



**SWISS**  
**OUTDOOR**  
**CAMP**  
Start exploring now!!!

## **WELCOME BOOKLET**

# **JFK SWISS OUTDOOR CAMP 2018**



**JFK Swiss Outdoor Camp** Chilchgasse 2 3792 Saanen Switzerland  
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EMAIL [info@jfk.ch](mailto:info@jfk.ch) [www.swissoutdoorcamp@jfk.ch](http://www.swissoutdoorcamp@jfk.ch) [www.jfk.ch](http://www.jfk.ch)



## **INTRODUCTION:**

Thank you for choosing to send your child to the JFK Swiss Outdoor Camp and welcome to our JFK family.

Please find below further information to assist you in preparing your child for Camp. We ask that you take the time to read through all the information carefully as it provides answers to many frequently asked questions and will ensure that your child is ready for their JFK Swiss Outdoor Camp experience.

I will now be your main port of contact and am here to help you with all of your preparations. Please do not hesitate to get in touch if I can be of any assistance before or during Camp.

I look forward to hearing from you in the near future and to meeting you and your child this Summer.

Kind Regards,

Samantha Jones  
**Camp Manager**



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### **JFK SWISS OUTDOOR CAMP CODE OF CONDUCT:**

1. Campers are to be honest at all times.
2. Theft is considered a serious offense; all valuables must be given to the boarding staff for safekeeping. JFK Swiss Outdoor Camp will not be held responsible for loss or theft of items not handed in to the boarding staff. The borrowing of clothes or money is strictly forbidden.
3. Boarding Campers sleep in separate chalets designated for boys and girls.
4. Campers are not allowed to leave the campus without the express consent of a person in charge.
5. Campers are to respect one another's person, culture and religious beliefs.
6. Instructions given by guides, boarding and camp staff must be respected at all times. Both on and off campus.
7. Clothes worn on campus must be comfortable, appropriate for the activity and non-revealing.

**Children must respect these rules. If a child's behaviour is disrupting the Camp, the Director may take the decision to send him/her home.**



## ARRIVALS AND DEPARTURES:

Dates of Arrivals (Day & Boarding)	Dates of Departures (Boarding)
Saturday 30 <sup>th</sup> June 2018	Saturday 14 <sup>th</sup> July 2018
Saturday 7 <sup>th</sup> July 2018	Saturday 21 <sup>st</sup> July 2018
Saturday 14 <sup>th</sup> July 2018	Saturday 28 <sup>th</sup> July 2018
Saturday 21 <sup>st</sup> July 2018	Saturday 4 <sup>th</sup> August 2018
Saturday 28 <sup>th</sup> July 2018	Saturday 11 <sup>th</sup> August 2018

*Wondering when your child should arrive at camp? Forget when you're supposed to pick them up? Here are our arrival and departure times for the summer!*

### **Day campers:**

*Arrival:* Registration begins at **12:00pm** on Saturday for all Day Campers.

*Departure:* The closing ceremony will be on the afternoon of the last Friday of their stay. Please pick-up your children no later than at **4:30pm**.

### **Boarders:**

*Arrival:* Boarding Campers should arrive on Saturday between **8:00am to 12:00pm** for registration. Please inform us if you plan to arrive later. Children will be greeted by our staff at our Welcome Desk at the Boys' Boarding House and shown to their respective rooms.

*Departures:* Parents should pick up their children by **10:00am** on Saturday or inform us if special travel arrangements have to be made.

Transfers from and to **Geneva airport (GVA)** can be organised (at an extra cost of CHF 250.00 per way) for children travelling alone/Unaccompanied Minors (UM). Please contact the Camp Manager at least 2 weeks before arrival to arrange transfers.

## DOCUMENTS AND MONEY:

All important documents, including passports, travel tickets, Unaccompanied Minor forms and visas must be handed to the Camp Manager upon arrival. These will be kept safe for the duration of the course.

During some of our excursions children will have the opportunity to buy souvenirs and we recommend that children bring between 10CHF – 20CHF per week for pocket



money. All money should also be handed to the Camp Manager on arrival and will be safely stored and distributed to your child when needed.

