



O-Day Presentation



The KISC100 Australian Contingent would like to acknowledge and pay respect to the Traditional Custodians of these lands of which we are all living on. We pay respect to their Elders past and present, and to the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait Islander peoples.

We pass that respect on to any Aboriginal or Torres Strait Islander peoples who are part of our Contingent.

Agenda

- Meet the Team
- Your Contingent Kit
- The Stats
- KISC – the fun bit
- The Serious Bit
- What to Bring
- Health and Wellbeing
- Safety and Security
- Travel Arrangements
- Wrap Up and Questions



Meet the Team

Lisa Picking (VIC) she/her
Contingent Leader

- Assistant Chief Commissioner – Program Strategy
- State Commissioner – International
- Deputy Contingent Leader – NZV2019
- Contingent Advisor – NZ Moot 2019, KISC 2016, NZ Moot 2015
- Reception Manager – Kandersteg International Scout Centre 2012/2013
- Contingent Leader – NZ Moot 2012



Meet the Team

Georgia Griffiths (QLD) she/her
Deputy Contingent Leader

- Program – NZJ2024
- Participant – NZJ2013, WSJ2015, NZV2016
- District Cub Leader
- Venturer Leader

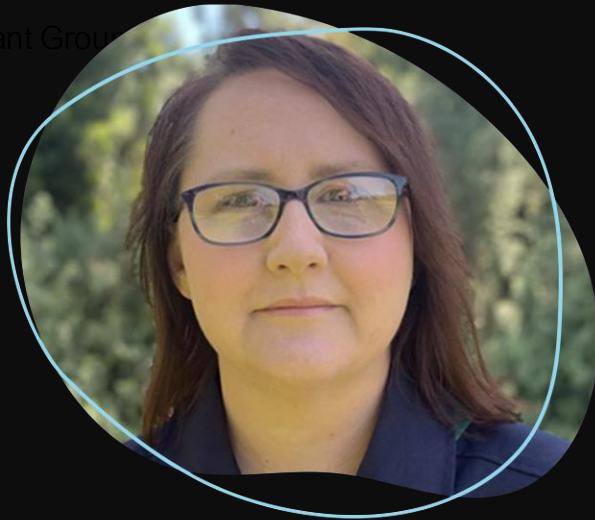


Meet the Team

Kellee Gibby (WA)

She/her

- Contingent Support
- Deputy Contingent Leader 23rd NZJ
- Deputy Chief OneCamp
- Branch Leader SISEP WA
- Assistant District Commissioner
- Assistant Group



Michael Thomas (VIC)

He/him

- Contingent Advisor
- Leader - KISC2016
- Business Manager - VicJam
- Assistant Chief Commissioner - Operations



Admin & Finance

Samuel Thomas (VIC)

He/ Him

- Transport and Logistics - NZJ2024
- Head Entertainment - VicJam 2022
- Rover



Tom Dowsley (WA)

He/ Him

- Contingent Leader - NZJ2024
- Camp Chief - One Camp
- Scout Leader



Marketing & Communications

Kate Leyden (VIC)

She/her

- Assistant Contingent Leader - NZJ2024
- Unit Leader – Hatfield Rover Unit
- Vice Chair - STEM Youth Council



Michelle Strachan (VIC)

She/ Her

- Contingent Management Team – NZV2023
- National & WOSM Marketing Team
- Group Leader



Meet the Team – Program

Dave Langron (VIC)

He/him

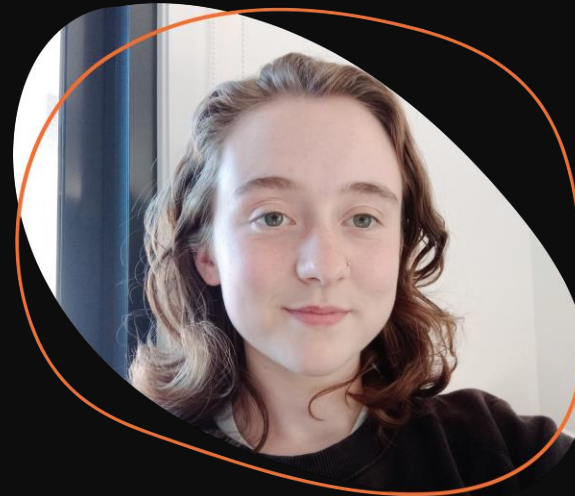
- Program Manager – NZV2019, KISC2016
- Assistant Program Director - KISC 2012/2013
- Venturer Leader



Sophie Redman (VIC)

They/them

- Participant - WSJ2019
- Service Leader - VicJam
- Rover Scout



Transport & Logistics

Sahara Hollaway (VIC)

They/them

- Participant - NZ Moot 2023
- Bogong Rover Chalet Management Group
- Camp Chief – Region Rover Camp 2023
- Rover Scout



Brett Cole (VIC)

He/him

- Transport and Logistics – WSJ2019
- Camp Chief – ScoutHike (Victoria) - 2018-2021
- Commissioner Week – Philmont Training Centre (USA – 2019)
- Region Commissioner



Health & Wellbeing

Kelly Martin (QLD)

She/her

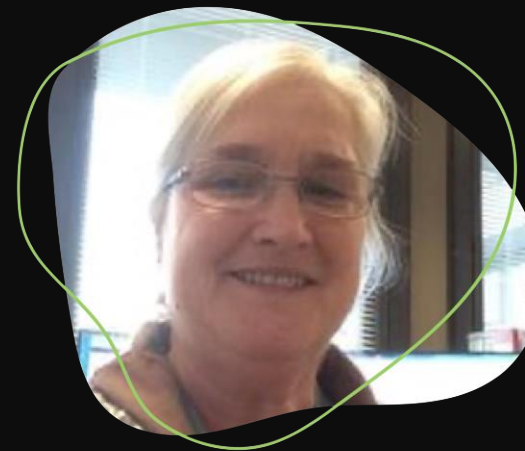
- Emergency Nurse
- Health and Wellbeing – NZV2019, KISC2016
- AV 2018 – Health Director
- Venturer Coordinator and First Aid – Aagoonoree 2013 - 2022
- Venturer Leader



Kym Griffin (QLD)

She/her

- Research Nurse
- IST - WSJ2015
- Scout Health Coordinator - Aagoonoree
- Branch Advisor - SISEP

