"The purpose in life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experiences"

**Eleanor Roosevelt** 

#### **ADDRESS**

Les Elfes International

#### LES ELFES PARTNERS

#### W HOTEL VERBIER

#### CHALET D' ADRIEN

#### CHALET DE FLORE

#### CORDÉE DES ALPES

A luxurious bespoke four star superior hotel and

#### **CK VERBIER**

#### Les Elfes International is a member of





#### **YOUR AGENT**

#### **ASK FOR YOUR AGENT**

Europe

Sweden, Finland, Romania, Latvia,

North America **Americas** 

Kingdom USA (Boston, Miami, New York), Canada

Middle East

Saudi Arabia, United Arab Emirates,

Asia

Oceania Africa

Photos ©Les Elfes, Verbier

Our associates VERBIER Sport

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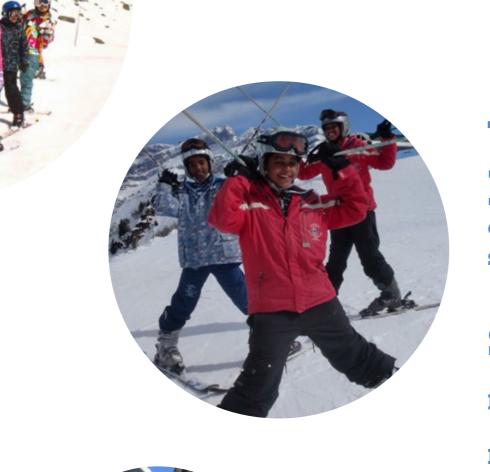














Girls & Boys 7-18 years old
SKI & SNOWBOARD LESSONS / LANGUAGES / EXCURSIONS

## **SUMMARY**

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# THE LEGEND OF LES ELFES





Designed for students from all corners of the world, our Les Elfes Camps offer unique and enriching experiences to young people from 7 to 18 years old.

Holidays which combine the discovery and practice of exciting new sports and activities with learning and brushing up on languages.

At Les Elfes every guest is a young adult, with each and every one expressing his or her individuality within a truly international circle. Children and teenagers come from over 60 different countries to have an unforgettable holiday trying new sports and activities, discovering other cultures and making new friends.

From the program of activities to the quality of accommodation, sports instructors, language teachers and administrators, everything has been provided for so that you can entrust your children to our care with a feeling of security. They will return with fantastic everlasting memories of their holidays, whether in spring, summer or winter.

#### **ORGANIZATION**

Les Elfes was founded by Philippe and Nicole Stettler in 1987. Together with the head office in Verbier, they run the marketing, public relations, school programs administration and supervise the organization.

Each camp is supported by a **Resort Manager and an Activities Manager** whose job is to co-ordinate the instructors & counselors, supervise the activities, manage security, and in general keep things running smoothly at the camps. Each age group is managed by a group leader, an assistant, and a team of instructors & counselors who accompany and take care of the children during activities and throughout

the camp. On top of this we use professional instructors for certain activities offered during the sessions

Finally, there is a team of kitchen staff, cleaners, and drivers, all of whom watch over the well-being of our guests during the camps.

#### **MEALS**

Les Elfes Camps offer large buffet breakfasts and varied lunches and dinners designed to satisfy all students. Meals are prepared with fresh products and the wide-ranging international menus are well balanced and tailored to the youngsters' needs, requirements and wishes. Together the chefs and their teams prepare a variety of meals that also cater for the special needs of each individual (e.g. Vegetarian diet, European diet, Religious diet, etc).



#### STAFF & SAFETY

Our dedicated and enthusiastic team of staff are 100% focused on the safety of the participants and the smooth running of the activity programs.

Each camp is supervised by a Resort Manager, an Activities Manager and a Head of Animation. Les Elfes run the camps with all the appropriate staff, including monitors, animators, kitchen staff, secretaries, drivers, cleaners etc.

