

## INTENSE SKIING/SNOWBOARDING SESSION

### SPRING SESSION 1

Commencing: 23<sup>rd</sup> April 2018

Concluding: 7<sup>th</sup> May 2018

WEEK 1	Day 1 22 <sup>nd</sup> April	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
MORNING		Arrival in Geneva/ Transfer to Verbier Checking & settling down	Skiing Or Snow board	Skiing Or Snow board	Skiing Or Snow board	Skiing Or Snow board	Skiing Or Snow board	Skiing Or Snow board
AFTERNOON		Hiring of Ski or snowboard Equipment	Skiing Or Snow board	Skiing Or Snow board	Skiing Or Snow board	Skiing Or Snow board	Skiing Or Snow board	Aqua Parc
EVENING		Treasure hunt- Getting familiar with Verbier	Certified Courses- Session 1	Certified Courses- Session 2	Free time in the village	Certified Courses- Session 3	Les Elfes Club Session 3	Aqua Parc And Monthey/ Montreux
NIGHT AFTER DINNER	Assembling at the International Airport depart for Geneva	Orientation  Early/ Movie Night	Figure Skating at the ice skating ring	Les Elfes Club Session 1	La Furer	Les Elfes Club Session 2	Making and performing for Music Video	Movie Nite

WEEK 2	DAY 9	DAY10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16 07 <sup>th</sup> May
MORNING	Transfer to Zermatt Hike at Chateau de Sion	Skiing Or Snow board	Skiing Or Snow board	Skiing Or Snow board	Skiing Or Snow board	Skiing Or Snow board	Skiing Or Snow board	Departure for Geneva Airport
AFTERNOON	Arrival In Tasch Arrival in	Skiing Or Snow board	Skiing Or Snow board	Skiing Or Snow board	Skiing Or Snow board	Skiing Or Snow board	Competition on the slopes  Depart for Verbier at 4.00	
EVENING	Zermatt, check in at the Albana Real	Certified Courses- Session 4	Certified Courses- Session 5	Certified Courses- Session 6	Certified Courses- Session 7	Certified Courses- Session 8	Arrive Verbier	
NIGHT AFTER DINNER	Team Building games	Zermatt Hunt	Les Elfes Club Session 4	Les Elfes Club Session 5	Les Elfes Club Session 6	Torch light walk	Swiss Fondue night and Prize Giving	Arrival at Destination

### Camp fee as indicated in the registration form

#### PERSONALITY DEVELOPMENT SESSIONS : CERTIFIED COURSES

**Les COURSES:** Leadership Training (all ages), Mountain Biking (14+yrs), Bushcraft, Camp craft & Emergency First Aid Course (12+years), Orienteering (8-11 years), Internship 15+ yrs( by selection process)

**Les CLUBS:** Social Etiquette, Junior Baker, The Apprentice, Sports Coaching, Deliberation, The Press Room, In Focus

The Registration form filled with a photograph and a copy of the passport along with a confirmation of registration fee of Rs.67500 deposited in our HDFC bank account 00272560000623 in favor of LES ELFES INTERNATIONAL CAMPS will confirm the participation at Les Elfes International camp, Verbier subject to availability of place.

Registration amount will be adjusted against SFr.1000 in the total camp fee. Balance fee is payable in Swiss Francs. Detail of which will be given in the invoice as per options selected in the registration form.

This is a chaperoned session on designated Flights., please ask you Les Elfes Representative for details or email us on [info@leselfes.in](mailto:info@leselfes.in). Airfare for travel to Geneva and return is not included in the price given in the Registration form.

All terms and conditions in the registration form are applicable.

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## **LES ELFES PERSONALITY DEVELOPMENT PROGRAM**

**All leading to that holistic enrichment which makes for a successful and confident individual. This Spring we offer many different courses and clubs, running alongside our 2-week ski and adventurous activities programme. Your child participates in 28 hours of focused personality development programs**

The Experiential Learning from the PDP programs are focused on the unlocking of innate potential within young people. These dynamic and interactive workshops will enable our students to develop a toolbox of teamwork skills which will help them to build mature lasting relationships with friends and colleagues, create imaginative and complex solutions to problems and focus on their emotional Intelligence using theories and practices from a range of academic scholars in the field of experiential learning.

Our courses aim to equip our students to develop a deeper understanding of themselves and to apply that knowledge when leading others and preparing for the world of higher academics & work.

**This Spring we offer many different courses, each running for 8 session of 2 hours each throughout our 2-week ski and adventurous activities programme. Your child gets to participate in 28 hours of focused personality development programs**

### **Leadership Workshops**

Our leadership course at Les Elfes in spring transcends the logistics of leading a group, the mere mechanics of organising others and focuses on our intentions and our goals and how these affect our attitudes and our actions as leaders. Developing a firm concept for self-worth, fairness, equality, honesty and positive role models is at the forefront of building leaders who can make the best decisions in new situations, who can be adaptable and prepared for any eventuality and have the confidence in their own ability to lead others in unknown terrain.

