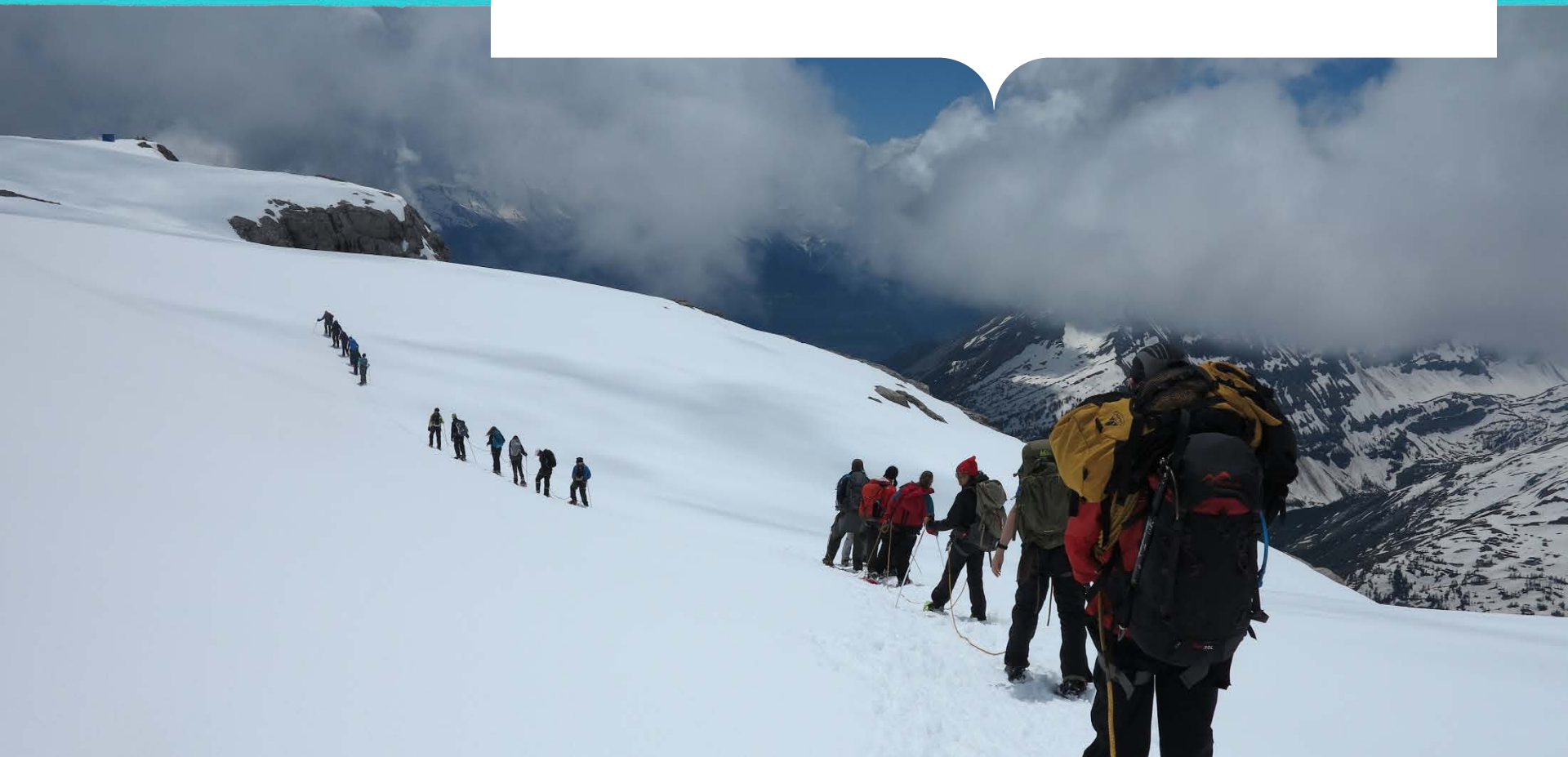


Les Martinets Expeditions 2017





The Expeditions

Why come?

Expeditions and Experiential Education have many benefits that can support and enhance classroom learning as well as offering opportunities to exercise skills that cannot be delivered in the classroom environment.

- Confidence
- Flexible Thinking
- Concern for society
- Collaboration
- Resilience
- Team work
- International Networking
- Risk-taking
- Practical problem solving
- Organisation
- Communication
- Independence

Supporting in classroom subjects such as:

- Biology
- Geography
- Languages
- History
- CAS

Offering:

- Real world experiences
- Inspiration
- Adventure
- Understanding of mountain environments
- Cultural awareness

What's on offer?

