

# SPRING CAMP

10

Imagine a programme with one week of summer and one week of winter camp: rock climbing, paragliding, bridge swinging and hiking one week and skiing, snowboarding and throwing snowballs the next.

This is spring camp, a unique opportunity to visit the two prestigious resorts of **Zermatt and Verbier** in a two-week course and to really experience everything the Swiss Alps have to offer. Alongside two weeks of adventures Les Elfes focuses on the holistic development of our campers to make the most of this residential opportunity.

## Enrichment Courses

Students can select an enrichment course, consisting of 8 two-hour sessions spread over the two weeks each with a different focus. Examples of our prior courses include: Ethical Leadership, Advanced Mountain Biking, Building Resilience in Leadership, Social Etiquette, Web Identity and Online Security, Bushcraft and Emergency 1<sup>st</sup> Aid and Eco Attitudes. For courses available this spring, please visit our website for the most up-to-date opportunities.



## Young Camper Experiences

- **Building courage, working together and taking risks**  
– Supporting peers in challenging situations, stepping out of their comfort zones and recognising their own value in a team.
- **Forming the basis for a balanced and healthy lifestyle**  
– Understanding the role and importance of physical activity for wellbeing and happiness and building lifelong healthy habits. Appreciating that the outdoors provides opportunities for recreation, relaxation or even future careers.
- **Being curious, creative and connected** – Developing appreciation for the natural world around us, exploring and being comfortable in wild terrain and finding new ways to enjoy being outside.
- **Forming an active part of a camp community** – Taking an active role in creating a welcoming and supportive environment in the camp, embracing open-mindedness and meeting students from around the world.
- **Building resilience, confidence and independence** – Being away from home students will need to manage their belongings, timekeeping and dress themselves properly for the wild outdoors.





# DISCOVER CAMP LA TZOUMAZ (6-10 yrs)

12

Discover more and broaden your horizons with these immersive programmes in the Swiss Alps

## First Time Away From Home

Camp is full of new things, new places, new foods, new people and new adventures and it is a really special experience for our youngest Elves, but it can also be a daunting prospect for them and for their parents. Ensuring their happiness and wellbeing throughout the camp and helping them to manage away from home is our main priority in our Discovery Camp La Tzoumaz. Our La Tzoumaz camp offers an adapted programme from our main campus which is a little shorter than the sessions at the main camp. It is a specially designed programme of day, afternoon and evening activities to help our young Elves grow, step outside of their comfort zones and discover new things. With the right structure and support camp is an empowering experience which enables our youngsters to become more confident and to build self-esteem.

## Babysitting

We monitor students in brushing their teeth, tidying their belongings, separating their clean and dirty clothes, brushing their hair, dressing suitably for activities, showering regularly, keeping in contact with their parents each evening, managing their time to squeeze in the most fun and even budgeting their pocket money.

## Activities

Our Discovery programme is packed with new adventures: treasure hunt, biking, arts and crafts, pj party, rock climbing, football, design and build, mountain hut night, high ropes course, baking workshops, hiking, team building, quiz night, mini Olympics, high ropes, aqua park, orienteering, disco, swimming, campfire and many more...

## Young Camper Attitudes

At Les Elfes we strive to install positive attitudes in our young campers that will help them to cope with any new experiences in the future:

- **Independence** – Being away from home, managing their own belongings, learning to care for the equipment they use and the camp environment they are a part of.
- **Resilience** – Learning that making a mistake is often the first step but that it does not need to be the final one. Learning to work in a team to complete difficult tasks.
- **Confidence** – Learning to cope in an unfamiliar setting, trying new activities in a safe and supportive environment.
- **Self-Worth** – Recognising their value to a group, the importance of their actions and the affect they can have on a wider camp atmosphere.
- **Appreciation** – Understanding that it is a privilege to have the opportunity to be at camp and to enjoy the natural beauty in the Swiss Alps.
- **Open-Mindedness** – Inviting new experiences, meeting students from 65+ countries and learning to share the campus with a diverse group of people.