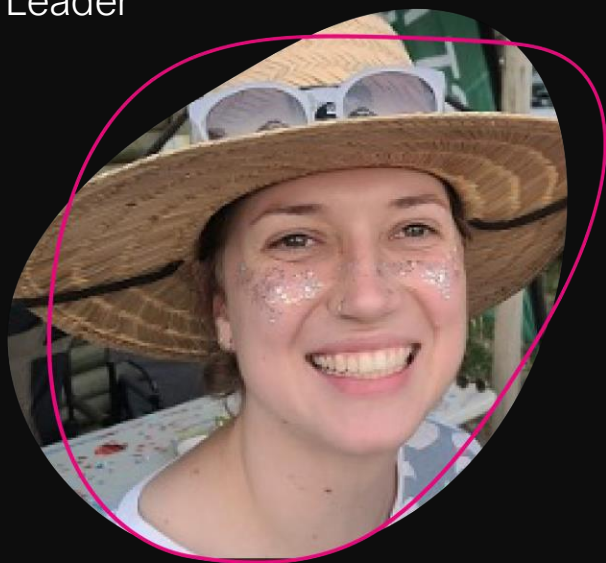


Health & Wellbeing

Kathryn Crisp (VIC)

Pediatric and Digital Health Nurse

- Mental Health First Aider
- Vic Contingent H&W - CBR Moot 2020
- Joey Leader



Mitch Kraan (VIC)

He/him

- Doctor - General Practitioner
- Health and Wellbeing – WSJ2019, NZV2019, 2016, 2013
- District Commissioner

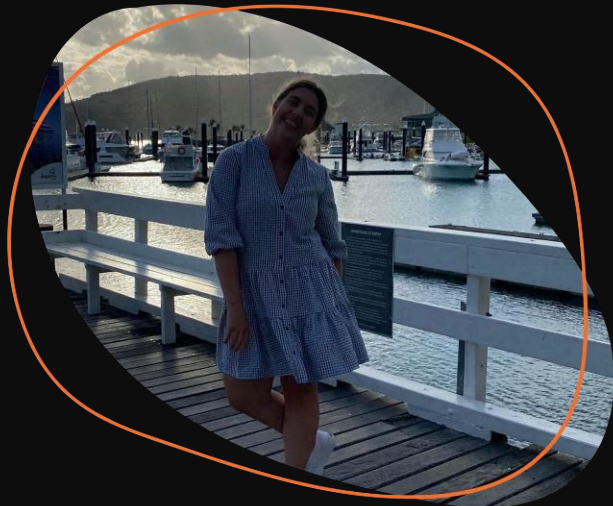


Health & Wellbeing

Emma Neeland (QLD)

She/her

- ICU Nurse
- Short term staff - KISC Summer 2016
- Rover Scout
- Scout Leader



Gemma Park (VIC)

She/her

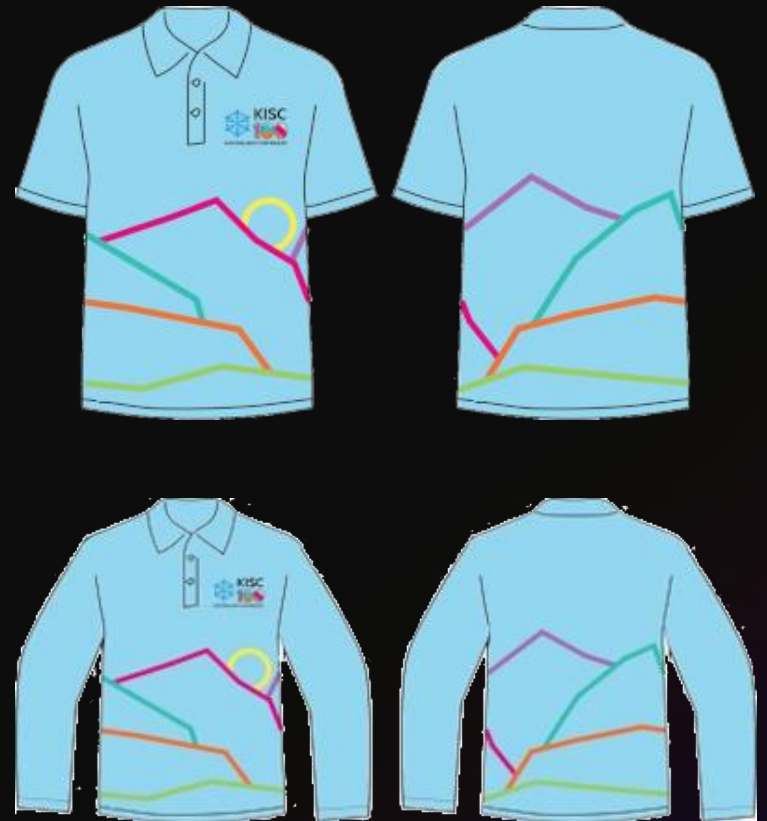
- Paramedic
- Past Mt Dandenong Region Rover Chair & Victorian Rover Council member
- Queen Scout and Baden-Powell Awardee



Your Contingent Kit

Includes

- Two Contingent Polo Shirts (one long sleeve, one short sleeve)
- Two Luggage Tags (one for your contingent travel bag and one for a backpack)
- Name Badge
- Two Australian International Scarves
- Two Contingent Badges
- Jacket (if ordered)
- Any other additional merchandise ordered (extra badges or shirts)



Your Contingent Kit

- One scarf to keep and wear home, one to swap
- Free to swap shirts AFTER Contingent photos
- Badges – one goes on your uniform, one to swap
- Do not swap your Scout Uniform
 - Travel
 - Expense at home



Our Contingent - The Stats

State/Territory	Scouts	Venturers	Rovers	Leaders	Total
ACT	2	2	2	2	8
NSW	4	4	15	4	27
NT	1	2	1	2	6
QLD	1	5	20	6	32
SA	-	3	1	1	5
TAS	-	1	-	-	1
VIC	32	31	36	29	128
WA	2	6	8	4	20
Total	42	54	83	48	227



Where is KISC?

Where is KISC?

- Canton of Bern
- Bernese Oberland
- 175km south of Zurich
- 220km east of Geneva
- 1,200 m Altitude



Kandersteg Village

- Outdoor tourism and agriculture – very picturesque
- Population of approx. 1400 – everyone knows each other.
- Village includes
 - two little supermarkets
 - Kāsespezialitäten (special cheese shop)
 - cafes/restaurants
 - public pool
 - post office
 - banks
 - souvenir shops
 - alpine hotels
 - pharmacy
 - outdoor adventure stores.

