



**Schweizer Alpen-Club SAC**  
Club Alpin Suisse  
Club Alpino Svizzero  
Club Alpin Svizzer



**Schweizer Alpen-Club SAC**  
Club Alpin Suisse  
Club Alpino Svizzero  
Club Alpin Svizzer



## UIAA - International Camp for Trainers or Train the Trainers

**Date: 26.07. 2003 – 02.08. 2003**

### **Main targets:**

- To enjoy together **Swiss mountaineering**: To climb (rock climbing at grade 4 to ..., ice climbing, touring on glaciers, high mountain touring
- **Exchange of experiences** by speaking or doing things for example: To compare each day a special technical method, as example: How does everybody abseil in his country? Each person shows in the area his way of abseiling / rappelling. All try by doing the different methods. We discuss together the pros and cons of the different ways of doing the same thing. Perhaps we like to change our way of doing it, or we get more convinced of it.
- To enjoy together the evenings by talking, singing, playing, by giving a talk about mountaineering

### **Participants:**

- Trainers or Train the Trainers, which train or lead young people and have a lot experiences in mountaineering, climbing from fourth grade up to...
- For two persons of each Association

### **Accommodation**

Ferienhaus „Zur Schanz“ at Wassen is near the Northportal of the Gotthardtunnel in the beautiful valley Meiental. Dormitories with wool blankets. Perhaps you prefer to bring your own sleeping bag.



### **Board**

Breakfast and dinner at our accommodation, lunch provided for all outdoor activities.

### **Location**

Central Switzerland is a beautiful area with many different possibilities:

- Susten: rock climbing in granite and limestone, glaciers and high mountain touring
- Göschenertal: rock climbing in granite, glaciers and high mountain touring
- Furka: rock climbing in granite, glaciers and high mountain touring
- *Bedretto*: : rock climbing in granite
- *Tessin*: : rock climbing in granite

**Equipment:** Detailed list will be sent after registration.

### **Costs:**

300 SFr. per participant for accommodation, programme and board.



**Registration:**

- Please fill in the registration form following for participants
- **Before ending 31<sup>st</sup>. January 2003**

**Registration: UIAA – Camp for Trainers**

Association \_\_\_\_\_

Address \_\_\_\_\_

Tel. \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

Contact Person \_\_\_\_\_

**Participants**

1. Name and Family Name \_\_\_\_\_

Address \_\_\_\_\_

Date of Birth \_\_\_\_\_ Tel \_\_\_\_\_

Fax \_\_\_\_\_ Email \_\_\_\_\_

Mobil phone number: \_\_\_\_\_

**Schweizer Alpen-Club SAC**  
Club Alpin Suisse  
Club Alpino Svizzero  
Club Alpin Svizzer



2. Name and Family Name \_\_\_\_\_

Address \_\_\_\_\_

Date of Birth \_\_\_\_\_ Tel \_\_\_\_\_

Fax \_\_\_\_\_ Email \_\_\_\_\_

Mobil phone number: \_\_\_\_\_

We'll arrive by: car  train  plane  don't know yet

We have health insurances and accident insurances valued in Switzerland (this insurances are mandatory).

**We are insured:**  yes

Date \_\_\_\_\_

Signature \_\_\_\_\_

Please send this registration form before ending 31<sup>st</sup>. January 2003 to

**Schweizer Alpen-Club (SAC),**

Tanja Peter, Monbijoustr. 61, Postfach, 3000 Bern 23, Tel.0041 (0)31 370 18 18

Fax 0041 (0)31 370 18 00

Or Email: [tanja.peter@sac-cas.ch](mailto:tanja.peter@sac-cas.ch) and CC to [atina.renhor@freesurf.ch](mailto:atina.renhor@freesurf.ch)



**UIAA - international camp for trainers, Saturday 26<sup>th</sup> July to Saturday 2<sup>nd</sup> August 2003 in Wassen, Switzerland**

**Organisation:** Anita Rohner, Swiss Alpine Club SAC  
**Main target:** Exchange of experiences (compare educational standards and safety techniques)  
 learning new mountaineering skills  
**Groups:** max. 6 participants per group

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Travel day Arrival	Rock training	Climbing trip	Via ferrata excursion	Ice training	Mountain trip	Ropes courses or hiking trip or mountain trip or climbing trip	Travel day
	Knots Rope up methods Abseiling Belay methods	Pfriendler Trotzigplanggstock Kl.&Gr. Furkahorn Kl. Bielenhorn Gross Schijen Sandbalm Bergseeschijen Feldschijen	Diavolo Tälli	Rope up methods Crampon parcour Ice Anchors Pulley systems Ice climbing	Galenstock Sustenhorn Fünffingerstöck	Tyrolienne Nepal bridge Strength problems	

19.9.2002, bh

Every day, the events will be in the mountains.



Evening program:

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Welcome evening - Group building game - Group building methods					Camp-evaluation - Why is feedback important - Feedback-methods - Looking back on the Camp with children - Looking back with leaders (practically treatment on Friday)	- Course reflection & evaluation - Farewell party - 1. August Swiss National Day	

**Different possibilities to join voluntary in the evenings:**

Camp-preparations - What to do in advance - Systematic/Checklist - modular set-up - creative working methods	Mammut-representative speaks about - ropes, - Via ferrata-security, - hardware	Handicrafts - meaning and aim of alternative occupation - exchange of ideas - plane of paper or balsa-wood/ stone-handicraft	Learning's - How do children and teenagers learn - Set-up and arrangement of theory-lessons - Motivation Memory, recall	- Swiss culture - Alps, tourism, environment - Living in the Alps - Visiting Luzern excursion: Gotthardtunnel - art and music
--	---	---	--	---