**\* The JFK Swiss Outdoor Camp cannot accept responsibility for the loss of any money by the students whilst on the camp.**

### **VISAS AND INSURANCE:**

If your child/children require an invitation in order to obtain their tourist visa to enter Switzerland, please contact us per email on [info@jfk.ch](mailto:info@jfk.ch)  
The invitation letter will be sent to you only once all the camp fees have been paid. Please note that depending on the country of origin, the process of obtaining a visa may take a few weeks!

Medical insurance is included in the Camp fees and is provided by RVS Avenida de França for all campers. A 10% deductible will be charged to Campers in the event they have to see a Doctor and will be deducted from the security deposit.

### **DAILY ROUTINE:**

Here you will find the detailed daily schedule for the JFK camp.

#### **Day Campers:**

08:30	Drop-off time for Day Campers
09:00 – 12:30	Outdoor Learning
12:30 – 13:30	Lunch
13:40 – 15:00	Outdoor Learning continues
15:00	Snack
15:30 – 16:00	On site activities
16:00	End of day meeting/prizes
16:30	Pick-up time for Day Campers



### **Boarders:**

07:00	Wake up
07:45	Breakfast
09:00 – 12:30	Outdoor Learning
12:30 – 13:30	Lunch
13:40 – 15:00	Outdoor Learning continues
15:00	Snack
15:30 – 16:00	On site activities
16:00	End of day meeting/prizes
17:00 – 18:00	Free time
18:00 – 18:30	Dinner
19:00 – 20:00	Evening Activities – Events/Shows
20:00 – 20:30	Back to Boarding Houses – showers/prepare for bed
20:30	Milk and biscuits
21:00	Lights out - Good night

### **ACCOMMODATION AND FACILITIES**

The traditional Swiss chalet style Boarding Houses are located in the small village of Saanen and provide separate accommodation for boys and girls. Children will share a bedroom with 2 or 3 other children of a similar age and as far as possible we try to mix up nationalities to encourage the speaking of English.

Facilities on site include:

- Common rooms and study areas
- Lounge with television and DVD's in both Houses
- Sports field and sports equipment
- Table tennis table



- Trampoline
- Mini football table
- Art room
- Assembly hall

Other facilities such as a sports hall and swimming pool are located a short walk from the School campus.

### **ACTIVITIES:**

Each day is packed with a variety of exhilarating activities, supervised by qualified local staff and focused around the week's theme:

- Week 1 - Rock
- Week 2 - Water
- Week 3 - Mountain
- Week 4 - Rock
- Week 5 - Water
- Week 6 - Mountain

Campers will have the opportunity to take part in outdoor activities such as rock climbing, canoeing, camping and hiking.

Children will also take part in outdoor learning, exploring the alpine environment using all of their five senses. They will explore the flora and fauna around a river and find out how it changes along its course. They will discover how different animals such as birds, insects and ibex use a rocky habitat for their purpose. They will study different geological rock formations, learn how limestone was formed and will search for fossils.

Afternoon and evening activities are based on or near the School campus and include a variety of sport, art and team competitions with the House staff as well as some time to relax and socialise.

Each week an excursion to visit a Swiss landmark such as Gruyère, Cailler Chocolate factory or Montreux will also be scheduled.

### **MEAL TIMES:**

A healthy, nutritious and varied choice of food is available at breakfast, lunch and dinner, with our own highly qualified chef preparing and cooking all our meals. Occasionally lunch will be prepared off site in conjunction with our outdoor activities or a packed lunch may be provided for excursions. Vegetarians are provided with a



good range of non-meat dishes and children with religious restrictions or allergies are provided with an alternative meal. Please make us aware of any dietary requirements on your child's Medical Form.

Snacks and drinks are available during designated break or treat times and a selection of fruit is always available in the Boarding Houses to ensure that children never go hungry.

**\* For health and hygiene reasons children are not allowed food in their bedrooms and we ask that they do not bring additional tuck (sweets and snacks) to Camp.**

### **HEALTH, HYGIENE AND SAFETY:**

On arrival all children will participate in a safety talk and tour of the School. Children are always well supervised and all outdoor activities are run by qualified local mountain guides. Each Boarding House has a member of staff and qualified first aider on duty at all times to ensure the safety and wellbeing of all the Campers.