Trekking:

Our trekking expedition is a great introduction to hiking through challenging terrain for students who are less experienced but still keen for an adventure, including tours of local villages and visiting a local glacier.



Advanced Trekking:

For those seeking a greater challenge this expedition involves more physical challenge and more time in the mountains, crossing six major passes as part of the Tour de Gran Mouveran

Alpine Mountaineering:

This expedition will test students physically and mentally, using specialist equipment students will spend the week learning the art of Alpine Mountaineering, crossing glaciers to reach classic alpine peaks.



Trekking Expedition- What are we going to be doing?

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

This is a training day to equip all students with the skills and knowledge to take part in a two day 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. 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 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.

Trekking Expedition



Trekking near Les Martinets



Preparing dinner at Cabane Barraud



Chocolate making in Gruyere



Exploring Glacier 3000

Advanced Trekking- What are we going to be doing?

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 Les Martinets expedition base in the Alpine village of Les Plan Sur Bex. Your child will spend the day getting to know their guides and fellow adventurers from Nord Anglia schools around the world.

Day 2

Training

Get to know fellow Nord Anglia students on training day at the Trou à l'Ours (Bear's Lair) developing personal skills and team work. Cast your eyes on the beautiful scenery of 500 year old fir trees, marmots and various flora and fauna. Return back to Les Martinets base for a kit check in the evening.

Day 3

Trek

Our four-day trek begins. We will follow a circular route around the Tour de Grand Muveran with spectacular views of snowy peaks, the Rhone Valley and Lake Geneva. The first day incorporates Pont de Nant, Col des Essets, Anzeinde and Pas de Cheville, finishing at the Derborence Hut that evening.

Day 4

Trek

Setting off from the Derborence Hut in the morning, we pass Lac de la Forclaz and Col de la Forclaz, a challenging ascent of twists and turns. Take in the beauty of the natural surroundings while trekking through rich woodlands and meadows surrounded by rock faces. We will spend the night in Cabane Rambert.

Day 5

Trek

From Cabane Rambert, we will pass through Col du Fenestral, Sorgno and Lac de Fully, ending the evening at the Col du Demècre Hut. This will be a fun, but challenging hike with views of the Rhone Valley and Mont Blanc.

Day 6

Trek

To finish the tour, we will begin at Col du Demècre, pass through Rionda, La Tourche, Col des Perris Blancs and Nant, before concluding our adventure back at Pont de Nant. Passing beneath the impressive cliffs of the Grand Muveran, we will have an opportunity to see chamois, ibex and golden eagles in their natural habitat.

Day 7

Tour of Gruyères

After four long days of physical and mental challenge, students will be rewarded on a tour of Gruyères, visiting local cheese and chocolate factories. The historical town of Gruyères has preserved its medieval character until present day. Its charm is known for its gastronomy and delectable treats.

Day 8

Departure

On the final day of the expedition your child will share experiences and spend time reflecting on 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 through the day and each school will be accompanied back to the airport by the Nord Anglia team.

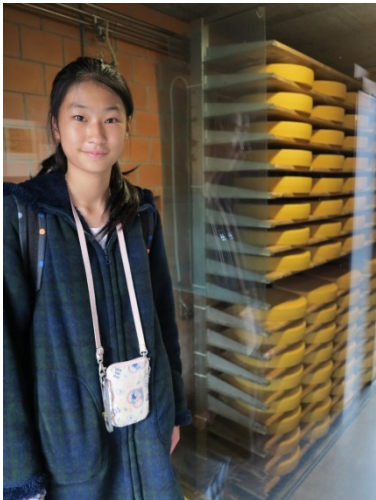


Note: Our fully trained and qualified instructors will make decisions on a daily basis for the planned expedition route depending on weather conditions.

Advanced Trekking Expedition



Trekking on the Tour De Grand Muveran



Tour of Gruyere Cheese and Chocolate Factory

Remote Alpine Huts

Alpine Mountaineering- What are we going to be doing?

Day 1

Arrival Day

The Nord Anglia team will greet your child upon arrival at Geneva International Airport and accompany them as they travel by coach to our Les Martinets expedition base in the Alpine village of Les Plan Sur Bex. Your child will spend the day getting to know their guides and fellow adventurers from Nord Anglia schools around the world.

Day 2

Training

Participants will learn personal movement skills using an ice axe and crampons on the Moiry Glacier. Activities will also include basic rope work training, as well as mountain and glacier safety whilst on our way to the Moiry Mountain Hut.

