



JFK Swiss Outdoor Camp Day Schedule

7:30	Wake-up
8:30	Breakfast
8:30	Day Student Drop-off

9:00 - 12:30	Outdoor Learning
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After breakfast students explore the alpine environment in the Saanenland. Each day is packed with exhilarating activities such as rock climbing, water experience, canoeing and hiking. With all senses students will explore forests, streams, and mountains. For example, students will survey a mountain stream, test water purity, velocity and temperature. They will explore flora and fauna of a river and find out how it changes over the course of the river. They will not only discover different geological rock formations, but also learn how limestone was formed and will search for fossils. In addition students will discover how different animals such as birds, insects and ibex use a rocky habitat for their purpose. Some days, we will make a day excursion to visit a Swiss landmark such as Gruyères, Cailler Chocolate factory or Lucern. Most of the activities will be followed with GoPro cameras.

12:30 - 13:30	Lunch - on site
13:40 - 15:00	Afternoon Outdoor Learning
15:00 - 16:30	continues Activities /Sports
16:30	Day Students Pick-up

16:30 - 18:00	Showers/Rest
18:00 - 18:45	Dinner
19:00 - 20:30	Evening Activities - Events/Shows

In the evening there is time to relax with new friends and enjoy a barbecue or Swiss fondue. Games are organized for the different age groups and presentations such as a Talent Show or an International Day are done. GoPro editing and film viewing are done by the students in the evening.

20:30	Back in the Boarding Houses
20:30 - 21:00	Prepare for bed
21:15	Lights out - Good night