

Proud to deliver

**THE DUKE OF EDINBURGH'S  
INTERNATIONAL AWARD**



**The Duke of  
Edinburgh's  
International  
Award**

All year long  
Switzerland  
14-24 y.o.







# THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD

Girls & Boys 14-24 years old

SWITZERLAND

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Watch our  
website



# WHAT IS THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD

## THE AWARD

The Duke of Edinburgh's International Award is the world's leading youth achievement award, bringing together practical experiences and life skills to equip young people for life.

**For young people  
between 14 and 24 years old**

**Challenge yourself**

Since it was founded in 1956 by His Royal Highness The Duke of Edinburgh (husband to Queen Elizabeth II of the United Kingdom), over eight million young people have participated in the Award in over 140 countries and territories. Schools, colleges, universities, employers, social clubs, youth organisations such as the Scouts, Girl Scouts and Girl Guides, young offenders' institutions, religious organisations, sports clubs and more all run the Award.

## WHAT IS INVOLVED?

The Award is voluntary, non-competitive, enjoyable and balanced, and requires effort over time. There are three levels to the Award: Bronze, Silver and Gold. Young people design their own Award programme, set their own goals and record their own progress. They choose a Service, Physical Recreation, Skills activity, go on an Adventurous Journey and, to achieve a Gold Award, take part in a residential project. The only person they compete against is themselves, by challenging their own beliefs about what they can achieve.

With assistance from adult Leaders, participants select and set objectives in each of the following areas:

- Volunteering: undertaking service to individuals or the community.
- Physical: improving in an area of sport, dance or fitness activities.
- Skills: developing practical and social skills and personal interests.
- Expedition: planning, training for and completion of an adventurous journey in the UK or abroad.
- At Gold level, participants must do an additional fifth Residential section

## FURTHER INFORMATION:

More information on the Duke of Edinburgh's International Award can be found at [www.internationalaward-las.org](http://www.internationalaward-las.org) and [intaward.org](http://intaward.org).



Watch our video





# THE ADVENTUROUS JOURNEY

## LES ELFES IS ONE OF THE FIRST LICENSED ITAP'S

In 2014, Les Elfes has been licensed as one of the first International Trained Activity Providers (ITAP) worldwide to deliver the Adventurous Journey and/or Residential Project of The Duke of Edinburgh's Award. We are the first ITAP based in Switzerland.

Our staff involved in delivering the Adventurous Journey section have completed the 'Adventurous Journey Supervisor and Assessor Course' in Chamonix delivered by the Duke of Edinburgh's International Award Foundation. Situated in the heart of the Swiss Alps, Les Elfes offer a highly engaging Duke of Edinburgh's International Award programme at each of the three stages, Bronze, Silver and Gold enabling participants to really use their imagination and creativity in designing their custom expeditions. While being on their adventurous journey, they will have the chance to hike in the Combin region, following trails near Crans-Montana.

## INTRODUCTION

The opportunity to engage in adventurous activities in a new environment provides participants with the chance to learn more about their wider environment, as well as develop their self-confidence, teamwork and health. The Adventurous Journey section aims to take young people out of their comfort zone but within a safe and secure setting achieved through suitable training and supervision.

## ETHOS

The Adventurous Journey Section seeks to provide participants with a unique, challenging and memorable experience. The Venture, with an agreed purpose, should be undertaken in a small team in an unfamiliar environment, requiring determination, physical effort, perseverance and co-operation to complete.

The key elements are teamwork in planning and undertaking a journey against the background of real challenges posed by an unfamiliar environment.

## IMPACTS AND BENEFITS

- Working as part of a team
- Understanding group dynamics, the participant's role and the role of others in a team
- Enhancing leadership skills
- Improving planning and organizational ability, and attention to detail
- Learning to make real decisions and accept real consequences
- Obtaining a sense of achievement and satisfaction by overcoming challenges and obstacles
- Developing self-reliance and independence
- Experiencing and appreciating the outdoor environment
- Gaining the appropriate knowledge and skills to journey safely in the environment
- Exercising imagination and creativity
- Improving ones investigating, reviewing and presentational skills
- Enjoyment



# WHY LES ELFES?

"I LOVE YOU  
VERBIER, I LOVE YOU  
LES ELFES, GREATEST  
PLACE, MY HEART  
ALWAYS BEATS 10000  
TIMES FASTER WHEN  
I AM THERE... FOREVER  
LOVE YOU LES ELFES  
VERBIER"

## HIGHLY QUALIFIED AND ENTHUSIASTIC STAFF

Our experienced and enthusiastic staff can work closely with your groups to enable them to plan their entire itinerary for their stay at Les Elfes, including their expedition and additional activities. We also offer training expeditions in which we guide groups through the basics of planning a safe and accomplishable expedition and learning to orientate themselves effectively using a map and compass. We will teach the students everything they need to know about the mountain environment, about orienteering, how to set up a back pack, cooking in outdoor conditions or first aid training on the mountain.

