buy all of these products in some of the countries that our schools are in, and therefore to ensure your child has the correct kit we would recommend shopping online early from some of the following companies, or if possible purchase in your home country.

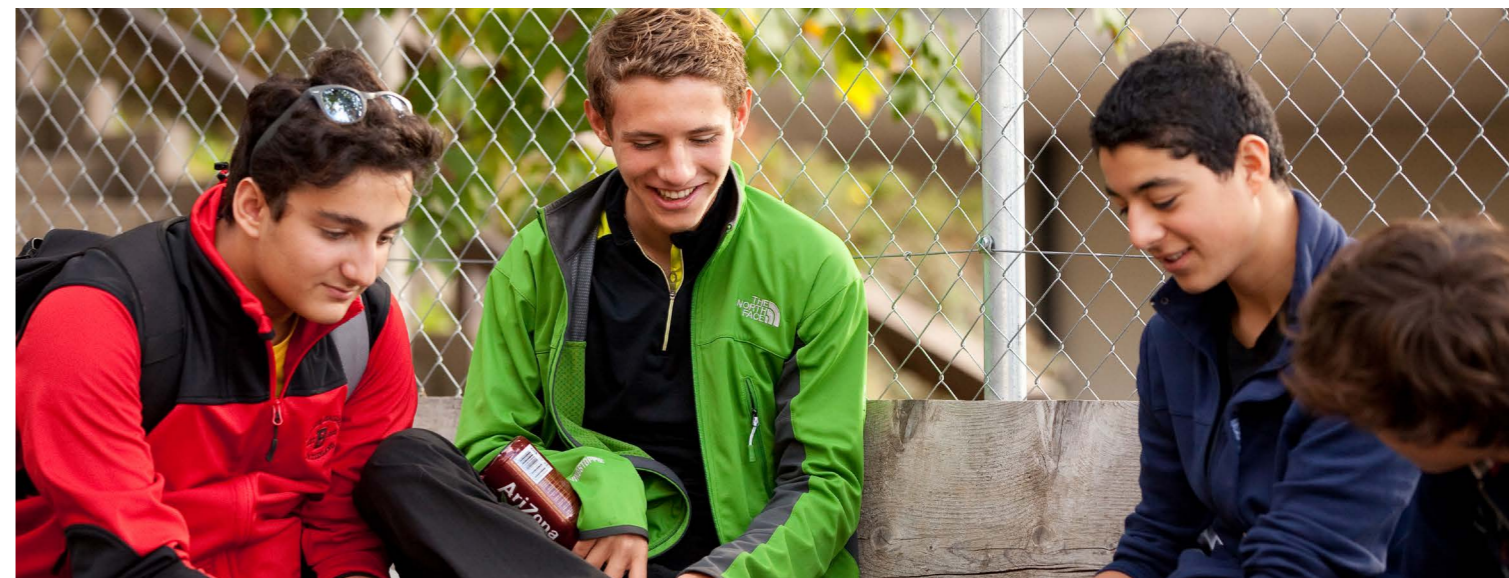
Up and Under is a family run outlet in the United Kingdom that is happy to ship all over the world. We have negotiated a special Nord Anglia discount for all staff and students. To access this simply add Nord Anglia Education to the discount code box on the left side of their website. This will automatically reduce all the prices displayed on the website. In addition, anyone shopping from outside the EU can expect a further 20% reduction when VAT is removed. For all shipments outside of the UK, after placing your order, you will receive an email during UK office hours with further details and the cost of shipping.

REI are one of the USA's biggest suppliers of outdoor clothing and gear, who are also happy to ship worldwide and offer some good deals.

Decathlon are a multi-sport store with numerous outlets globally but they do not ship everywhere in the world.

There are many more online retailers who will ship internationally. If you are having any problems finding the correct kit please contact either your in-school Trip Organiser or the NAE Expeditions team.

Cost and Contacts



Cost

Fee: US\$300 per child

Includes:

- In-country transportation
- Admissions and excursions
- Accommodation
- Food
- Pre- and post-expedition training

Nord Anglia Education is sponsoring a substantial portion of the expedition, including accommodation in the alpine village of Les Plans Sur Bex and the alpine mountain huts, as well as all in-country transport, excursions and admission fees.

Parents will have to plan for an additional budget to cover the following:

- Flights (depending on country of origin)
- Travel insurance
- Visas
- Gear

We suggest parents give their child roughly US\$XXX in spending money should they want to buy souvenirs and/or miscellaneous items.

Contact

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Learning has no limits at Nord Anglia Education schools. This opportunity is one of our many Global Campus experiences designed to inspire our students to be ambitious.

Our Global Campus extends learning beyond the classroom through unique online, in school and worldwide initiatives. It connects our students around the world to learn together every day, broadening their knowledge and nurturing key transferable skills to support their success in school and in later life.