Good to Know

Switzerland

aka Confoederatio Helvetica

Time Zones

- Switzerland is 8 hours behind Australia - GMT+2
- We are awake between approx. 3pm and 4am Australian time

Weather

Variable – warm days, cold nights, some rain

Road Safety

- Drive on the right - Be careful when crossing!

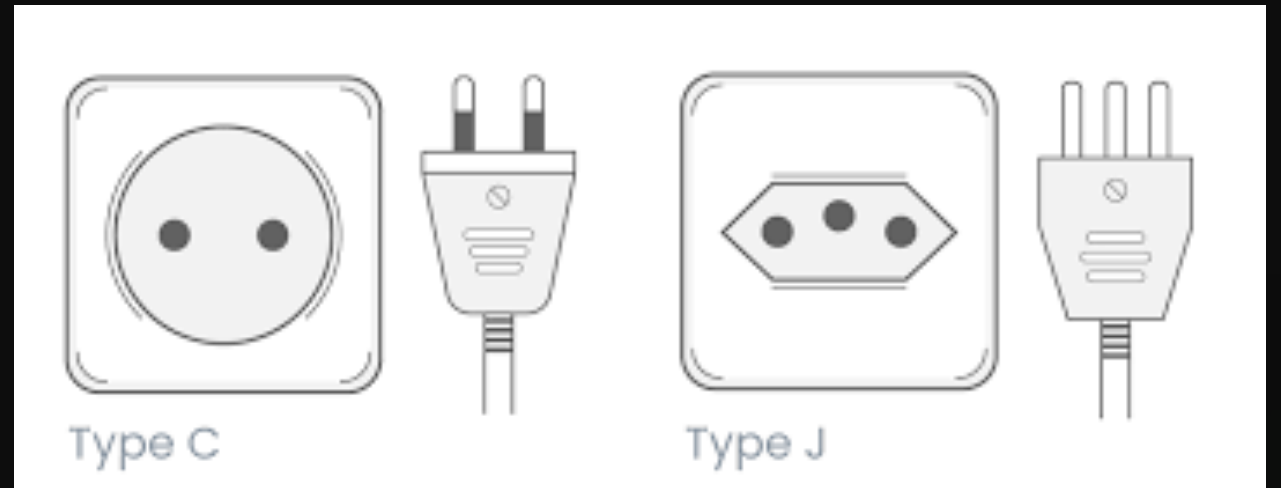
Currency

- Swiss Francs – CHF (AUD\$1.00 = 0.61 CHF)

Language

- Swiss German (Schweizerdeutsch)
- Four National Languages

Good to Know

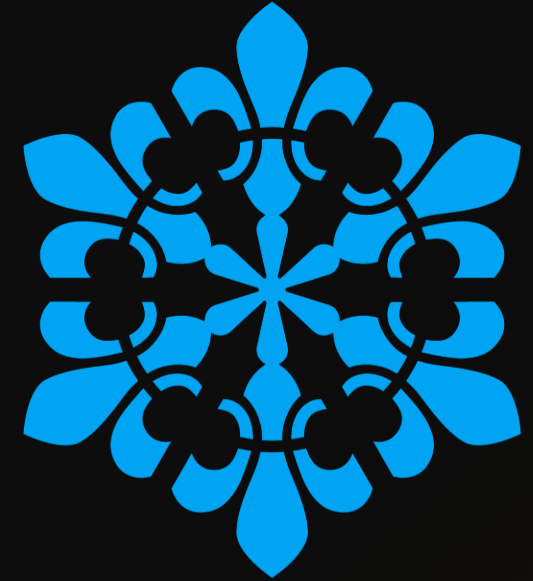




KISC

What is KISC?

- Opened in 1923, on the advice of Lord Robert Baden-Powell himself
 - And Walther von Bonstetten, Chief Swiss Scout
- Only 'permanent mini world-jamboree'
- Approx. 12,000 people visit KISC each year
- Known as the 'Spiritual Home of World Scouting'.



Kandersteg
International
Scout Centre

What is KISC?

Who will be there?

- Denmark, Finland, Germany, Hong Kong, Ireland, Netherlands, Norway, Spain, Sweden, United Kingdom (probably Scotland), United States of America and more!

Why are we going?:

- Because it's KISC's birthday!



KISC Essentials

What can you expect from KISC:

- Memories and friends for life
- Breathtaking alpine scenery
- Service Excellence based on Scout Centre service standards according to our values and principles
- Hard working, helpful and highly motivated international team of volunteer Staff who always do their best
- Wide range of self-guided or guided activities and programme advice



KISC Essentials

What KISC expects from you:

- To follow your Scout Promise & Law
- To inform us of any problems during your stay
- To respect other Groups and our volunteer staff
- To help staff with cleaning the facilities you use as we are a Scout Centre where we help each other
- To positively represent Scouting, your country and KISC when in the village and travelling in Switzerland





kandersteg

international scout centre



World Scout Regions

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

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

- T Water Tap
- L Guest Laundry
- S Showers
- F Fridge room
- D Drying room
- Street
- - - Path
>- Main Path
- Kander River
- - - Railway
- /// Forest

100 m
50 m 50 m



KISC Essentials – The Pinkies!

- Pinkies are Scouts and Guides from all over the world who work and run the Centre.
- They stay for three months to three years.
- They are there to here to help
 - Be kind, be respectful and help them, help you!



KISC Essentials – Meals

- Three meals a day fully catered by KISC
- Special diets catered for based on what is in your application
- Please contact us if you have concerns
- No need to bring a dilly bag with plates etc.
- Scan check in for all participants, once a day at dinner



Clothes Washing

- Wash your clothes at least TWICE
 - Wash yourself more often – please!
- Two, coin operated laundries available to use
- Washing powder provided at no cost
- Couple of Swiss Francs per load
 - Share loads to save money!
 - Label everything!
- KISC also has drying rooms to dry heavy gear – great for when it is raining.



Curfew

- The village has quiet time at 10:30pm
 - This applies at KISC too.
 - The village enforces this, and so do the Pinkies.
- Be considerate of those around you
 - You may have a free day in the morning - others will be up at 6am for activities.





The Fun Stuff

How the trip will work

Arrival day – July 2

- Acclimatisation – campsite set up, briefings, explore camp, REST

Program starts afternoon of July 3 until July 11

Pack up day – July 11

Departure day – July 12 – Early!