## FLEXIBLE DATES AND LENGTHS OF PROGRAMMES

Our typical programme runs for 7 days, including an assessment expedition and other exciting Les Elfes Outdoor Adventurous Activities... or both the practice expedition and assessment expedition for the Intensive Bronze Programme but we can offer flexible programmes to suit your requirements from 5-14 days from April to the End of October.

## ALL EQUIPMENT PROVIDED

At Les Elfes, we provide almost all the group and personal equipment necessary for the expeditions. A light and well organised back pack is the key to a successful expedition. The students need to bring only what is recommended on the DOFE clothing list. Les Elfes provides the following:

- Mountain extra light Tent: this is super light and durable, providing excellent shelter against any weather that may be there.
- Sleeping Bags suitable for mountains
- Expedition Backpack
- Roll Maps
- Compass
- Camping Stoves
- Gas Bottles
- Maps
- Food
- Rope
- Torche
- First aide kit

Maybe even some snowshoes depending on the type of expedition you would like to do?



Watch our video





## OVER 25 YEARS OF EXPERIENCE

### HIGHEST SAFETY STANDARDS

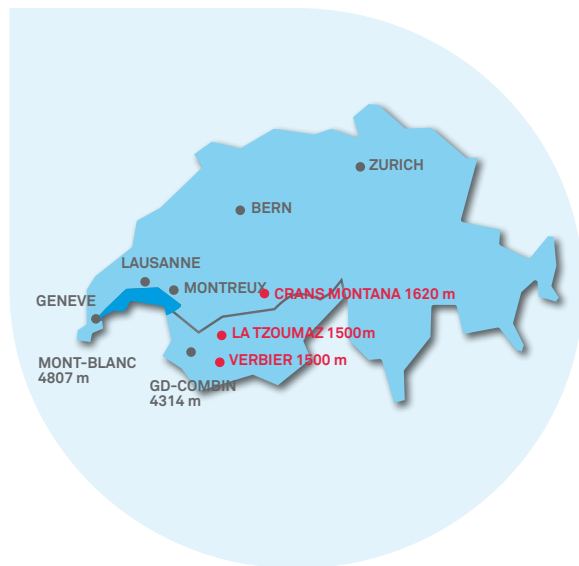
All our expeditions follow a rigorous risk assessment. All the routes and itineraries have been inspected by our supervisors and assessors in order to ensure that the students are safe during their bronze, silver or gold journey. On top of this, we collaborate with professional mountain guides during each expedition.

### CUSTOMIZE YOUR TRIP

Depending on your wishes, we can tailor your trip and include preliminary training, training expeditions and assessment expeditions. We offer expeditions for all medals, bronze, silver and gold. Maybe you like to combine your expedition with some Bridge Swinging, High Ropes Courses, Rock Climbing, First Aid, Banana Boating, Paddle Boarding, Excursions around Switzerland, Mountain Biking, Trotinettes, Kayaking, Canoeing, and more.

### GREAT CAMPUSES

We currently have 3 campuses facilitating Duke of Edinburgh's International Award Expeditions. Our Verbier, Crans-Montana and our La Tzoumaz campuses. All are charming Swiss-Chalet style buildings with communal areas, dining rooms and bedrooms for 2 to 6 children. All meals are included in the price of the programme.



Make a virtual tour through our Verbier campus



# MEET THE ASSESSORS AND SUPERVISORS

Our staff involved in delivering the Adventurous Journey section have completed the 'Adventurous Journey Supervisor and Assessor Course' in Chamonix delivered by the Duke of Edinburgh's International Award Foundation.

Our experienced and enthusiastic staff can work closely with your groups to enable them to plan their entire itinerary for their stay at Les Elfes, including their expedition and additional activities. We also offer training expeditions in which we guide groups through the basics of planning a safe and accomplishable expedition and learning to orientate themselves effectively using a map and compass. We will teach the students everything they need to know about the mountain environment, about orienteering, how to set up a back pack, cooking in outdoor conditions or first aid training on the mountain.