Day 3

Mountain Practice

We will put skills learned in the previous days into practice while ascending our first Alpine peak such as Pointes de Mouri, Pointe de Bricola, Pigne de la Le. We will then return to Les Martinets.

Day 4

Mountain Practice

After a challenging few days, we will spend the day rock climbing in the valley or enjoying one of the local via ferrata climbing routes. We will then return to Les Martinets to prepare for the coming days.

Day 5

Mountain Day

As we approach the Dix Hut crossing the Pas de Chevres, we will cross beautiful meadows with great views of glaciers spilling down the slopes. Your child will have a chance to soak up the view of jagged peaks towering above the trail.

Day 6

Mountain Day

Using our new mountaineering skills, we will ascend Luette (3548m), a very popular mountain with views of the famous Pigne d'Arolla, Mont Blanc de Cheilon and La Ruinette. The combination of the beautiful views from the summit makes Luette a worthwhile climb before retiring to the Dix Hut at night.

Day 7

Mountain Day

On our final day, we will climb the Pigne d' Arolla (3790m), standing majestically at the end of the Arolla Valley. This will be the highest peak of the week overlooking massive views of the surrounding valley with snow and rock. The week's training and hard work will culminate to conquering this classic mountaineering peak. Following after we will make our way back to Les Martinets.

Day 8

Departure

On the final day of the expedition your child will share experiences and spend time reflecting on 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 through the day and each school will be accompanied back to the airport by the Nord Anglia team.