The ratio of animators to participants is 1:5 but if all the staff at Les Elfes are included, then it is 1:2.

All our monitors have been carefully selected, in accordance with the Les Elfes criteria, for their skills and experience in working with children.

We endeavor to provide the perfect mix of guardian, friend and teacher to all the participants, and while we are there to ensure that participants are happy, parents have peace of mind, knowing that their child's safety is paramount. We are very conscious of the enormous responsibility that caring for children entails and are completely focused on their well-being. Nevertheless, in the event of illness or accident, we are only minutes away from world-class professional assistance.

All our summer and winter monitors and instructors are required to take a two week training course before the beginning of each season, one week of technical training and one week to learn and become acquainted with the philosophy of Les Elfes and the safety requirements. Our Activities Managers

supervise the work of our monitors and instructors throughout the day.

In the winter, all our ski and snowboard instructors are accredited by the official Swiss Ski School, and in the summer each instructor specializes in the various sports offered at Les Elfes.

Les Elfes also use sports experts for some activities. Risk assessments are designed for each activity and are signed by all our monitors and head instructors during the morning briefing sessions and evening debriefing sessions that are held daily.

All our camps have their own nurse, a 24-hour receptionist and a night guard, who, together with all our monitors, enable us to offer 24-hour supervision of the youngsters.

We have 3 state-of-the-art clinics in Verbier, and both camps have access to a regional hospital and two University hospitals only 40 minutes and 75 minutes away respectively or just 10 minutes by helicopter.

Watch our staff & safety video





## **VERBIER SWITZERLAND**

**HEART OF THE SWISS ALPS** 

**SOUTH FACING** 

#### VERBIER, **SWITZERLAND**

Verbier, the original home of Les Elfes, is situated in the heart of one of the most beautiful regions of the Swiss Alps. Directly opposite Le Grand Combin which rises to 4300 m, Verbier's stunning location on a south facing plateau guarantees an exceptionally sunny climate in both summer and winter.

Verbier, set in a breathtaking panorama, is one of the most famous resorts in Europe and offers the best in sporting and leisure activities all year round in a cosmopolitan and relaxed atmosphere. The domain is comprised of more than 450 km of ski slopes, heights of up to 3300 meters and has more than 100 ski lifts connecting the four valleys. The high altitude guarantees that there will be snow from December

Verbier also has many shops and restaurants, from the most informal to the most sophisticated. Verbier is in the French part of Switzerland, 1 hour and 45 minutes from Geneva (a magnificent journey), 2 hours and 45 minutes from Zürich and 30 minutes from the Italian and French borders.



"THIS WEEK WAS AMAZING, COOL, WONDERFUL! I HAD THE **MOST AMAZING** INSTRUCTOR! THE STAFF IS SO KIND AND THE FOOD IS AMAZING!

#### **ACCOMMODATION** IN VERBIER

Our two purpose built wood and stone chalets follow the Swiss Alpine tradition and offer charm and comfort to our guests. Both chalets are situated in green, peaceful surroundings and are only five minutes from the centre of Verbier. The girls and boys are separated in each of the two chalets, which are completely equipped for holiday camps:

- A permanently staffed and welcoming reception
- Large rooms with 4 beds and ensuite bathrooms.
- Two spacious, sunny dining rooms with an openplanned sitting room and an open fireplace leading onto a south facing terrace with a barbecue.
- · A library, games hall, cinema, music room (or discotheque), classrooms, conference rooms and
- Professionally equipped kitchens in both buildings.
- All equipment for indoor and outdoor games and sports (football field, basketball, volleyball and badminton courts, golf putting/driving range, trampoline, pétanque area and climbing walls).









## **ACTIVITIES**

#### **WORLD CLASS SKI RESORT**

#### SKI LESSONS

Verbier is a world class resort, consistently ranked in the top ten. It is the capital of the 4 Valleys ski area with wide-ranging facilities for both skiers and non-skiers alike. Verbier offers more than 400km of pistes between elevations of 1500m and 3330m.