Your child's hygiene is extremely important, especially after a long day of outdoor activities. The House Staff ensure that Boarding Campers are looking after themselves by checking that teeth are cleaned twice a day, that showers are taken daily and that laundry is being done.

**\* Privacy is provided for all children during shower times.**

Parents are requested to provide the JFK Swiss Outdoor Camp with information of any medical conditions on the Medical Form issued at the time of registration. We kindly ask you to ensure that all medical information we need to be aware of is clearly mentioned here, including allergies.

Any medication brought to Camp must be labeled with the name of your child and the exact dosage and handed over to the Camp Manager on arrival. Children are not allowed to administer their own medication or to keep medicine in their rooms.

Our Camp Staff are qualified to administer first aid care and are in regular contact with local doctors. In case of an emergency, and if parents cannot be contacted, JFK Swiss Outdoor Camp will take any necessary decisions in consultation with the attending doctor.

### **CLOTHING AND LAUNDRY:**

Children may wear their own clothes however it is essential that all items of clothing are clearly marked with your child's name to help us keep track of what belongs to





who. Campers will participate in a wide range of outdoor activities and must be dressed appropriately.

**\* A suggested packing list for both boarders and day campers is attached to the end of this booklet.**

A daily laundry service is available on site for boarders and will be taken care of by our Boarding Staff at no extra cost. Please be aware that all clothing needs to be machine washable and suitable for tumble-drying. Clean bed linen is provided and laundered regularly.

#### **VALUABLES:**

We strongly suggest that if possible expensive or valuable items are left at home.

**\* The JFK Swiss Outdoor Camp cannot accept responsibility for the loss or theft of any valuables.**

#### **ELECTRONIC ITEMS AND COMMUNICATION:**

Children are allowed to bring mobile phones to Camp but these should only be used during specific free times (see daily schedule) or when allowed by Camp Staff. The campus is equipped with an all around filtered WiFi and students will have access to it. During off-campus excursions children may have their mobile phones with them for photography and emergency purposes only.

At night all phones and electronic devices will be collected in by Boarding Staff and stored in a safe place until the next morning. The best time to contact your child on either their mobile phones or the Boarding House land lines is between 5:00pm – 6:00pm as the children are often involved in activities until this time.

**\* We ask that you do not call any later than 8:30pm as some of the younger children are already preparing for bed and the phones disturb their sleep.**

#### **Telephone Numbers:**

Boys' Boarding House	0041 33 744 92 16
Girls' Boarding House	0041 33 744 65 20
Main Office	0041 33 744 13 72
Camp Manager	0041 79 273 85 94



## **GENERAL INFORMATION:**

### Travel by air

Via **Zurich-Kloten**: From Zurich-Kloten Airport, Saanen can be reached in approximately 2:50 hours by car and 3:15 hours by rail.

Via **Geneva-Cointrin**: From Geneva-Cointrin, Saanen can be reached in 2 hours by car and 2:40 hours by rail.

Via **Bern Airport**: Bern Airport is the nearest airport. The remaining journey takes about 1:20 by car but allow 3 hours if travelling by rail.

Via **Saanen Airport**: Private jets connect Saanen Airport in the holiday region of Gstaad/Saanen to many national and international destinations.

### By Car

From the **Berne region** (Western and Northern Switzerland): A6 Berne-Spiez motorway: Wimmis exit. Follow the main road (Simmental valley) to Boltigen-Zweisimmen - Saanen

From the **Central Switzerland region**: Lucerne-Brünigpass-Brienzwiler: A8 motorway to Interlaken: Follow the main road to Spiez: A6 motorway to Wimmis. Follow the main road (Simmental valley) to Boltigen-Zweisimmen - Saanen

From the **Valais region**: A9 Sierre - Lausanne motorway: Aigle exit. Follow the main road to Col du Pillon-Gsteig-Gstaad-Saanen

From the **Lausanne region** (Western Switzerland): A9/A12 Lausanne-Vevey-Berne motorway: Bulle exit. Follow the main road to Château d'Oex-Saanen