Getting to know your Campsite Unit

- Team App - each Unit and Patrol
- Request to join your relevant groups
- Most people on Team App already – if you're not on, join in!
 - Parents can join too
- Patrols are geographically allocated
 - try and catchup in person if you can



Accommodation

- 1 tent = 1 Contingent member
 - supply your own as per size requirements
 - Ramifications for anyone in a tent other than their own
- Campsite Units
 - see everyday
 - supports Health and Wellbeing
- Program Units
 - may change everyday



Sleep

- A huge ten days
- Bring a watch/alarm clock
- Recommend bringing
 - Earplugs
 - Eye mask
 - Decent camp mat/inflatable mattress



Units overview

- Camping in Units and Patrols
- Units spread across KISC Campsite
- Leaders will also be camping in Unit lines
- Unit Leader, Deputy Unit Leader, Unit Mentor and two H&W Leaders
- The patrols are a mix of ages



Units overview

- Daily Unit Meetings
 - Each Unit/Patrol will meet every night
 - Focus on health, wellbeing and organisation
 - Instructions on the details for the next day. Yours will be different to everyone else!
- Contingent Management Office
 - Located in the Sunneblick – just across the river Kander
 - Info sheets, maps, suggestions
 - Health & Wellbeing team



Program overview

- Ten days of fun and adventure
- Lots of social and culture
- Themed around the key pillars of KISC:
 - High Adventure
 - International Friendship
 - Eco
- Lots of moving parts – everyone is different
- Make sure you are where you need to be



Activities at KISC

- Overnight hike to a KISC mountain hut
- Day Hike / Climbing
- Kandersteg Explorer Day
- River Tubing / Bern Trip
- Day Trip
- Half Day Activity
- KISC Evening Activities
- Rest Days
- Your allocated activities will be found in your online application, and printed on your ID card



Award Scheme

- Using activities towards your peak award – or just for fun!
 - Apply through your home Unit Council
- Program Leader will typically be your assessor
- You need to do this now!



Program - Fitness

- High up in the Alps and will be climbing even higher!
- Preparation is vitally important,
 - get exercising on a regular basis
- Walk regularly, climb hills, carry your backpack
- Anything is better than nothing
- Going from Winter to Summer



What to Bring

- Equipment list in Newsletter 2, also on the website via the infobook
- If it is on the list, you will need it!
- **The gear is crucial – good quality gear will make everything more enjoyable**
- **Label everything!**
- Weather can be extremely changeable when hiking and climbing



Essential Hiking Gear

- Rucksack
 - Approx. 60 - 70 litres for overnights
 - Approx. 20 - 40 litres for day hikes
- Hiking boots with ankle support (no trainers)
- Waterproof jacket and waterproof trousers
- Warm clothing - long trousers, fleece, warm hat and gloves (no jeans)
- Sun protection - sun cream, sunglasses, sun hat
- Water bottle - 2 litres
- Food - packed lunch and snacks

- Personal first aid kit & medication (asthma inhalers, etc)
- (Optional) Camera, pocket money, etc

Extra equipment for overnight activities:

- Sheet sleeping bag liner (no sleeping bags)
- Change of clothes, small towel, toiletries etc
- Torch
- Food - dinner and 2nd packed lunch

If you meet for an activity without this essential equipment, your KISC guide will not allow you to go

Overnight Hike

- Everyone will experience a night in one of KISC's own mountain huts
- Incredible views and sunsets
- Fire barrel on the deck with dinner
- Cows making mad tunes with their bells next to you
- Wear - Your hiking kit
- Bring - A big hike pack and gear – see list
- Huts have kitchens
 - Each activity will collect a food package and carry it to the hut (save room in your pack)
 - You will be cooking for your KISC guides too!



Overnight Hike Sleeping Arrangements

The huts do not have individual rooms. It is shared group accommodation for Youth and Leaders.

This is the European Scouting way.

Scouts Australia are aware and approve.

- Huts have mattresses and blankets
- A sleeping bag liner is recommended to improve comfort
- Sleeping bags are not allowed for hygiene reasons
- Leave your tent and sleeping bag set up back at camp!



Typical Overnight Hike

7:00am	Breakfast at KISC, make 2 packed lunches
8:30am	Meet your KISC hike guide, gear checks
8:40am	Depart KISC on hike
12:30pm	Lunch with great views
4:00pm	Arrive at hut, relax
7:00am	Breakfast, pack up gear
8:15am	Depart hut
12:30pm	Lunch with more great views
4:00pm	Arrive at KISC

Typical Day Hike

7:00am	Breakfast & make packed lunch
8:30am	Meet your KISC hike guide, gear checks
8:40am	Depart KISC on hike
12:30pm	Lunch at a hut / on a mountain with great views!
4:00pm	Arrive at KISC

Note: Your KISC Guide may come to check-in with your group in the days before your day / overnight hikes, to confirm gear and routes etc.

Kandersteg Explorer Day

8:00am	Breakfast & make packed lunch
9:00am	Meet Patrol and walk to Gondola
10:00am	Ride Gondola
10:30am	Rodelbahn
11:30am	Walk to Lake Oeschinensee
12:00pm	Lunch, swim, chill
3:00pm	Start hike back to KISC
4:00pm	Free time in village
5:30pm	Dinner
7:00pm	KISC evening activities, Unit meetings etc

Aare River Tubing and Bern

7:00am	Breakfast & make packed lunch
8:00am	Walk to Train Station
10:00am	Arrive Uttigen
10:30 -1:00pm	Tubing
1:00pm	Lunch
1:30pm	Bern, Free Time
4:00pm	Depart Bern by Train
5:30pm	Arrive KISC
6:00pm	Dinner
7:00pm	KISC evening activities, unit meetings etc

Day Trip – Chocolate & Cheese Tour

7:00am	Breakfast & make packed lunch
8:00am	Depart KISC on coach
10:30am	Arrive at Cailler Chocolate Factory
12:00pm	Take a tour of the Gruyère Cheese Factory
1:45pm	Then visit the Gruyère village
5:45pm	Arrive back at KISC

Day Trip – Trümmelbach & Interlaken

8:00am	Breakfast & make packed lunch
9:00am	Depart KISC on coach
10:15am	Arrive at Trümmelbach Falls
11:30am	Depart Trümmelbach Falls
12:00pm	Arrive at Interlaken
3:30pm	Depart from Interlaken
4:30pm	Arrive back at KISC

