

# Sports and Activities

All sports and activities at International Summer Camp Montana are aimed towards developing the talents and physical fitness of each camper. They are varied in order to enhance the abilities of the individual as well as those of the group. Campers may also take part in activities of their choice during free-time, always under the supervision and guidance of our staff. The following list indicates the main activities on the Camp's program:

## **Aquatic**

- Kayak / Canoeing
- Swimming

## **Artistic**

- Arts & Crafts
- Circus
- Drama
- Magic
- Music

## **Ball Sports**

- Badminton
- Basketball
- Golf
- Football/Soccer
- Floor Hockey
- Petanque
- Softball
- Table Tennis
- Tennis
- Volleyball

## **Riding**

- Dressage, jumping and vaulting
- Trail riding

## **Special Programs**

- Excursions
- Overnight experience
- Fun Forest ropes course

## **Physical / Recreational**

- Aerobics / Zumba
- Archery
- Climbing
- Fencing
- Fitness
- Frisbee
- Karate
- Mountain Biking
- Table Soccer
- Trampoline
- Yoga

## **Evening Activities**

- Camp Fires
- Discos & Awards and Farewell Parties
- Games
- Movies
- Stunt Nights
- Tournaments

For more information on any of the sports, activities or programs that the Camp has to offer, please visit our website, or alternatively contact the Camp.

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For further information and reservations please contact the Directors:

Philippe Studer - Tania Mathieu - Erwin Mathieu

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**3963 Crans-Montana 1**  
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# International Summer Camp Montana Switzerland



## Sports – Languages – Fun

International Summer Camp Montana is a privately owned and operated camp in the Swiss Alps, for boys and girls from all over the World, from 8 to 17 years of age. For over 60 years, International Summer Camp Montana has employed European traditions in the development of physical and intellectual achievement. The philosophy of the camp is to provide both an outdoor and healthy living experience, through sport, activity and learning in a creative and wholesome environment. Through the wide range of activities offered, our campers are enriched in mind, body and spirit. Being an international camp, each camper has the opportunity to broaden their outlook on life by meeting people from different countries and varied backgrounds. The combination of educational, social and recreational activities with co-operative living enables each camper to acquire maturity and independence essential to their own well-being. By respecting others, our campers develop a better understanding of democratic ideals and responsible citizenship. International Summer Camp Montana provides a unique opportunity to understand oneself better by living with others in beautiful surroundings, which are full of happiness and learning.

### Campers

International Summer Camp Montana is both co-educational and non-denominational. Every year our campers come from many different cultures and represent upwards of 50 nations.

Whilst campers are placed in groups by their gender, boys and girls are accommodated on separate floors. Experience has shown that co-educational programs during activities such as excursions, hikes and evening activities are beneficial in the development of our campers. The camp is divided into the following age sections:

Rookies	8 to 11 years
Champions	12 to 13 years
Seniors	14 to 17 years

On average there are eight campers per group and generally accommodation is in rooms of 4.

The programs for each section are made appropriate with the ability, endurance and resourcefulness of that age level. Our activities are directed towards personal and group growth; whilst they are fun and interesting, they challenge the camper to exercise their intelligence and promote the development of their abilities and character. English is the main language at Camp with French, Italian, Spanish and German also being spoken.

### Crans-Montana

Crans-Montana is an internationally known health and sports resort in the heart of the Alps. Located 1500 meters above sea level in the French-speaking part of Switzerland, easily accessible by road and rail. The nearest airport is Geneva, a journey of approximately two hours. Crans-Montana is known as the 'Sun Terrace of Switzerland'; set on a sun-drenched plateau high above the vineyards and orchards of the Rhone Valley, surrounded by magnificent pine forests and snow-capped mountains.

## Camp Sessions

International Summer Camp Montana offers the following sessions for the summer of 2024:

### Sunrise Session:

Saturday 15<sup>th</sup> of June - Saturday 29<sup>th</sup> of June

### First Session:

Sunday 30<sup>th</sup> of June – Saturday 20<sup>th</sup> of July

### Second Session:

Sunday 21<sup>st</sup> of July – Saturday 10<sup>th</sup> of August

### Third Session:

Sunday 11<sup>th</sup> of August – Saturday 31<sup>st</sup> of August

Campers may be enrolled for more than one session. A camper's stay may be extended for one or two more sessions but only on a space-available basis. As the number of places are limited, parents are advised to make their reservations early.

