



Kandersteg International eXpedition

Surrey Scouts Expedition to the International Scout Centre in Kandersteg, Switzerland

Expedition Handbook

This handbook should be brought with you to KIX

Name.....	
Troop.....	Coach number

Introduction to KIX

Hello and welcome to KIX, the Surrey Scouts Expedition to the International Scout Centre (KISC) in Kandersteg, Switzerland. KIX is going to be an amazing experience. From the excitement of the Swiss Alps to wet and wild water activities and much more, there's plenty in the programme to get excited about. When you're not busy with the activities, it will be hard **not** to have fun.

This handbook is designed to give you all the information you need to have a great time at KIX, so get ready!

Uniform

On our journeys to KISC and back home to the UK you will need to travel in your KIX uniform comprising the T-shirt & International Scarf we supply along with your Scout activity trousers (not supplied). Your Scarf must be worn at all times during the week unless you are in bed (except if you are asked to remove it for certain activities). Your Scarf identifies you as a UK Scout, entitles you to free travel on Kandersteg buses and you will not be served meals if you're not wearing it.

Travel - Road safety

The coaches will stop at service stations during the journey, so you can have a break. Make sure you have your day sack with you and remember that you won't be able to get to your main bag until we arrive at KISC (see page 10 for details). Ensure you return to the same coach on time – don't be late back.

Please follow these rules for coach travel:

- Stay seated at all times
- Keep your seatbelt fastened whilst the coach is travelling

- Ensure lids on drinks bottles are secure when not drinking
- Keep the coaches clean and tidy – you are using them all week
- Please do not make too much noise – it distracts the driver
- Speak to your leader if you need any assistance or information
- Take care when getting off the coach and move away from it immediately
- When at service stations ensure you stay in groups – don't go off alone

Vehicles drive on the right hand side of the road in mainland Europe which can be confusing when crossing. Look left, then right, then left again before crossing a road. Wherever possible use a pedestrian crossing point.

Off-site programme travel

On the day of an off-site activity you must be at the coach stop at the appointed time. Each coach will have a sign telling you where it is going. Make sure you get on the right coach! You'll need your packed lunch, activity clothes suitable for the programme, and you must wear your scarf. Please ensure you carry a full bottle of drinking water. Upon arrival you'll be shown a specific departure area for later in the day. When asked to board, please do so quickly and safely following instructions from leaders. Please help keep the coach clean and tidy using the plastic sacks provided. At the end of the journey check your seat, floor, and overhead area for personal items. Lost property will be delivered to the KIX admin team.

Looking after yourself - tips to survive the event

In order to get the most from KIX you must take care of yourself. Here are a few helpful hints:

Food and drink

- There will be 3 meals provided each day
- Eat proper meals and take the time to enjoy them
- Your allocated mealtime for the next day will be displayed on the noticeboard outside the Sunneblick
- Make sure you drink enough water. All water from the taps and fountains is drinkable but only drink the running water – not the water in the sink or trough. Always bring drinking water with you when you leave your camp site.
- Get plenty of rest – you need your sleep. If you feel unwell, tell your Leaders so they can help you get well as soon as possible
- Wash all plates, bowls and cutlery after use and store in a clean place

Health and hygiene

- Look after your personal hygiene, for both your own benefit and others
- Wash every day
- Wash hands after using the toilet and before preparing food or eating
- Change your clothes frequently, especially if they get wet
- Don't burn up! Use sunscreen, particularly during/after water activities
- You only have two feet! Look after them both and try to avoid blisters

- Kandersteg is over 1150m above sea level (similar to the summit of Snowdon) before you've even gone anywhere so make sure you take the time to acclimatise – don't wear yourself out on the first day.

Site safety

- Be careful around the site. Look out for holes in the ground where you might hurt your feet and structures where you might bump your head
- Avoid running when going to activities
- Watch out for hazards such as traffic coming from unexpected directions, cyclists and the odd cow or two.

Above all:

Be a true friend – make sure your friends follow this advice too. Speak to your leader if you have any worries or concerns at any time during the week.

Sample daily timetable

Mealtimes are based on the activities you will be undertaking that day so check the noticeboard daily for your personalised programme. Please come to meals as a group. Remember that Switzerland is on Central European Summer Time, 1 hour ahead of British Summer Time back home.