Evening Activities

- KISC runs activities for all guests most nights
 - International Evening
 - Kander Challenge
 - Campfire
 - Messengers of Peace BBQ
 - Swiss Culture Evening
 - International Sport afternoon
- Encouraged to participate in all evening activities
 - Will need to register for some
 - Rovers/Leaders - make sure Campsite Unit has coverage
- Campfire is compulsory



Missing an Activity

- Visit CMT – Program team as soon as possible
- No Refunds
- If your activity is cancelled due to weather, we will attempt to reschedule





The Serious Bit

Expectations

- Special opportunity for everyone
- Be curious, not judgmental
- It's not better, it's not worse, it's just different
- **All Contingent members must be independent and organised**
 - We will support you, but you need to pay attention, and know where to be and when



Expectations

- Rovers
 - lead by example
 - role models for the younger members of the Contingent
- Scouts and Venturers
 - will be provided with additional support as needed
- Adult Leaders
 - guide, support and mentor
 - might look different day to day, person to person
- Youth Leadership is fundamental to Scouting
- Relies on all Members taking responsibility for their actions

Behaviour

- All members of the Contingent bound by:
 - Youth/Adult Contingent Code of Conduct
 - Unit Code of Conduct
 - Scout Promise and Law
 - Local laws
- Consequences
 - Appropriate actions will be taken if the above are not followed
 - Youth members parents will be contacted
 - Full report will be sent to parents (Youth) and your home Branch
- Should you be sent home, you pay:
 - The airfares and associated costs including Leaders escorting you home
 - For alternative accommodation if needed

Contingent Code of Conduct


- On OLEMS – all members signed and committed to
- All Youth, Rover and Adult versions contain
 - No sexual activity.
 - No drugs, prescription medication that is not your own, or illicit substances of any kind are to be consumed or in your possession at any time.
 - No alcohol to be consumed or in your possession at any time.
 - No bullying, discrimination, harassment or assault of any kind.
 - A commitment to look after and respect yourself and all others.

These rules apply to all at all times – including during transit and free time

Failure to act in accordance with the Code of Conduct could see you removed from the Contingent and further arrangements made at your expense.

Behaviour

AUSTRALIAN SCOUT
PROMISE



On my honour,
I promise to do my best,
To be true to my spiritual beliefs,
To contribute to my community
and our world,
To help other people,
And to live by the Scout Law

OR

On my honour,
I promise that I will do my best,
To do my duty to my God,
And to the Queen of Australia,
To help other people,
And to live by the Scout Law

AUSTRALIAN SCOUT
LAW



BE RESPECTFUL

- » Be friendly and considerate
- » Care for others and the environment

DO WHAT IS RIGHT

- » Be trustworthy, honest and fair
- » Use resources wisely

BELIEVE IN MYSELF

- » Learn from my experiences
- » Face challenges with courage

Relevant info

Not that you will need it because you aren't going to break the Code of Conduct

- Swiss age of criminal responsibility – 10
- Swiss age of a child – 18
- Minimum age for purchasing tobacco - 18

Code of Conduct covers these items however:

- Swiss age of consent – 16
- Swiss legal drinking age
 - Beer and wine - 16
 - Spirits - 18

At KISC

- Smoking/vaping is only permitted in the restricted areas and to be avoided during activities and around children.

Behaviour

- Remember you are representing Scouts Australia at all times
 - Especially when wearing Uniform, Contingent Shirt or National Scarf
- Village knows KISC and the Director well
 - They will call immediately if there is an issue.
 - CMT will be told quickly
- Remember to display the best of Scouting and Australia
 - Be kind, respectful and be conscious of the language you are using
 - Hold each other to account
 - Tell your Leaders/CMT if you see or know about something wrong

Supervision

- **Australian Adult Leaders on all organised activities**
 - In addition, some will be led by a KISC Pinkie.
- Scan ins at mealtimes
- Check ins for activities and going to the village
 - Anyone going to the village (10min walk, one single road) will have to go in groups and return with that same group.
 - Sign in and out of the CMT office when going into the village.

Supervision

- Contingent Members are accountable for and take responsibility for their own actions and belongings
- Youth members will NOT be accompanied and directly supervised at all times
- Required to notify Unit Leaders of plans and movements during time onsite

Behaviour

Parents:

- If you cannot trust your Youth Member, they should not be coming

Scouts, Venturers, Rovers and Leaders:

- This is a special opportunity. Don't risk it
- Three years of planning, not to mention your hard-earned money, time and effort
 - Don't waste it

Health and Wellbeing Team

- Very experienced
 - Paramedic
 - Nurses
 - Doctor
- Support you and your Unit Health and Wellbeing Leads
 - Having problems? Let your Unit Health and Wellbeing Lead/s know about it first!
 - They will support, note and escalate as appropriate

Campsite Unit Health and Wellbeing

- Two experienced Adults
 - One man and one woman
 - Mental Health First Aid
- First port of call when onsite
 - Please see your Unit team before presenting to Contingent Health and Wellbeing
- If you are having problems, we need to know about it!
- Not the only ones who can support but are a dedicated resource

Personal Health and Wellbeing

- If you have a problem, speak with:
 - A friend or a trusted person
 - A Rover
 - Unit Leader
 - Health and Wellbeing Team
 - Contingent Team
- We need to know if you are having issues
 - Your family can't solve your problems from Australia!

Energy Drinks & Caffeine Pills

- No energy drinks
 - V, Red Bull, Monster, Lyft+, Prime, any alternatives etc.
- No “No Doze” or equivalent
- Side effects
 - High blood pressure
 - Dehydration
 - Suppression of appetite
 - Increased anxiety
 - Poor sleep/insomnia
 - Impaired judgement
- If it’s not okay in Australia, it’s not okay in Switzerland.
 - If it feels suss or not right, don't do it!

Health and Wellbeing



Specific health, additional needs or dietary needs **NEED** to be on your online application!