## NICOLAS BONNIER

Hi guys, my name is Nico, I am a resort manager at Les Elfes.

3 years ago I had a great opportunity to set the first Dofe expedition for a group who came to Les Elfes. The experience was incredibly fabulous and successful; it was so amazing to be with the kids exploring the mountain, lake and forest during the expedition.

I decided to pass my qualification to become an assessor and supervisor.

Today I am continuously working to improve our expeditions.

I am looking forward to welcoming you soon, on your next one.

## NUNO BARRAS

Bonjour my name is Nuno, I am resort manager for Les Elfes and responsible for the La Tzoumaz campus, since 2006. I was born in Switzerland growing up in the mountains, which I know better than my own pockets. My passion is exploring the mountains with my dog Sherka.

Like my colleagues I completed my supervisor and assessor training in 2014. I can't wait to embark on my own adventure, training and helping you to discover our beautiful country and your potential.

## REA GRIMBLEBY

Hi, my name is Rea, I am the Duke of Edinburgh's International Award Co-ordinator here at Les Elfes. As a young adult I participated in the award and have recently attended a Supervisor, Assessor & Award Leader Training Conference in Madrid to enable me to facilitate Adventurous Journeys at our camps. Receiving the accreditation as an International Trained Activity Provider (ITAP) has been a great recognition of the work we are doing here at Les Elfes with young participants and we hope to support many more through their Adventurous Journeys.

At university I studied Outdoor Education & Physical Education (BA Hons) and I am also now working towards a Masters Degree in International Education to support the work that I do here with schools at Les Elfes International.

I have recently undertaken a few Adventurous Journeys of my own including, cycling from Verbier to Barcelona and also spending almost two months trekking continuously in Nepal in the Annapurna and Solukhumbu regions of the Himalayas. I have supported school groups, as part of my work for a White Water Rafting company in Kenya, in 5-day Mt. Kenya Llnana summit expeditions and 5-day Athi river rafting and kayak expeditions.

I love being in the mountains and experiencing new challenges each day and it is so rewarding to have the opportunity to share this passion with the young people that I work with here at Les Elfes International.





**"MY SON ENJOYED  
VERY MUCH HIS STAY  
AT LES ELFES AND IN  
THE NEXT FUTURE  
HE WILL JOIN AGAIN  
YOUR CAMP."**

# EXPEDITION PROGRAMMES

## SUMMER EXPEDITIONS

Our typical programme runs for 7 days, including an assessment expedition and other exciting Les Elfes Outdoor Adventurous Activities. We also propose a more comprehensive programme including both the practice expedition and the assessment expedition. We can offer flexible programmes to suit your requirements from 5-14 days from May to the End of October.

In the long version of the course the students will benefit from two expeditions, the first one will be monitored constantly by our own mountain guides who will teach them and help them navigate their route. The second expedition is the real one where the students will be on their own, but a guide will be constantly observing them in case of any incidents.

During the short program, the group will have a day training under real conditions. The end of the trip will be the real expedition where the students will be on their own, with one of our mountain guides being near in case of emergencies.

On your request we can add a Taste of Switzerland day where they will visit the Chocolate factory, Cheese factory and the Olympic museum on the shores of Lac Lemman. Also we are happy to provide different sport activities in the resort which include the rope course park, mountain biking, rock climbing, swimming pool, golf and many other sports.





## THE BRONZE PROGRAMME

The more comprehensive programme is designed to provide an ideal platform to begin the progression through the D of E award scheme. We present the candidates with the criteria for the award and explain the requirements for each section, including: Skill development, physical activity and the expedition. Our course facilitators then work intensively with the groups to allow them to complete their training expedition, their assessment expedition and their assessment presentations during the week. To initiate and develop group cohesion we also offer a range of team building, problem solving and trust exercises to develop their group dynamics. Then we challenge them in their groups to complete orienteering challenges, working towards being able to plan their own itinerary for their expeditions.

The second Bronze Award Programme is designed for groups who have already completed a practice expedition before coming to Les Elfes. This programme is to facilitate the Assessment Expedition and also allows groups to experience the exciting Outdoor and Adventurous Activities we offer.