0630 Get up, breakfast and make your lunch. Troop assembly
You'll have an early start some days so you can get to your activities on time.

0800 Departure for programme activities
onwards *It may take a while to get across the site-ensure you aren't late, we won't wait!*

- 0900-1700** Programme activities
You will take part in all sorts of activities.
- 1800** Evening routines, dinner
Leaders meetings will be held as necessary. You'll get back to your site at different times depending on which activity you are doing.
- 2000** Evening programme
See KIX noticeboard for that night's activity. This will be different every day! Don't forget to take part in the KIX challenge.
- 2200** Return to Troop site
- 2230** Lights out and silence

Make sure you get to bed early: you'll need the rest! Try not to disturb others.

Code of Conduct

In order for all Scouts visiting Kandersteg International Scout Centre to have a great stay there are some rules & regulations.

Quiet time

We are required to abide by the village law, which states that between 22:30 and 07:30 it is quiet time around the village and thus at the Centre as well.

Please keep noise to an absolute minimum during these times.

Smoking

Smoking is not allowed inside any of the buildings at KISC or in the Campsite Shelters. There are designated smoking areas for adults to use.

Fire regulations

The Chalet, Kander-Lodge, Sunneblick and Tower are equipped with sophisticated fire alarm systems and clearly marked emergency exits. Spraying aerosols into or removing detectors, and blocking emergency exits, automatic fire doors or emergency lights is forbidden. If you are found doing any of the above you will have to leave KISC immediately and will have to deal with legal action in the civil court. In the event the Fire Brigade are called due to a false fire alarm which is caused by you or your group you will be charged a fee of CHF 600.- (about £460)

Fireworks

Fireworks are strictly forbidden anywhere on KISC property and will be confiscated if found.

Alcohol

Alcohol should not be seen on KISC premises. We will follow UK Scout Association rules: under 18s must not drink alcohol under any circumstances.

Knives

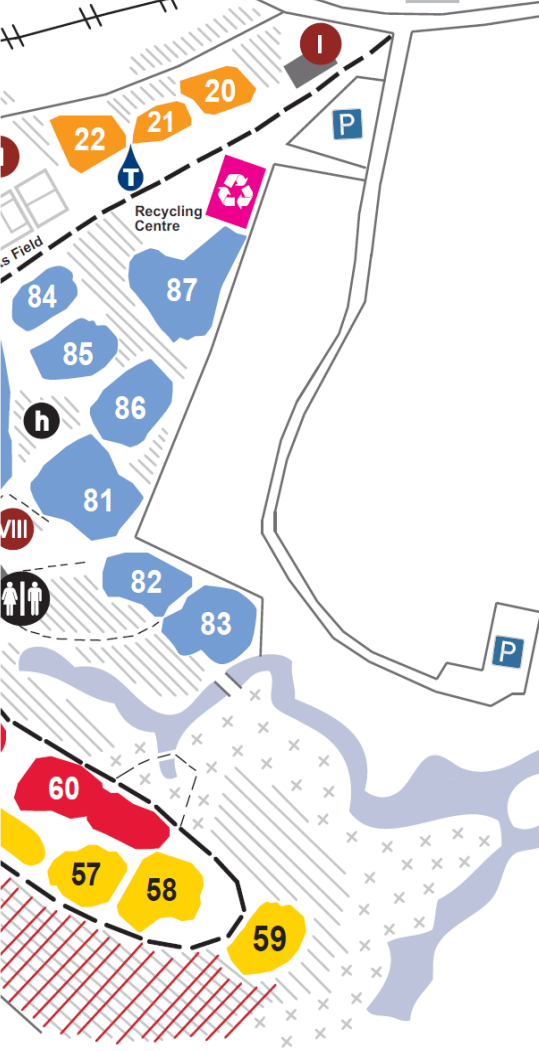
We will follow and comply with UK law: under 18s must not buy or attempt to buy a knife of any kind. There's no need to bring a knife for any KIX activity so please leave them at home.