If your details have changed – update them **now!**



Changes after 1 June need to be communicated to Kelly.martin@scouts.com.au



Check next of kin contact information - This must be someone we can contact during our time overseas

Contacting Home

If an incident occurs that requires parents/guardian contact:

ONLY Lisa or Georgia will do this

Ensures accurate and relevant information is relayed

**No Contingent member is to make contact with
Next of Kin until after the Contingent Leader has.**

- If an incident occurs, PLEASE:
 - Don't share details with family or friends
 - Don't share details on social media

General Wellness Tips

- Look after yourselves and each other
 - Stay hydrated - drink water!
 - Eat healthy and full meals (as appropriate to you)
 - Wear a hat, sunscreen and long sleeves
 - Get decent SLEEP!
 - Use your rest periods to rest!
 - Sleep or just relax
 - Shower regularly
 - Wash your clothes
 - At least twice

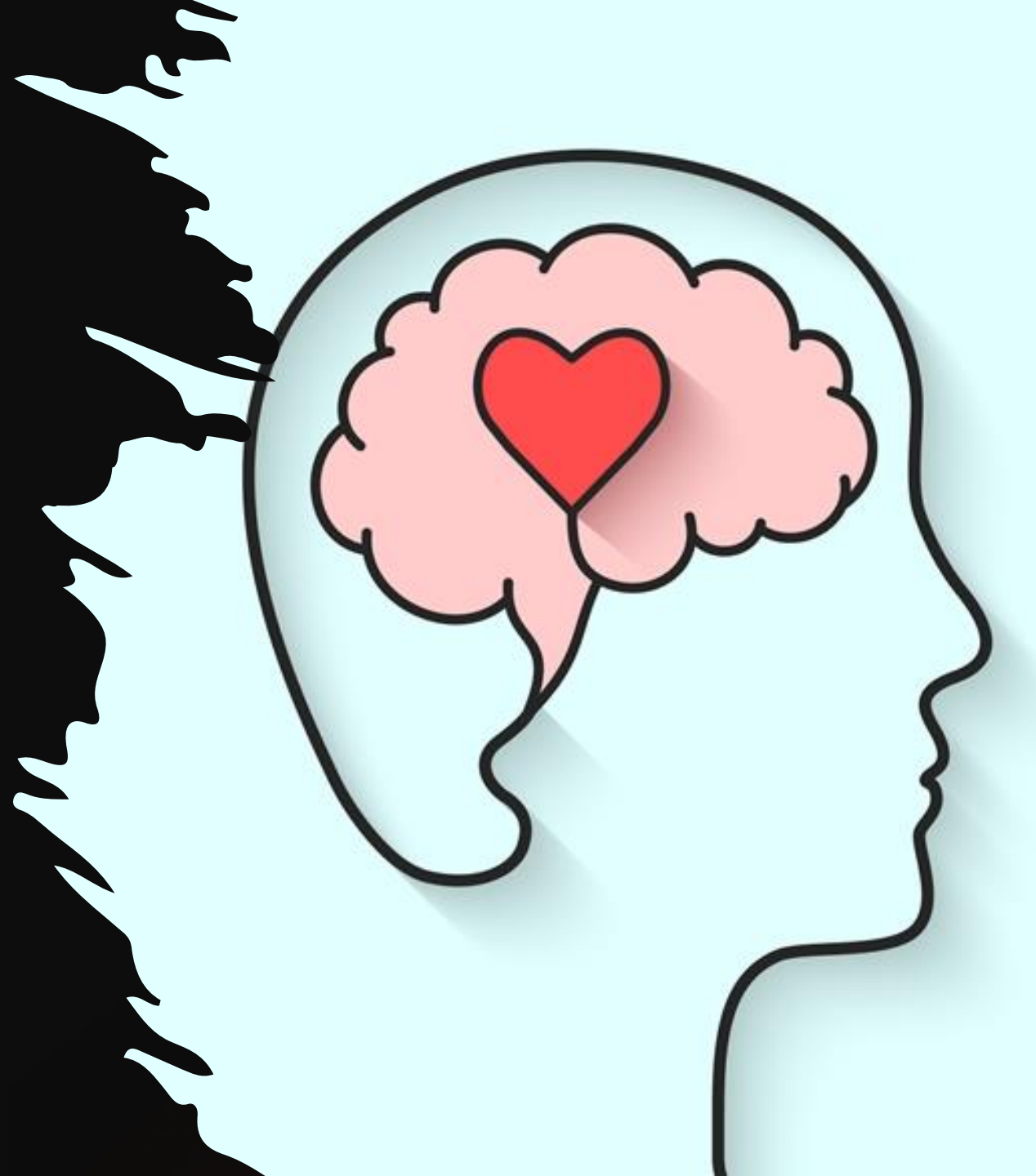
Travel Sickness

- Update your medical details in OLEMS – so your Travel Coordinator can be alerted.
- Bring medication with you
 - Careful of dosage times and timezones
 - If you can, let a Leader know you have taken it
- Not improving? Let someone know! (Rover/Leader)



Mental Health Tips

- Prepare for your trip
 - Bring things with you that will help with your mental health
 - A plan of things to help you
- Talk to people
 - Friends
 - Rover/s
 - Unit Leader/s
 - Unit H&W leader/s
- Take time out



Mental Health Tips

Mental Health Support Plan

- What are your warning signs – so you can act early
- Let a Leader or Trusted person know how you're feeling
- Think about why you wanted to come to KISC in the first place
- Think about the good things in life – the things you think about or do when you notice your warning signs
- What are some things you can do to make yourself feel better
 - Shower
 - Walk
 - Listen to music
 - Sit in the sun
 - Write/draw/create/colour
 - Breathing exercises

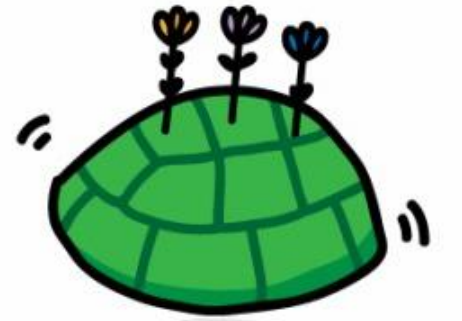
Homesickness Tips

- Bring something from home
 - Blanket, picture
- Try not to contact home
 - Can make it worse
- Talk to people
 - Friends
 - Rover/s
 - Unit Leader/s
 - Unit H&W leader/s
- Keep busy

I miss home.



Me too.



Altitude Sickness Tips

- Complete the exercise challenges set by CMT
- Take your time –
 - Your body will struggle at altitude and that's ok.
- Listen to your body
 - Rest when you need it

Social Media – Youth Members, Leaders & Parents

- We are not responding to messages or comments via Facebook.
 - Not the place to contact us
 - Facebook page will still be monitored
- Post at least once a day.
- All official notifications home will be made via email or phone call
- In the event of any incident, no one is to post on Social Media.