## THE SILVER PROGRAMME

The Silver Award is designed for those who have already completed the Bronze Award and over the age of 15. Due to the length of the expedition for the Silver Award, which is 3 days and 2 nights, our one-week programme combines an assessment expedition combined with a selection of other activities that we offer. The longer programme contains a training expedition followed by an assessment expedition.

On your request we can add a Taste of Switzerland day where they will visit the Chocolate factory, Cheese factory and the Olympic museum on the shores of Lac Lemman. Also we are happy to provide different sport activities in the resort which include the ropes course park, mountain biking, rock climbing, swimming pool, and many other sports.

## THE GOLD PROGRAMME

The Gold Award is designed for those who have already completed the Bronze and Silver Awards and are over the age of 16. Due to the length of the expedition for the Gold Award, which is 4 days and 3 nights, our one-week programme combines an assessment expedition with a selection of other activities that we offer at Les Elfes.

The longer programme contains a training expedition followed by an assessment expedition.

On your request we can add a Taste of Switzerland day where they will visit the Chocolate factory, Cheese factory and the Olympic museum on the shores of Lac Lemman. Also we are happy to provide different sport activities in the resort, which include the ropes course park, mountain biking, rock climbing, swimming pool, and many other sports. In addition to the expedition section in the Gold Award we also cater for the residential section in which candidates in the Gold Award Scheme are required to stay away from home, with people they are unfamiliar with, for 5 days and 4 nights. Our International Camp places us in an ideal position to provide a longer 10-day programme incorporating both the assessment expedition and the residential section.

# WINTER EXPEDITIONS

## THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD IN WINTER!

Yes... you have understood this correctly. Les Elfes International is now offering the opportunity to complete on-snow winter Adventurous Journeys at all levels of the Duke of Edinburgh's International Award Programme. These can include snow-shoeing, Ski Touring & Split Board expeditions which meet the criteria of an Adventurous Journey and offer participants the incredible experience of completing their expedition in the Swiss Alps whilst learning new snow-sports skills. Running from December 1st until April 30th in 3 ski resorts in the Swiss Alps.

We hold a Duke of Edinburgh's International Award ITAP licence which means that we are an "Internationally Trained Activity Provider" for the award and have a team of Award Leaders, Assessors and Supervisors available at each of our camps. Our experienced staff are familiar with the requirements of an Adventurous Journey and work closely with participants during their training and practice expeditions to help them to develop the necessary skills to be successful in the qualifying journeys.

## EXCURSIONS

The options include tasting some of the finest Swiss chocolates and cheeses at the factories in Gruyere, a guided tour of the United Nations or Swiss Red Cross museum in Geneva, an interactive tour of the Olympic museum in Lausanne, walking inside a glacier at the nearby ice caves in Chamonix, visiting many of the beautiful castles in the area and many many more options.

## WINTER ADVENTUROUS JOURNEY PACKAGES

During our Adventurous Journey programmes participants are supervised at all times by our experienced instructors as they explore the beautiful terrain of the Verbier ski area. Since the temperatures at night can be quite gruelling participants travel between Mountain Huts and Refuges where they will sleep inside but still carry the equipment to prepare all of their own meals. They must plan their own routes and choose which Mountain Huts they would like to stay in.

Our typical packages for the Duke of Edinburgh's International Award Adventurous Journeys include a combination of expedition training, ski/ snowboard/ snowshoe lessons, either 1 or 2 expeditions which may be training or qualifying & cultural excursions in Switzerland. We can also offer the Residential section as part of the Gold Award.

At our camps we are able to offer all of the skiing/ snowboarding/ snowshoeing equipment and have ski pants and jackets available to rent. All of the group equipment and some of the personal equipment for expeditions is also available including:

- rucksacks
- 1st aid kits
- stoves & gas
- cook sets/ cutlery/ pans/ plates/ cups etc.
- head torches
- sleeping bags
- roll mats
- sleeping bag liners



# LOCATIONS



## WHERE TO RUN THE EXPEDITIONS

We have 3 campuses facilitating Duke of Edinburgh's International Award Expeditions. Our Verbier, Crans-Montana and our La Tzoumaz campuses. All are charming Swiss-Chalet style buildings with communal areas, dining rooms and bedrooms for 2 to 6 children. All meals are included in the price of the programme.