kandersteg

international scout centre





Hegeldeponie "Higildy Pigildy" Woods

World Scout Regions

- Africa
- Asia - Pacific
- Europe
- Arab
- Eurasia
- Interamerica

- | | |
|----------------------------|-----------------------------|
| I Campsite Office & Shop | a B.P. Circus |
| II Hächu's Lodge | b Zip Wire |
| III Sauna | c Memorial Rock - Abseiling |
| IV Chapel | d Crate Stacking |
| V Bed'à's Memorial Shelter | e Jacob's Ladder |
| VI Frack Haus | f B.P. Hill Campfire |
| VII Uncle Sam's | g Main Campfire Circle |
| VIII Wood Compound | h Von Bonstetten Campfire |
| IX Trutzhaus | i African Campfire |

- | | | |
|--------------------------|----------------|---------|
| Water Tap | Guest Laundry | Showers |
| Fridge room | Drying room | |
| Street | Kander River | |
| Path | Railway | |
| Main Path | Forest | |
| Campsites | Nature Reserve | |
| Emergency Assembly Point | Out of bounds | |

Forbidden areas

It is forbidden to enter the Railway Line for any reason, the Nature Reserve (Fillfalle) except on the designated path or to climb the East Wall (campsite). This area is prone to rock fall and is a restricted military zone.

Fires, pits and trenches

The digging of trenches and lighting of ground fires is strictly forbidden. Fire can be made in the site's fire barrels or on any other construction as long as they are off the ground. Fire barrels are provided free of charge and can be arranged via the KIX programme team. In the Chalet, Kander-Lodge, Sunneblick and Tower candles or other naked flames are not allowed. Candles and/or fires are allowed with permission from KISC Staff but only in the fire places in The Chalet Main Hall, High Adventure Room, Sunneblick hall stove or Tower Hall and must be kept under supervision at all times

Theft

Stealing property including flags from KISC, other groups staying at KISC or from others in the village is not acceptable, is a criminal offence and will be dealt with accordingly.

First aid and medical facilities

If you or anyone else hurts or injures themselves, please go to your leader in the first instance, if they are unavailable the KIX team or the KISC staff are available to assist. The KIX team (based in the Sunneblick) will also support your leader in the event of a more serious incident that requires external agency help e.g. the doctor. Leaders need to record details of any treatment in the duplicate books provided and these must be passed to the KIX event team at the next mealtime.

Safety, security and emergencies

Raise the alarm by alerting your leader. In all emergencies, remain calm and follow any instructions given to you by the leaders.

Looking after your property

Items such as cameras, mobiles and iPods are extremely vulnerable when left unattended at any time, for example at an activity or in a tent. Very limited charging facilities are available in the Sunneblick and priority is given to troop leaders. If you bring these items you do so at your own risk so please consider if you really need them. Remember, nobody will look after your property as well as you will. Please talk to your leader about arrangements for carrying money. Remember that your meals are provided so you only need spending money for ice cream or souvenirs.

Lost property

If you find something that is lost you should take it to the KIX admin team. If you have lost something you should first look for it yourself. If you cannot find it then please ask at the KIX admin team in the Sunneblick.

Effects of the weather

During a Swiss summer day you may experience hot sunshine, rain or even snow! Even during hot weather, the temperature can drop dramatically at night. You need to be prepared for all weather conditions with a range of clothing: please see the kit list for full details. For off-site activities it is most important to be ready for any change of weather during the day.

Facilities

Toilets

One thing we all have in common is that we have to go to the toilet so please think of other people and leave toilets as you would wish to find them – clean and tidy. You'll find several blocks around KISC with separate male and female toilets as well as adapted facilities for wheelchair users. Please do not remove toilet paper from the toilets. Everyone has to share and this will only make any problem worse. Toilet paper will be restocked by the KISC team. If you discover any problem with a toilet, please report it to the KIX admin team who will then call out the KISC maintenance team.

Showers

Since the weather is hopefully warm and you are very active during the day, it's important to keep clean. There are separate shower areas for young people and adults and separate male and female areas, as well as adapted showers for wheelchair users. Showers get busy at certain times, so try and use them when other people might not be. The showers are open 24 hours a day, so there should be plenty of time for everyone to get clean. They're cleaned several times a day so will be out of use for short periods. Please be patient! If you find there is a problem with any of the showers, please report it to the KIX admin team who will then call out the KISC maintenance team.