- Ski lessons with a qualified instructor
- 6h per day (3h in the morning, 3h in the afternoon)
- Beginner, Intermediate or Advanced
- Small groups

Of course it is very important for us to verify the level of our campers to ensure they settle in and enjoy their skiing. We will ask you the level of your child's skiing ability at registration but will also conduct a brief test on snow at the start of the camp to determine the ability of each camper. Our ski instructors will also meet every day to discuss the progression of their students, if required they can then move students into groups that better suit their ability.

#### **SNOWBOARD LESSONS**

Snowboarding offers a fun alternative to skiing and often suits some campers who have experience in boardsports or are compelled to try something different. It can be a sport with more freedom and no limits on progression whilst being a great full body

- Snowboard lessons with a qualified instructor
- 6h per day (3h in the morning, 3h in the afternoon)
- Beginner, Intermediate or Advanced
- Small groups

Surfing down the mountain is an exhilarating way to spend the winter months. It is relatively easy to learn, with some people taking to it naturally. Verbier offers some great terrain to learn snowboarding and we will ask you about your child's ability as well as starting the camp with an ability test to evaluate each camper.



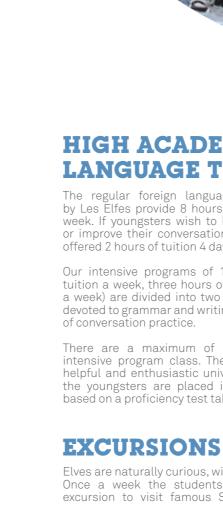
#### **OTHER SPORTS**

- At Karting Extreme Verbier we can teach the campers to race/drive around the extreme ice track
- Sledging
- Torch walk
- Ice-climbing
- Figure skating
- Ice hockey
- Curling
- Swimming
- Squash
- Computing with internet connection with assistance from our instructor

Alongside the sports and linguistic activities, other special activities such as theatre, photography, dance and cultural visits are organized by Les Elfes. Their originality and interesting nature contribute to the students' memories of the camp.

Private sports coaching and language classes can also be organized.





Elves are naturally curious, with a desire to explore! Once a week the students can also go on an excursion to visit famous Swiss cities such as:

- · Lausanne with its Olympic museum, the old town of Ouchy.
- Geneva, the old town, the Botanical Garden and the United Nations.
- Bern, the Swiss capital, the Federal Parliament and the Bears' Den.
- Gruyère where we visit the cheese dairy and chocolate factory.
- Montreux and Château de Chillon.
- Vevey and the Alimentarium



#### HIGH ACADEMIC STANDARD OF FOREIGN LANGUAGE TUITION AT ALL OUR CAMPS

The regular foreign language programs offered by Les Elfes provide 8 hours of language tuition a week. If youngsters wish to learn a new language or improve their conversational skills, they will be offered 2 hours of tuition 4 days a week.

Our intensive programs of 15 hours of language tuition a week, three hours of tuition a day (5 days a week) are divided into two parts, with two hours devoted to grammar and writing, followed by an hour

There are a maximum of 7 participants in an intensive program class. The teachers are young, helpful and enthusiastic university graduates, and the youngsters are placed in appropriate groups based on a proficiency test taken on the first day.

As part of the language learning program, participants receive a certificate signed and graded by their teacher and also produce a weekly camp newsletter which is published on our website. Exam preparation - if students have an exam coming up, we will help them in the preparation. Verbier is situated in the French-speaking area of Switzerland and French is widely spoken in and around the camp. However, since it is an international camp, English

is the official language of the camp and during their stay at Les Elfes youngsters will be able to practice the language of their choice with their friends, which is undoubtedly the best way to achieve fluency in a foreign language.



