



# Swiss Experience

## Switzerland

### SAVE THE DATE!

**August 10 – 24, 2020**

*Please note: These dates are subject to change.*

### WHO CAN GO?

**14 girls, 16-18 years old on the first day of the trip + 2 Guiders**

You must meet the Eligibility Requirements, as listed on the [Eligibility tab of the NST webpage](#).

## WHAT YOU'LL EXPERIENCE

### DAY 1: Monday, August 10, 2020

#### Toronto, Canada

Au revoir to your hometown! Catch a ride to your local airport and fly to Toronto where you'll meet your fellow trip participants in person. Have a fun evening preparing and bonding over what an amazing experience you're about to embark on.

**Meals included: dinner**

### DAY 2: Tuesday, August 11, 2020

#### Overnight flight

It's time for take-off! Climb aboard your international flight and soar above the clouds to Geneva, Switzerland.

**Meals included: breakfast, lunch and dinner on flight**

### DAY 3: Wednesday, August 12, 2020

#### Geneva, Switzerland

Your adventure begins today in Geneva! You will walk through the city and get acquainted, visiting Lake Geneva, Jardin Anglais and Cathedrale de St-Pierre. In the afternoon, you will spend time wandering through the cultural heart of Geneva, Place de Neuve, and conclude the day with a yummy group dinner.

**Meals included: breakfast, lunch and dinner**

*Please note: This itinerary is subject to change.*

## DAY 4: Thursday, August 13, 2020

### Geneva, Switzerland

This day will be dedicated to the Palais des Nations, the headquarters of the United Nations office at Geneva, as well as visiting the International Red Cross and Red Crescent Museum. You will finish off the day attending a presentation at the United Nations High Commission for Refugees.

**Meals included: breakfast, lunch and dinner**

## DAY 5: Friday, August 14, 2020

### Bern, Switzerland

Today, you will depart Geneva and head to the capital city of Bern. You will take a guided walking tour of this UNESCO World Heritage town, visiting all the important landmarks. After this exploration, you will continue on to Adelboden where you will be dropped at Our Chalet and get settled in to begin the Mini Swiss Challenge.

**Meals included: breakfast, lunch and dinner**

## DAYS 6-12: Saturday, August 15, 2020 Friday, August 21, 2020

### Adelboden, Switzerland

At Our Chalet, you'll participate in their Mini Swiss Challenge program. Spend your days exploring the breathtaking Swiss Alps, as you go on incredible hikes and experience amazing adventure activities. You'll go ziplining and rock climbing at Rehärta Adventure Park, explore the beautiful Choleren Gorge, trek to Elsigentalp and even take a dip in a glacial lake. During your excursion days, you'll visit the picturesque town of Interlaken where you'll explore shops and sample Swiss chocolate, as well as the town of Spiez with its medieval castle and spectacular view of Lake Thun. In the evenings, you'll enjoy a Swiss culture night, an international festival and even a night hike!

**Meals included: breakfast, lunch and dinner**

## DAY 13: Saturday, August 22, 2020

### Geneva, Switzerland

Check out of Our Chalet and board a coach back to Geneva. You will enjoy some free time in the afternoon to do some shopping and relax on the last day of the trip.

**Meals included: breakfast, lunch and dinner**

## DAY 14: Sunday, August 23, 2020

### Toronto, Canada

Board a flight back to Toronto, and spend your last night together debriefing about your amazing Guiding adventure.

**Meals included: breakfast, lunch on the plane and dinner**

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## DAY 15: Monday, August 24, 2020

### Home

Your adventure is coming to an end, and it's time to head home. Your family and fellow Girl Guides will be so happy to hear all about your journey!

**Meals included: breakfast**

### ACTIVITY LEVEL: Active

On your trip, there will be some vigorous physical activity, such as challenging hiking, rafting, canoeing or kayaking, in addition to walking. You may encounter some high-altitude hikes or more strenuous activities.

### COSTS:

Total trip cost: \$5,889

Girls owe: \$2,950

Guiders owe: \$0

**Girls: Great news – GGC National Office covers 50% of the total cost of the trip, meaning you are only required to pay half the total cost of the trip!**

**Guiders: Great news –** Your trip is fully funded through the Jean Youngson Memorial Bequest to the Canadian World Friendship Fund.

Visit the Costs & Fundraising tab on the NST webpage for more information about what's included, fundraising and other potential funding.

**PARTNERS:** GEORGIA HARDY TOURS and OUR CHALET

**LOCAL LANGUAGE:** FRENCH/GERMAN

**LOCAL CURRENCY:** SWISS FRANC

## READY, SET, APPLY!

Before beginning your application, please review the **Application Instructions** and check out the [Top Tips](#) for support. Once you're ready, visit the Nationally-Sponsored Trips webpage to apply!

[Find the Girl application instructions here.](#)

[Find the Guider application instructions here.](#)

**Applications (including your letter of recommendation) must be completed and submitted online by:**

**Guiders: 5:00 p.m. ET on Wednesday, September 11, 2019**

**Girls: 5:00 p.m. ET on Wednesday, October 9, 2019**

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## QUESTIONS?

Check out the FAQ tab on the **Nationally-Sponsored Trips webpage**

Email us: [nationaltravel@girlguides.ca](mailto:nationaltravel@girlguides.ca)

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