New to Les Elfes  
for Summer  
at La Tzoumaz,  
Switzerland

“Arnaud is now back home after 10 days at Les Elfes. He had great time; he succeeded to break into English schools teens which were at Les Elfes the 1st week of his stay and had a great time; he also took the initiative to do snowboarding for the last 3 days. By moving out of his way for the 2 above mentioned initiatives that means that your colleagues gave him confidence in himself and the spirit of “Les Elfes” works. Many thanks. – Arnaud’s parents

“My son Clement has just come back from his stay in Verbier. I think that at the end this experience has been very beneficial to him: he is for sure more fluent in English than before and he has really enjoyed the sport activities. I would like then to thank you for the opportunity given to my son. – Clement’s parents

“Thank you so much for making Adrian’s stay at Les Elfes one of his most memorable life experiences. He enjoyed it so much so his first statement to us when we met him at the camp was, I want to be here next year! While returning back to Sweden, he has already chatted with his new pals from India and USA. And he really liked all the leaders, the food, the activities and of course all his new friends. Thank you so much and I feel very much proud to be a part of Les Elfes! With best regards. – Adrian’s parents

“It’s my third time here and every year it just gets better and better. Activities are always fun and all of the staff are super nice and friendly (Kevin, Tanja, Vendy, Aga, Eddie, Lucasz). Every time I needed something they were there for me and always helped me. The food was also very nice and tasty. I am definitely coming back next year. The best camp ever! – Anonymous, 2016

“The children were very happy about the experience. I had a 2 hour drive to Geneva with all the fantastic stories about their Elfes experience. Pretty uncommon in these times of self-immersion in our own smartphone devices. They loved everything, their teachers, the ski, their new international friends, the food, etc. I also want to express my personal gratitude for your quick response to make the changes during the first week, and keeping the level up during the second one. With your level of curiosity to continue listening and learning, there is no limit where Les Elfes can grow. – Father of Delfina, Milagros, Santiago and uncle of Carlos

“I just loved the camp! I was only there for one week, and I thought that it was going to be terrible. But everyone was so friendly and kind, I socialized really easily. And skiing was so much fun. I had never skied before in my life. But I had a really good instructor, who taught me well. I kept on falling, but he picked me back up and told me that I’ll do better next time. My favourite part of the camp was the excursion. We went to Aosta, Italy, we toured a castle, ate pizza and gelato and also did a lot of shopping (which was my favourite part of the excursion). When it was prize giving night, all of us kids were excited. I think I was the most happy because I won star camper of the week! There were more activities that I participated in, like the musical quiz, ice skating, cooking clubs, disco night and a movie night. When I left, I felt really sad. I was sad to say bye to my new friends, to say bye to the staff, and to skiing. What I experienced at Les Elfes, I won’t experience anywhere else. The hospitality at Les Elfes was just like home. You feel like it’s one big family. And trust me, anyone will love it! Fingers crossed that I’ll come back next year. – Meron

“Dear Ben, Hope, Sergio and Elliot, Thank you for everything you’ve done. You guys have brought the best in me and made me not just a better skier, but also a better person. It had been a great week and by far the best skiing experience I’ve ever had. It couldn’t have been possible without you. I’m grateful to have been taught by all of you and I am proud to have called myself your student. – Ashlyn

## 6 REASONS TO SEND YOUR CHILD TO CAMP

### 1. Make lifelong friends

There is no better place to create lasting bonds with others than the experience of being away at camp. Spending 2-4 weeks with a new group of people, sharing adventures and supporting each other when things get tough. It is something they will remember for the rest of their lives!

### 2. Develop life skills

Do not underestimate how important it is for children to learn to socialise. At camp students come from around the world, often not knowing anyone and in their first few days they have the chance to make brand new friends and to learn to speak to new people. They will have the chance to learn to organise their belongings, manage their own pocket money and plan some of their own activities, making choices about the experiences they have. Being at camp is a really formative experience and an invaluable one in learning to become an adult.

### 3. Gain confidence & build self-esteem

Students learn that they have the capacity to cope without their parents, to make friends and to have adventures alone. It is a really empowering experience and will ultimately enable them to be more confident and to build self-esteem. It is a great confidence booster for those who are about to travel for boarding school or college.

### 4. Experience a range of cultures

Where else can children develop friendships with other children from all over the world at the same time? The huge melt pot of diversity at Les Elfes enables students to build lasting relationships with students from the other side of the world and perhaps even visit them someday.

### 5. Un-plug for a little while

It would be an easy option for most children to while away their summer watching television or playing on their iPads, but there is so much more out there! At camp we do allow students to use the phones each day to speak with their families and friends at home but, for the most part, their electronics are locked away, freeing them up to try all of the new activities on offer. In our experience, after day 3 students stop even asking for their phone every day, they are too busy having fun!

### 6. Try something new

Camp is full of new things, new foods, new activities, new people. It is a place which is exciting, exhilarating and sometimes a little bit scary, but it is those experiences shared with others in the groups which help to form these strong, long lasting friendships that we value.