Water

It's important to ensure that you have sufficient water to drink and that you fill your water bottle each day. In warm weather it's easy to become dehydrated, especially when you're taking part in adventurous activities. You must take water with you as you

won't want to miss activities to fill up your bottle. There are water points at many places around the site but always remember to only drink running water – not the water that is already in the trough.

You must not wash yourself, your clothes, or pots, pans or plates at water points. Doing this wastes water and will make the area around the water points muddy and unhygienic as dirt and waste will be washed to the ground.

Rubbish and recycling

Recycling is part of the KISC experience so make sure you understand what can and cannot be put in the bins. If you have any doubts about what to do with waste items, please ask your leader. If you notice litter around the site, help out and put it in the nearest bin. If everyone does their bit, we can keep KISC and the beautiful country setting clean and tidy. You may be able to burn some of your waste in a barrel fire – see your leader for more details.

Swapping

Swapping is a fun part of Scouting and you will find people wanting to swap all sorts of things with you, especially badges. It's a great way to build a collection and meet and find out about new people. When you trade, you are dealing in an alternative currency so make sure that everyone is happy with the exchange. Don't take badges off uniforms or swap badges that you or other people have actually earned. No money must change hands for badges.

Drones

The use of drones are not allowed to be used at KISC.

Wi-Fi

There is no Wi-Fi directly on the campsite, however, there is free Wi-Fi available at the Campsite Office and the Chalet.

Onsite Shop

There is a small shop in the Main Chalet selling souvenirs, ice cream, snacks and some soft drinks. They only accept Swiss Francs in cash or Visa, MasterCard and American Express for purchases over CHF 10

Kit list

These items should be packed one holdall-type bag:

- Spare expedition uniform
- Warm jumper or sweatshirt
- Shirts
- T-shirts
- Trousers/skirt
- Shorts
- Underwear
- Socks
- Nightwear
- Sleeping bag
- Sleeping mat
- Trainers
- Fleece / coat
- Towel(s)
- Baseball cap/sun hat
- Personal wash kit
- Hankies
- Tea towel
- Torch (inc spare batteries)
- Book/small games/cuddly friend
- Plate, Bowl, Mug, Cutlery
- Camera
- Sunglasses

These items should be carried in a small day sack (which

you can also take hiking) when traveling to and from KISC

- Spending money (Euro and Swiss Francs)
- European Health Insurance Card (EHIC / GHIC)
- Passport
- Food and drink for the journey

In addition to these items everyone will need the following for activities

- Hiking boots with ankle support
- Suitable socks, maybe a thick and thin pair (whatever is comfy for you)
- Hardwearing trousers (**not** jeans)
- Warm clothing (several layers are best)
- Warm hat and gloves
- Waterproof jacket and trousers
- Sun protection to include sun hat, sun cream, lip salve and KIX Scarf
- Water bottle that will hold 2 litres of water
- Lunch box that can be reused each day
- Small day rucksack for carrying your daily supplies and waterproofs
- Swimwear
- A pair of old shoes/trainers that won't fall off in the water
- Old T-shirt and shorts to wear over swimwear

KIX+

As you may already have seen, KIX has its own newspaper! KIX+ contains pictures and news about KIX and Scouting. Copies will be delivered daily and also placed on the KIX notice board. Don't

miss it! You're encouraged to contribute by telling us news, about a worthwhile story or anything else that you think needs to be in KIX+

Send details and photographs to us at

KIXplus@surrey-scouts.org.uk

After KIX you will find the issues at

www.surrey-scouts.org.uk/kix



Life after KIX

After sharing your life with Scouts during KIX it might feel sad that the event is over. This is a normal reaction but Scouting will continue and the coming years will offer many possibilities to participate in international events in the UK and abroad. Be sure to stay in touch with your new friends and remember that Scouting is a very rewarding way of life. We hope you will live the KISC dream.

What next?

If your experience has whet your appetite for international adventure, there's no need to wait for KIX26; why not talk to your leaders about arranging your own expedition? The Surrey Scouts International team are very happy to help you discuss your ideas and advise you on your options. Visit **surrey-scouts.org.uk/international** for more information.