Contacting the Contingent

- The Contingent Hotline number, Lisa and Georgia's numbers:
 - In Newsletter 6
 - On the last page of the presentation
 - In final email
- Hotline number on Contingent Member's ID tag
- Parents:
 - Only call if it is urgent
 - May not be in the immediate vicinity of your youth member
 - We will call you back
- Can't get us first try?
 - Leave a message and we will call you back
- Carrying a satellite phone

Communication

- Communication will vary
 - KISC100 – Australian Contingent Facebook page
 - KISC100 – Instagram
 - Emails
 - Phonecalls if serious
- At KISC
 - Mobile reception can be patchy
 - No where to buy a sim in Kandersteg
- Most expeditions won't have mobile coverage the whole journey

PARENTS – NO NEWS IS GOOD NEWS

Local Carriers and Sims

If you **must** have a mobile phone

- International Roaming
 - Not recommended – can be expensive
 - Your Australian number may not work in Switzerland
 - Phone unlocked from carrier
 - eSim
 - Purchase an international Sim in Aus
- Don't waste your time at KISC on devices
 - Consider charging needs
 - CMT will be able to charge some of your items occasionally
 - Not everyday!
 - Make sure everything (cables, devices etc) is clearly labeled and in a ziplock bag

PARENTS – NO NEWS IS GOOD NEWS

Money

- Most Australian EFTPOS cards should work in
 - Withdraw Swiss Francs from ATM machines
 - Two in village
 - Banks MasterCard / Visa debits
 - Travelex Card
 - Make sure they carry Swiss Francs
- Note: Some cards may need app or text for access/transfer
- \$10 - \$20 per day as a guide
 - Snacks
 - Gifts from KISC or for loved ones
 - Pool ticket
 - Occasional train ticket

Safety and Security

- KISC and Australian Contingent take no responsibility for any lost personal items
- Individuals are responsible for their own possessions
- Personal items to be clearly labeled with your full name
- All electronic devices and personal cash etc. are the responsibility of the individual

IF YOU CAN'T AFFORD TO LOSE IT, DON'T BRING IT!

Insurance

- All Contingent members are covered by travel insurance
 - If travelling with the Contingent – from the moment you leave home till the moment you arrive home
 - Independent Travellers – only covered while you are at KISC as part of the Contingent
- Details in 'Travel Details' tab of application
- General rule - loss of expensive electronic items not covered





Flughafen Zürich

Travel Arrangements

Weight Limits

Check in luggage limit is 20kg

- Light weight packing – start practicing
- Wear heavy items
 - Boots, jacket etc.
 - Need to carry your own luggage

Remember - your tent is coming home with you

- Excess luggage
 - If you are over the limit, you will pay the excess
- Carry on luggage limit is 7kg



Some things are not meant to travel!

- Liquid limit on international flights for carry-on luggage
 - 100ml limit on liquids/powders/gels
 - OR Pack in your checked (undercarriage) baggage
- Lithium batteries **MUST** be in your hand luggage
 - Battery packs etc.
 - Devices must be turned off
- Checked luggage
 - Scissors/tweezers/nail clippers/first aid kits in your check in luggage
 - Knives (check requirements)
- Not Permitted
 - Fireworks
 - Whips
 - Fire twirling equipment

International flights to/from Australia



Liquid, aerosols and gels
1 transparent re-sealable plastic bag 20 x 20 cm (each container must be 100ml or less)

Travel Tips

- Personalize your bag
 - Ribbons
 - Key Rings
 - Contingent luggage tags
- Make full use of your carry-on luggage
- Wear your hiking boots on the plane
 - Save space and weight
- Wear your Scout Uniform and Australian International Scarf on ALL flights

Travel Tips

- Don't strap anything to the outside of your bag!
- ONE checked bag per person
- Don't forget a day pack for carry-on luggage
 - Spare clothes in case of lost luggage!
- Everything must fit in your bag
 - If it doesn't, you have too much stuff!
- You **MUST** pack your own bag
 - Not your parents
- Any medication must be in its original packaging to travel
 - Enough for three days in carry-on luggage

Your Travel Itinerary

- Should have your travel itinerary
- OLEMS – Travel Details
- If not, let us know ASAP

Travel Details

* **Travel to and from the KISC**
I wish to travel with the Contingent *to and from* the KISC Yes

* **I wish to depart from**
Melbourne

* **I wish to return to**
Melbourne

Itinerary - Transport Details [Print Itinerary](#)

The following are your transport details both to and from the KISC

* **Inbound to the KISC**

Type	Number	Departure Point	Time	Arrival Point	Time
Flight	<input type="button" value="Not Required v"/>	Melbourne (MEL) <input type="button" value="v"/> Terminal 2 (MEL)	1-Jul-2023 6:25 PM	Singapore (SNG) Changi Airport Terminal 3 (SNG)	2-Jul-2023 12:15 AM
Flight	<input type="button" value="Not Required v"/>	Singapore (SNG) <input type="button" value="v"/> Changi Airport Terminal 3 (SNG)	2-Jul-2023 1:25 AM	Zurich (ZRH) Zurich Airport Terminal 2 (ZRH)	2-Jul-2023 8:15 AM
	<input type="button" value="Not Required v"/>				

* **Outbound from the KISC**

Type	Number	Departure Point	Time	Arrival Point	Time
Flight	<input type="button" value="Not Required v"/>	Zurich (ZRH) Zurich Airport Terminal 2 (ZRH)	12-Jul-2023 11:45 AM	Singapore (SNG) <input type="button" value="v"/> Changi Airport Terminal 3 (SNG)	13-Jul-2023 5:55 AM
Flight	<input type="button" value="Not Required v"/>	Singapore (SNG) Changi Airport Terminal 3 (SNG)	13-Jul-2023 7:45 AM	Melbourne (MEL) <input type="button" value="v"/> Terminal 2 (MEL)	13-Jul-2023 5:10 PM
	<input type="button" value="Not Required v"/>				

Passports

You are responsible for your own passport whilst travelling to and from Australia.

- The pocket of your Scout Uniform is ideal
- Check you have it with you throughout the journey

Everyone will be required to hand in passport at KISC

- CMT will securely store your passport while at KISC



Miss your flight?

- Contact the Contingent Hotline immediately!
- You will need to pay for another ticket
 - The Contingent may be able to help you book another



What if I am sick on leaving day?

