

# Programme Overview

## Switzerland Trekking Expedition

Dates of **expedition**: October 14th - 21st 2019

Date for Parent Meeting: **Wednesday, May 23rd 3:45pm Secondary MPR**

Deadline for **application submissions**: Monday May 27th 2019

Date for selecting participants: Tuesday May 28th 2019

### Participants

- Grade 6 and 7 Students for the 2019-2020 Academic Year
- Selected students must be physically and mentally prepared for the expedition
- Selected NISC students (maximum 24)

### Requirements

- Parents must attend **all required meetings** prior to the trip.
- All documentation must be filled out by given deadlines (failure to complete this may result in your student being pulled from the trip)
- If selected - pay deposit prior to June 4th.
- A valid visa status to enter Switzerland (NISC will help in this process)

### Costs

- The total trip cost is estimated between \$1500-\$2000 USD
- \$1000 deposit must be paid by June 4th 2019 for all selected students.
- The approximate cost **includes**
  - Return flights from Phnom Penh - Geneva,
  - Private transport to and from Les Martinets Resort,
  - Travel insurance
  - Expedition Fee & all excursions during the trip
  - All food paid for and provided by Nord Anglia Education, with breakfast, lunch, dinner and snacks provided every day
  - Accommodation at camp - western style toilets, showers, WIFI, professional kitchens, recreational areas for sports and 24 hour security.
- **Not included** in the cost
  - Spending money
  - Visa costs
  - Food when travelling between destinations
  - Extra luggage and any unforeseen extra costs
  - Gear needed for the trip \*Full packing list will be shared with selected candidates

## 7 Day Itinerary

**\*\*Some parts of the itinerary are subject to change based on weather\*\***

### 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 Plans 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.

### 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 teamwork and leadership in challenging environments. Students will be immersed in nature, gaining a greater appreciation for the visually stunning Swiss countryside.

### 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

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.

**Spaces are limited, therefore submission of application before May 27th 2019 and a parent present at the information session on May 23rd are both required to be considered.**