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### Member of:

**Valais Tourism**

**Crans-Montana Tourism**

**Swiss Ski**

**Certified Horsemanship Association**

## **Accommodation**

The International Summer Camp's main building is the solid stone Moubra House, overlooking playing fields, rich alpine forests, a mountain lake and the stunning Rhone Valley. Six additional buildings include a large chalet for Rookies and accommodation is available for a total of 330 campers.

Rooms are sunny and well-equipped, with most having wide balcony areas. Each floor has several showers and bathroom facilities.

The main building includes a panoramic dining hall, a clubroom, a camp lounge and seven classrooms.

## **Health and Safety**

The health, safety and general welfare of each individual camper are meticulously cared for. Every precaution is taken wherever campers eat, play or sleep; no activity takes place where undue risk is involved. Three nurses are in charge of the Camp infirmary and a local doctor is available at all times. There is a fully equipped hospital nearby in Sion.

## **Language Courses (optional)**

Language courses in English, French and Spanish as foreign languages are optional programs and campers may take one language class per session. There are five lessons per week each lasting 50 minutes, and taught by teachers in their mother tongue. Teaching is at beginner and intermediate levels and specifically encourages the student to participate actively in the lessons. Audio-visual aids are also used and learning documentaries complete the program, giving the students a good insight into the culture of a particular country.

## **Excursions**

In addition to half-day and one-day hikes, during which campers explore the surrounding mountain areas, there are two excursions (by coach) during each session included in the Camp fee. When planning the excursions, emphasis is placed on history and culture. One excursion focuses interest in the Canton of the Valais, rich in tradition. Zermatt, the mountain village at the foot of the Matterhorn; Saas Fee, the village of the glaciers; the St. Bernard Pass; the Rhone Glacier and Martigny with its Roman amphitheater, art exhibitions and various museums. The second excursion is to a different part of Switzerland such as: Geneva and the Lake Geneva area, Lausanne and the Olympic Museum, Montreux and the Castles of Chillon and of Gruyère, the Chaplin museum; Bern, the medieval town and capital of Switzerland, the Bernese Oberland, Thun and Interlaken.

## **Staff**

The Camp Directors are each in charge of specific facets: programming, educational supervision, catering and administration. The Head Counselors are each responsible for one of the three age sections. The program section comprises of some 120 counselors, sports instructors and language teachers.

Staff members are carefully chosen on the basis of their age, education, experience, maturity and ability to work with children. Three resident nurses and an on-call physician are responsible for the health of our campers and staff.

A professional chef supervises the preparation of excellent French-style food with an international flavour. Our desserts and pastries are homemade. Special diets for children with food allergies can be catered for upon request.

## **Camp Kit**

At the beginning of March, all enrolled campers will be sent a Camp Kit which includes specific information about the summer season such as clothing and equipment list, an invoice, health form, a personal information form and a laundry number. The laundry number must be visible on all items of clothing and clearly marked on all equipment. These forms are to be completed and returned to the Camp.

## **Airport Transfer**

### **Geneva**

If requested, members of our staff can meet and escort campers to and from Geneva Airport on arrival and departure days. On their departure, campers are helped with check-in and customs formalities and are accompanied to the aircraft if travelling as unaccompanied minors. The cost is CHF 200.– (US\$ 200.–/€ 200.–)\* one way and CHF 400.– (US\$ 400.–/€ 400.–)\* return, by car or deluxe bus. Transport on any day other than the official arrival or departure date can be organised, at the cost of CHF 700.– (US\$ 700.–/€ 700.–)\* per car per trip. As the organization of collective travel requires time, parents must confirm arrival and departure arrangements in writing to the Camp administration at least two weeks before the date of travel. Individual arrangements, as well as last minute changes, are subject to extra billing. Transfer cancellations can be done up to 48 hours prior to the date of transfer; after that there will be no refunds.

### **Sion**

Campers arriving at Sion Airport will be met by staff members. The cost for the transfer to and from Sion Airport is CHF 100.– (US \$ 100.–/€ 100.–)\* per child per way.

### **Arrivals and Departures by Train**

Campers who arrive by train in Sierre, Visp or Sion will be met at the station and driven to Camp. The cost for Sion and Sierre is CHF 50.– (US\$ 50.–/€ 50.–)\*, and for Visp is CHF 100.– (US\$ 100.–/€ 100.–)\* per child per way. For campers arriving in Lausanne, the cost is CHF 150.– (US\$ 150.–/€ 150.–)\*, per child per way.