### By Rail

From the **Berne region** (Western and Northern Switzerland): SBB Bern-Spiez (direct ICE link from Germany and the Netherlands): change, BLS to Zweisimmen: change, MOB: Zweisimmen-Saanenmöser-Schönried-Gstaad-Saanen, Direct route from Berne-Zweisimmen with the "Lötschberger" train

From the **Central Switzerland region**: SBB Lucerne-Interlaken: change, BLS to Spiez: change, BLS to Zweisimmen: change, MOB: Zweisimmen-Saanenmoser - Schönried-Gstaad -Saanen



From the **Valais region** (Italy): SBB Domodossola-Brig: possible change to BLS to Spiez: change, BLS to Zweisimmen: change, MOB: Zweisimmen-Saanenmoser - Schonried-Gstaad -Saanen

From the **Lausanne region** (Western Switzerland): SBB Lausanne-Montreux: change, MOB: Montreux-Saanen

Parents looking for accommodation in the region when bringing or picking up their children can find a selection of 3-5\* hotels / farm stays in the region on [www.gstaad.ch](http://www.gstaad.ch)

The closest hotels to JFK Swiss Outdoor Camp are Hotel Landhaus Saanen and Hotel Spitzhorn which are located within a 10-minute walk to the camp.

#### **CONTACT DETAILS:**

The main office is open from Monday to Friday, 8:00 to 17:00.

Tel: 0041 (0) 33 744 13 72

Fax: 0041 (0) 33 744 89 82

Email: [info@jfk.ch](mailto:info@jfk.ch) or [swissoutdoorcamp@jfk.ch](mailto:swissoutdoorcamp@jfk.ch)

Internet: [www.swissoutdoorcamp.ch](http://www.swissoutdoorcamp.ch)  
[www.jfk.ch](http://www.jfk.ch)



### **TOP TIPS FOR PACKING:**

It's time to get ready for camp, and that means packing up everything you need to have a fun and safe time at JFK Swiss Outdoor Camp. When it comes to packing, here are some simple tips:

1. Label everything! Clothing, water bottles, toiletries, electrical items...label it all!
2. Don't send your best stuff. Fancy new things quickly become old and used at camp.
3. Your Camper will be doing lots of adventure activities where short or revealing clothing won't be appropriate. We ask that you leave things like short shorts, spaghetti strapped tops, two piece bathing suits, speedos, and other such items at home.
4. Please ensure that your Camper brings suitable clothing for mountain activities – this includes sturdy hiking boots and waterproof clothing.

It might be summer camp, but it gets chilly here, especially at night. Make sure you pack some warm clothes. Average summer temperature is 15-25°C and nights can be a cooler 5-8°C.

**\* For safety reasons campers who do not possess the correct clothing/equipment will be bought or rented the appropriate items for the duration of their stay. This will come at an additional charge.**

### **WHAT TO PACK FOR DAY CAMPERS:**

- Comfortable clothes
- Hiking boots
- Hiking socks
- Cap or hat
- Water bottle (more than 750ml)
- Rucksack
- Sun cream
- Rain jacket and rain pants

Parents will be advised of any additional items to bring to camp each day (e.g. swimming costume, water shoes). Please ensure your child is equipped and dressed appropriately each morning before bringing them to the camp.



### **WHAT TO PACK FOR BOARDERS:**

- 5 t-shirts or polo shirts
- 3 jerseys or sweaters
- 2 pairs of hiking trousers
- 2 pairs of jeans or casual trousers / skirts
- 3 pairs of shorts
- 5 pairs of socks and underwear
- 3 pairs of hiking socks
- 1 soft-shell / outdoor jacket
- Fully waterproof rain jacket and rain pants
- Cap or hat
- 2 swimming costumes
- 2 towels
- 2 pairs of Pajamas
- 1 pair of hiking boots
- 1 pair of sport shoes
- 1 pair of indoor shoes or slippers
- 1 pair of water shoes (closed toe)
- Toilet bag and toiletries
- Toothbrush and toothpaste
- Hairbrush
- Sun cream
- Hiking rucksack
  
- Labeled camera and/or mobile phone with charger
- Water bottle (more than 750 ml)
- Hair dryer (if needed)
- Adaptor (if needed – voltage on campus 220V)