#### **Ethical Leadership ( 12 to 18 years)**

This Spring our leadership course is designed to encourage our students to consider their personal code of ethics. In a world of globalisation and world leaders prolific in the media are our leaders of tomorrow ready for the scrutiny of modern life

#### **Self Worth in Leadership (8 to 11 years)**

Self worth, self-efficacy and mindfulness are the cornerstones of building confidence, strength and compassion in our young leaders of tomorrow. Through a series of challenges campers learn to work together and to reflect constructively on their attitude and their actions to begin to build ideas about their personal leadership style.

### **Internship ( After having finished Grade 10+ or equivalent exams)**

A growing facet of the Les Elfes camp our Internship courses are becoming more competitive and more sought-after each year. Our interns have a staff mentor and responsibilities at the camp. During the day they join their groups to participate in activities but in the evenings, when they wear their Les Elfes uniform. Hands on Work Experience with a mentor monitoring *activities for 15+.* Each applicant for the intern programme must complete an application form and an interview to achieve one of the places on the programme. Intern will receive a letter of reference which is a huge value add in college applications

### **Mountain Biking (14 years+) Sessions**

Enjoy the exhilaration of gripping the handlebars of a mountain bike and learn how to charge down dirt paths, up steep hills and around challenging obstacles. This technical programme focuses on developing a range of mountain bike techniques on varied terrain.

It is an intensive programme for our eldest students with each session building on the difficulty and intensity of the last to develop a confident and well-rounded technique. The course content will include: An introduction to fundamental bike skills, understanding equipment & safety, developing a dynamic body position for riding & leading others in the mountains.

### **Bushcraft, Campcraft & Emergency First Aid Course (Age 12 years+)**

If you were stranded on a deserted island or had to spend a week in the wilderness would you have the necessary tools to survive and even thrive? This course combines a certified Emergency 1st Aid course with a combination of survival techniques, shelter construction, navigating in the wild and most importantly teamwork and managing stressful situations. It helps the participant build skills such as adaptability, multi tasking, thinking on your feet, confidence

### **Orienteering (8 to 11 years)**

For our younger campers this spring we have an exciting opportunity to learn new skills using the natural environment surrounding our camp. Students can learn about much more than just map and compass skills! They have the chance to learn to become self-reliant, a responsible member of a team and confident in challenging situations.

### **Les CLUBS**

**Skill Development Workshops: For spring 2018 campers will have the chance each week to choose their own evening activities from a range of interactive and engaging 3-part clubs. These include**

#### **Social Etiquette (all ages)**

Perfecting your personal brand to become successful in professional and social situations. We focus on dining, first and last impressions and European etiquette for dealing with a range of social encounters, interview techniques, entering and leaving conversations gracefully.

#### **Deliberation (8-11 years)**

Considering our interpretations of different current events and learning to articulate them effectively through interactive debates, presentations and interviews.

#### **The Press Room (12- 18 years)**

Continuing from the success of our journalism clubs in previous years The Press Room will include an overview of how big media companies structure their creative process to take abstract ideas and to develop incisive press articles.

#### **In Focus (all ages)**

Our photography club this spring is all about perspective photography, stop motion and illusions. Participants choose 2 clubs and in over 3 sessions of each club, they work towards a given goal.

#### **Junior Baker (8-11 years)**

A take on our original baking club this year Junior Baker includes sourcing ingredients, designing recipes, baking and taking their product all the way to market including developing packaging and branding for their new batch of secret recipe treats.

#### **The Apprentice (12- 18 years)**

An entrepreneurial challenge for our older campers who will work as part of a design team to develop a product, conduct market research, identify their USPs, develop a television or online advertisement and deliver a pitch, with a pricing structure, to compete for a place in the market for their product.

#### **Sports Coaching (all ages)**

For those who just cannot get enough of being active whilst at camp our Sports Coaching club focuses on a different invasion games

### **Academic & Aesthetic Enhancement**

We provide exposure to facets of science, history & culture via many visits & excursions like UN, CERN, Roman pre historic and Medieval monuments at Aosta, Italy, Chocolate Factory, Cheese Factory, Charlie Chaplin Museum, Olympic Museum etc .

### **FOR THE REPEATING PARTICIPANTS:**

We want to make the experience of our repeating participant as complete and overwhelming as their first time at Les Elfes. Thus each year we introduce or change the Personality Development Courses and Skill Building Workshops and ensure that different learning outcomes and excursions are offered to them.

### **PAYMENT**

All payment to be made as per invoice details received by client after registration. In case Les Elfes is not able to organize the options due to weather or the limitation of the service provider, the participants will be refunded before departure. All terms and conditions given in the registration form apply

### **HEALTH AND MEDICAL INSURANCE POLICY**

Les Elfes in collaboration with a European Insurance company, facilitates a cashless and unlimited insurance cover for its participants. This is compulsory. Pre existing illnesses will not be covered by insurance. The Insurance is claimed for any health and medical reason and all treatments within Switzerland.