# General Information

## Acceptance and Conduct

International Summer Camp Montana only accepts boys and girls of outstanding character. It is understood that all campers will conduct themselves in a correct manner and abide by the rules and regulations. The Camp Directors reserve the right to send home any camper whose behavior is, in their opinion, incompatible with the general well-being of the Camp and no refund will be made. Any additional costs incurred will be at the parents' expense. With health being one of the Camp's main concerns, campers are not permitted to smoke or drink alcohol.

## Camp Fee and Financial Conditions

The Camp fee is CHF 8'100.- (US\$ 8'100.-/€ 8'100.-)\* per child, per three weeks-session. This includes full board, sports instruction, excursions, hikes and all other activities. The use of sports equipment such as tennis rackets, balls, mountain bikes, safety helmets, etc. is also included in the Camp fee. Bed linen is provided by the Camp. Also included are: regular laundry service and basic infirmary care. Not included are: travel to and from Camp, pocket money, accident and illness insurance (proof of insurance must be provided), medical treatment, prescriptions and language courses.

The Sunrise session fee is CHF 5'390.- (US\$ 5'390.-/€ 5'390.-)\* per child (Overnight hike and horse riding not offered).

Applications are only accepted upon receipt of the signed application form/general terms and conditions as well as payment of a non-refundable and non-transferable deposit of CHF 1'500.- (US\$ 1'500.-/€ 1'500.-)\* per child per session. The balance of the Camp fee and any extra costs must be received in full before 30<sup>th</sup> April 2024. For applications received after 30<sup>th</sup> April 2024, the balance is due upon confirmation of the reservation. Any additional day at camp will be charged CHF 405.- (US \$ 405.-/€ 405.-)\*.

**We strongly recommend that parents take out a private cancellation insurance policy as no refunds or transfers will be made for shortened stays or cancellations.**

## The Directors

The Camp is owned and directed by a family of Swiss professionals:

**Philippe Studer** is responsible for programming and educational supervision as well as for the house staff and domestic facilities. He is a graduate of the Ecole Hôtelière de Lausanne, Switzerland, with a Bachelor of Science in Hotel Management.

**Tania Mathieu** is a graduate of Glion Institute of Higher Education with a Bachelor of Business Administration; specialising in Event, Sport and Entertainment. She is directly involved in many aspects of the camp's operations with particular emphasis on camper health and camper/parent relations. In addition, having a passion for horses, Tania oversees the riding program.

**Erwin Mathieu**, Tania's father, has been the Administrative Director since 1966. He has a solid background in business administration, is an active sportsman and is very much involved in all aspects of the Camp and education.

The Camp was founded in 1961 by Rudy Studer, Philippe's father. He was a graduate of Basel University, Switzerland, and together with his wife Erica Studer-Mathieu, devoted their lives to recreational education. Now, their son Philippe carries on their philosophy that young people will benefit through sports and international friendship.

## Language Course Fee

Language courses in English, French and Spanish as a foreign language are available for an additional fee of CHF 300.- (US\$ 300.-/€ 300.-)\* per session. Every student receives a certificate of attendance. There is no refund for unattended classes or cancelled courses. Campers may take only one language course per session.

## Payments

Payments are to be made in the form of bank transfer to the following details:

Beneficiary : ISCM SA

Beneficiary address : Route de la Moubra 43, 3963 Crans-Montana 1, Switzerland

Bank : UBS SWITZERLAND AG

Bank address : Avenue de la Gare 36, 1950 Sion

Account No. 263-602009.01R, bank clearing 0263

IBAN: CH180026326360200901R

SWIFT: UBSWCHZH80A

Please note that we do not accept credit card payments.

**\* All fees are payable in Swiss Francs. Prices indicated in US Dollars and Euros are calculated at an exchange rate of 1.00 and 1.00 respectively, and are only to be used as a guideline.**

## Disclaimer

International Summer Camp Montana assumes full responsibility for the program arrangements made and will do its best to fulfil these. However International Summer Camp Montana is not liable for changes or events outside its direct control, e.g. hired transportation, airline and flight schedules, unforeseen worldwide events or weather conditions. Therefore, International Summer Camp Montana cannot be held responsible for any extra costs, injuries, damage, delays or inconveniences due to negligence of third parties. In the event of litigation, the court of original jurisdiction is in Sierre, Switzerland.