Alpine Mountaineering Expedition



Ascending and an alpine giant



Via Ferrata

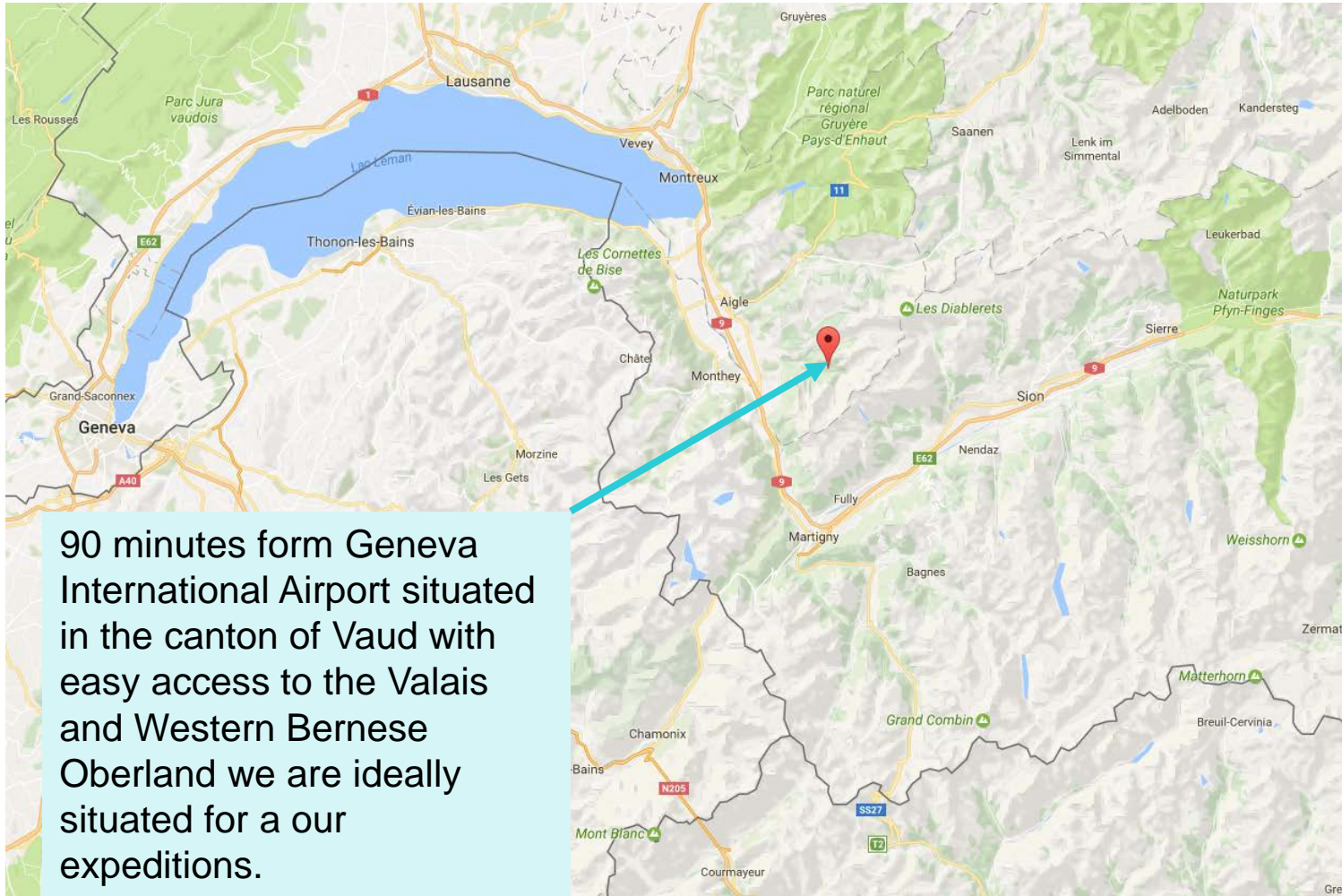


Training on the Ferpecle Glacier



Summiting Pigne d Arolla

Where are we going to be doing it?



90 minutes from Geneva International Airport situated in the canton of Vaud with easy access to the Valais and Western Bernese Oberland we are ideally situated for our expeditions.

Where will we be staying?

Students will stay at our base in Les Plan sur Bex, known as Les Martinets.

The base is well equipped with:

- Comfortable rooms
- Western style toilets and showers
- WiFi
- Professional kitchens
- Recreational areas facilities
- Farm
- Social Areas





What will they eat?

Les Martinets has professional kitchens with a dedicated team of experienced kitchen staff

- Clean drinking water
- A range of food including traditional Swiss Cuisine
- Breakfast, lunch, dinner and snacks every day!
- Plenty of fresh fruit and vegetables
- Catering for all dietary requirements providing we have plenty of notice.



How does my child prepare for the expedition?

- Read the Pre Trip Information Booklet
- Make sure you have the correct equipment especially 'Waterproof Clothing, Footwear and Clothing'
- Complete all of the Global Campus Online activities, for Route Planning and Nutrition
- Take part in physical training sessions arranged by school
- Submit forms as early as possible
- Find out how the expedition can support your school work, Languages, Geography, Biology, History, P.E or CAS are great ways to use your expedition experience in school.



Will we need anything specific?

There are full details of what you will need in the Pre Trip Information booklet, but there are some really important items that will make the expedition safer and more comfortable.

In Switzerland you can expect all weathers from very cold and wet to very hot and dry

- Warm hat and sun hat
- High ankle walking boots
- 2 x One litre water bottles
- Waterproof clothing (No ponchos)
- Warm gloves
- Warm layers

For full details refer to the pre trip information booklet and shopping guide.



Is it going to be safe?

Switzerland is one of the safest countries in the world with hundreds of thousands of visitors travelling there every year hassle free. We take safety of all participants very seriously, implementing a range of steps to ensure the safety of students and staff whilst overseas.

- Comprehensive planning and risk assessment of all expedition elements.
- Comprehensive risk management strategies in place to deal with all eventualities before, during and after and expedition.
- All expeditions accompanied by qualified and competent Outdoor Professionals who carry all necessary resources to care for groups in the field.
- We have partnerships with International SOS and Control Risks the worlds leading providers in Medical and Security support used by organisations such as BP, Shell and US Military.
- Bespoke high spec bespoke travel insurance policy designed to work with International SOS available to schools. Offering the highest level of medical and security protection and care to our students whilst overseas.



Jotform

- We will be using 'Jotform' to collect student data.
- You will receive a link by email from the in school 'Trip Coordinator'.

The screenshot shows the Nord Anglia Education logo at the top. Below it is the title 'Les Martinets Expedition Medical Form'. There is an 'E-mail' field. A list of requirements follows: Photograph of student passport, Vaccination information, and a doctor's note if applicable. The 'Personal Information' section includes fields for Name (As on passport), Preferred Name (if applicable), Gender (Male/Female), Date of Birth, and School Name.

A close-up of the bottom of the form showing a 'Submit' button and a 'Back' button. A red box with the number '2' is positioned to the right of the 'Submit' button, with a line pointing to it.

'Click' submit on completion

The confirmation message features a large green checkmark icon. Below it, the text reads: 'Thank You!', 'Your submission has been received.', 'Track the progress of our projects in Tanzania by following us on Twitter', and the Twitter handle '@NAE_Expeditions'.

You will see the thank you message on completion of your form

Ensure that you have all of the correct information prior to filling in the form as outlined in the email, then complete the form.

Please complete both the Medical and Waiver form



Thank you

Any questions?