vls°

verbier language school





## **PERSONAL ACHIEVEMENTS**



#### **SKIING LEVELS**

- The skier is able to stop effectively, demonstrate that they can slide confidently using different amounts of edge to vary
- The skier is able to perform basic turns confidently on a blue slope, and is developing towards parallel turns. They can ascend confidently using a drag lift and have some experience of using a chair lift.
- The skier is comfortable in using consistent parallel turns on a blue slope but may use plough-parallel turns on more difficult terrain. They are confident in using a range of different lifts to ascend and can demonstrate a range of turns with different turn radii and widths.
- The skier can effectively ski using consistent parallel turns and is working towards developing their carved turns. They have also begun to develop their ability in navigating pistes for themselves in a resort and can confidently read a slope and ski
- The skier can confidently ski using parallel turns on all pistes and can confidently carve on red pistes. They can also effectively navigate using a piste map and have experience in skiing itinerary routes.

#### LANGUAGE **LEVELS**

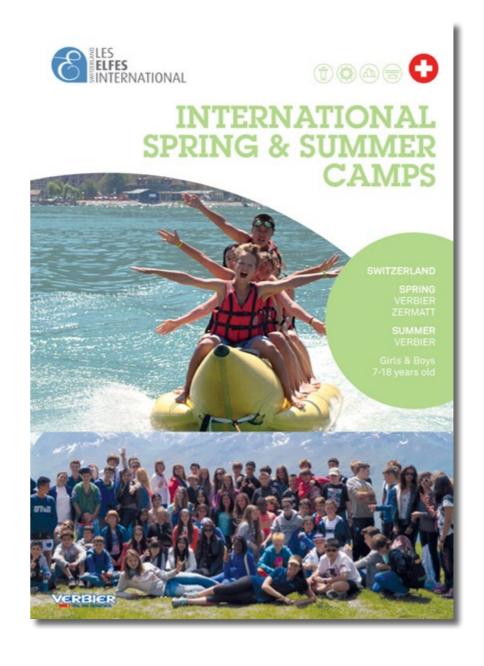
- You can understand and use basic vocabulary and everyday expressions, make introductions, ask and answer questions.
- You can understand and use simple sentences and everyday expressions and you can speak about things you know.
- You can understand everyday situations about work, school, hobbies, etc. You can describe experiences and events, dreams, hopes & ambitions and give reasons and explanations for your opinions and plans.

#### **SNOWBOARDING** LEVELS

- The snowboarder is able to stop effectively, demonstrate that they can slide confidently using different amounts of edge to vary their speed.
- The snowboarder is able to perform basic "falling leaf" turns confidently on a blue slope, using both the toe edge and the heel edge but independently and is beginning to turn from one edge to another. They can ascend confidently using a drag lift and have some experience of using a chair lift.
- The snowboarder is comfortable in using consistent linked edge-to-edge turns on a blue slope but may use the "falling leaf" technique on more difficult terrain. They are confident in using a range of different lifts to ascend and can demonstrate a range of turns with different turn radii and
- The snowboarder can effectively use consistent linked turns and is working towards developing their carved turns. They have also begun to develop their ability to navigate pistes for themselves in a resort and can confidently read a slope and snowboard accordingly.
- The snowboarder can confidently snowboard using linked turns on all pistes and can confidently carve on red pistes. They can also effectively navigate using a piste map and have experience in riding itinerary routes.
  - You can understand texts on specific subjects and have more thorough conversations about your interests. You can speak and write about many subjects, put forward your point of view and discuss advantages and disadvantages.
- You can understand and speak about more demanding and longer texts, speak fluently and spontaneously and take part in any discussion.
- You have mastered the language and can C2 summarize information, argue and use varied language.



### DISCOVER OUR SUMMER CAMPS FOR INDIVIDUAL STUDENTS IN VERBIER



#### **USEFUL INFORMATION**

#### **SOCIAL MEDIA**

Stay connected with Les Elfes:

















The "Les Elfes Camps" app is free to download for iOS and Android devices in App Store and Google play. Stay connected with Les Elfes and follow the latest news live from the campus.