



Swiss Experience

Switzerland

SAVE THE DATE!

August 21 – September 2, 2019

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:

Au revoir to your hometown! Drive 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.

DAY 2:

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

DAY 3:

Your adventure begins in Geneva! There is no better way to get acquainted in the city than visiting Lake Geneva and its Jet d'Eau, one of the tallest water fountains in the world. You'll also visit Jardin Anglais, Mont Blanc Bridge, and Cathedrale de St.Pierre as well as wander around the lovely Place Neuve, the cultural heart of Geneva.

DAY 4:

This day will be dedicated to Palais des Nations, the headquarters of the United Nations Office at Geneva (UNOG). Aside from its vast array of works of art, Palais des Nations itself has a magnificent architecture with an equally interesting history. Afterwards, visit the International Red Cross and Red Crescent Museum and attend a presentation at the UNHCR (United Nations High Commission for Refugees).

DAY 5:

Hop on the bus to the capital city of Bern where you will enjoy a walking tour of this UNESCO World Heritage town. Continue on to Grindelwald, a beautiful town in the Swiss Alps in the shadow of the famous Eiger Mountain.

DAY 6:

Enjoy a gondola ride up the mountain and spend the day hiking this magnificent land of mountains, valleys, meadows and streams. Take your time to have a picnic lunch and then head back down to Grindelwald where you have the evening to wander and explore.

DAYS 7-10:

Catch the train to Adelboden where you'll discover the magic of the first WAGGGS World Centre, Our Chalet! 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!





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DAY 11: Ride the train back to Geneva for your celebration dinner and last night in Switzerland.

DAY 12: Pack-up and board your flight back to Toronto. Spend the evening reminiscing and reflecting about what you learned and experienced on your trip.

DAY 13: 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!

Please note: this itinerary is subject to change.

ACTIVITY LEVEL

Active

For more information on activity levels, visit the [FAQ tab on the NST web page](#).

COSTS

The total value of this program is approximately \$6,256 per person.

Girls, great news – GGC National office covers 50% of the total cost of the trip!

Guiders, 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.

READY, SET, APPLY!

Before beginning your application, please review the [Application Instructions](#) and check out the [Top Tips](#) for support. These two documents will help better prepare you to fill out your application.

Once you're ready, visit the Nationally Sponsored Trips webpage to apply!

Applications (including your letter of recommendation) must be completed and submitted online by **5:00pm ET on Wednesday, September 12, 2018.**

QUESTIONS?

Email us: nationaltravel@girlguides.ca