## VERBIER SWITZERLAND

In the heart of one of the most popular regions of the Swiss Alps, Verbier is located at 1500m with lifts up to the Mont-Fort glacier (3300m). Directly opposite Le Grand Combin which rises to 4300m, Verbier's stunning location on a south facing plateau guarantees an exceptionally sunny climate. In addition to a breathtaking panorama, Verbier is a cosmopolitan resort with a variety of shopping, eating and entertainment possibilities, and deserves its reputation as one of Europe's finest mountain resorts.

Verbier is in the French part of Switzerland, 1 hour and 45 minutes from Geneva, 2 hours and 45 minutes from Zürich and 30 minutes from the Italian and French borders..

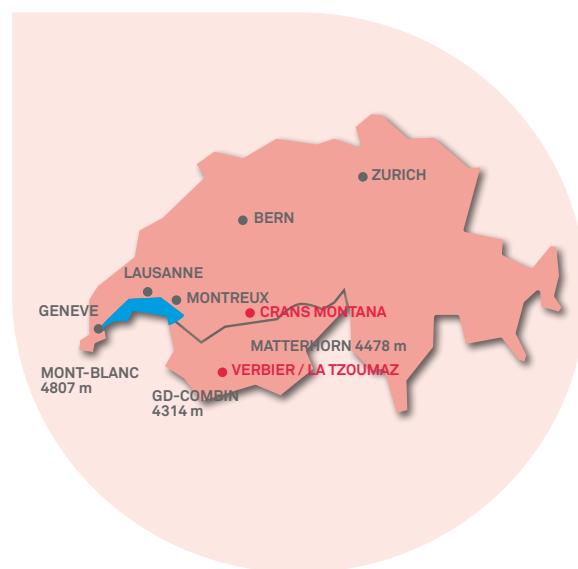
## CRANS MONTANA SWITZERLAND

In the heart of the beautiful Swiss Alps, Crans Montana is located opposite the spectacular Matterhorn glacier (4200m) and above the medieval city of Sion. Stunning views of the Mont-Blanc and the French Alps with a lively village full of boutiques from all the top names in fashion. 140 kms of skiing runs, 25 cable cars, Year round access to the Glacier Plaine Morte at 3000m.

## LA TZOUMAZ SWITZERLAND

La Tzoumaz, also referred to as Les Mayens de Riddes or Verbier North, is located in the beautiful French speaking part of the Swiss Alps, at an altitude of 1500m and over- looking the Rhone Valley. With a year round population of 300 inhabitants and many more in the winter, La Tzoumaz offers all the charm and comfort of a typical Swiss Alpine village.

La Tzoumaz is 1 hr 45 from Geneva, 2 hrs 45 from Zürich and 30 minutes from the Italian and French borders.



# CERTIFICATES



is licensed to deliver the Adventurous Journey Section and Residential Project of  
**THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD**

Valid from: **1 November 2014**

Valid until: **31 March 2016**



## DISCOVER OUR SCHOOL TRIPS FOR INTERNATIONAL STUDENTS



# DESIGN YOUR TRIP

## TICK

### Season

Winter (December to April)

Summer (May to October)

### Medal

Bronze

Silver

Gold

### Expedition Elements

Preliminary Training

Practice Expedition

Assessment Expedition

### Side Activities

Excursion (chocolate factory)

Rock Climbing

Mountain Biking

Ropes Course

Lake Geneva Water Activities

Ball Sports (football, basketball, volleyball, etc)



# USEFUL INFORMATION

## WEBSITE

Ideal for families who are looking for day camp programs for their children. Please contact our partners above or our headoffice for more information.

## SOCIAL MEDIA

Stay connected with Les Elfes:



## LES ELFES CAMPS APP

The "Les Elfes Camps" app is free to download for iOS and Android devices in App Store and Google play. Stay connected with Les Elfes and follow the latest news live from the campus. Campers and parents will receive a personal login prior to arrival.



*"The purpose in life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experiences "*

**Eleanor Roosevelt**

For further information or bookings, contact our Les Elfes Verbier head office or your local agent.

## ADDRESS

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## LES ELFES IS A MEMBER OF



## YOUR AGENT

Les Elfes International is a member of

Verbier Tourism



Switzerland Tourism



ECIS (European Council of International Schools)  
NCA (National Camp Association Inc.)  
NESA (Near East South Asia Council of Overseas Schools)  
EARCOS (East Asia Regional Council of Overseas Schools)  
AISA (Association of International Schools in Africa)  
BSME (British Schools in the Middle East)

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Our associates