- Sick on the day of or just before we are due to leave
 - Contingent Hotline
- Some members of the CMT will be in the air and non-contactable on 1 July
- Lisa/Dave will have Contingent hotline
 - Send a text and leave a voice mail if no response
- Arrangements may be made for you to catch you up
 - Travel insurance may cover this cost if it isn't a pre-existing illness



COVID-19

- Recommend wearing masks
- Recommend being up to date with your vaccinations (flu & Covid)
- No restrictions on travel to or from Switzerland through Singapore
- However
 - Protect yourself in the lead up to the event
 - If you fall ill in the week leading to the event (with anything), consider if travelling is truly the best option for you
 - Remember your promise
 - Be respectful, Do what is right

What to do on departure day

- Arrive at your designated location ON TIME
 - Minimum 3 hours before for International flights
 - Minimum 2 hours before domestic flights
 - Factor in travel time, add 20 minutes to what you think you'll need
- Meet up with your Travel Coordinator
 - You will be given their details prior to departure
 - Follow their instructions
- Don't leave your stuff unattended!
- Don't wander off!

STICK TOGETHER WITH YOUR GROUP

What to do on departure day

- If you are late to the airport we will not wait!
- Contact the Contingent hotline and/or Travel Coordinator ASAP!

Outgoing Passport Control

- Pass through security (listen to instructions!)
 - Pull out 100ml liquid bag
 - Empty water bottles
 - Make sure nothing in pockets
 - Take off belts/shoes/jackets
 - This will vary airport to airport!
- Australian passport holders
 - Line up behind the Smart Gates
 - Put your passport photo down in the machine and follow the prompts



Duty Free

- No duty free



Waiting for the plane

- Once through security and immigration:
 - Go to the gate lounge
 - Stay with your Travel Coordinator
 - Stick with your group
 - Stay near the gate lounge
 - Ask before heading off to the toilet or to purchase food – follow buddy system
 - Don't roam around the airport

On the plane

- Take your assigned seat. No swapping seats
- Bags in overhead locker or under seat in front of you
- Stay seated with your seatbelt on
- Listen to the flight safety briefing & follow flight attendants instructions
- Get comfy
- Don't move around the cabin unnecessarily but remember to stretch your legs occasionally
- Flights will have in-flight entertainment
- You are a (very visible) ambassador for Australia
 - Be nice and considerate of others – even if they aren't to you!
 - Manners go a long way!

Transit through Singapore

- Make sure you have all your personal items
 - **PASSPORT - Check the seat pocket**
- Disembark plane in Scout Uniform

Once you disembark:

- **Stay together as a group** – lots of headcounts!
- Let your Travel Coordinator know if you stop to use bathroom
- Don't take food off the plane - if so throw out in bins provided
- Clear security check
 - Empty water bottles
 - Bag of liquids out
 - Maybe shoes/belts off
- Get to the Departure gate, memorise it, stay close to it
 - Depending on when you arrive, there may not be time to look around
 - Follow your travel coordinators instructions

Transit through Singapore

on the way to Switzerland

- Perth
 - Approx 3 hour layover
- Brisbane
 - Approx 4 hour 30 min layover
- Melbourne and Sydney
 - Approx 1 hour layover
 - Stay with the group, stay engaged and listen to instructions
- Adelaide
 - Approx 9 hour layover
 - Travel Coordinator will have a travel card for meals
 - Singapore is a great transit airport
 - Stay together – buddy system

Swiss Customs/Immigration

During the flight you will be given an Incoming Passenger Card

- Read it carefully and answer the questions truthfully.
 - If you have a question, just ask a Leader
 - If in doubt, declare it or leave it blank and seek support

Make sure you have all your personal items

- **PASSPORT**
- In Scout Uniform with Australian scarf

Once you disembark:

- **Stay together as a group** – lots of headcounts!
- Let your Travel Coordinator know if you stop to use bathroom
- Don't take food off the plane - if so throw out in bins provided

Swiss Customs/Immigration

Immigration

- Australian passport holders cannot use Smart Gates in Switzerland
- Go to desk with an officer – have your passport and Incoming Passenger Card ready
 - Answer their questions truthfully
 - Leaders will be around to support you
 - Once approved, find the Leaders waiting for you on the other side

Once everyone through immigration:

- Help to collect Contingent bags from the conveyor belt – any with a Contingent tag
- Grab your bag when it is taken off the conveyor
- Go through customs when everyone in your travel patrol is ready

STICK TOGETHER WITH YOUR TRAVEL PATROL

Swiss Customs/Immigration

Independent Travellers:

- Be careful of the Schengen Visa.
- You have 90 days within 6 months before you must leave.

On the Other Side

- Stay with the Group
- Follow the Leaders to the Zurich Bus Terminal
- Board the bus in allocated Groups
 - when advised to do so
 - stay in the bus you have been assigned to
- Stay alert and listen to Leaders

Travelling to KISC

Contingent Travelers

- Fly into Singapore on 1 July
- Land in Zurich on 2 July

- Travel by bus to KISC

Independent Travelers

Meet you at the CMT office, KISC on 2 July

Arriving at KISC – Contingent Travelers

- Check in with CMT member
- Marshall into Campsite units once at KISC
- Receive your ID Card
- Handover passport
- Listen to Unit Leaders
- Set up sites – keep it tight!
- Contingent briefings
- Dinner

- Program starts afternoon July 3
 - Afternoon of July 2 and Morning of July 3 rest and acclimatise

Arriving at KISC – Independent Travellers

- Check-in from 2pm and must check in before 4pm
- Check in at admin office
- Hand over passport
- Receive your ID Card
- Listen to Unit Leaders
- Set up sites – keep it tight!
- Onsite briefing
- Dinner

Travelling Home

- Contingent Travelers depart Switzerland on July 12
- Buses leave KISC approx. 5:30am
- Afternoon of July 11 (no activities – only those returning from overnight hikes)
 - Clean gear
 - Pack
 - Get yourself sorted
- Contingent staying indoors on the night of July 11

You must clean your tent, your boots and your equipment thoroughly.

Australian Customs will inspect your gear! Any decontamination costs will be your responsibility

Transit through Singapore

on the from to Switzerland

- Perth
 - Approx 3 hours 30 mins layover
- Brisbane
 - Approx 4 hour layover
- Melbourne
 - Approx 1 hour 30 mins layover
 - Stay with the group, stay engaged and listen to instructions
- Sydney
 - Approx 2 hour 30 mins layover
- Adelaide
 - Approx 17 hour layover – sorry!!
 - Travel Coordinator will have a travel card for meals
 - Singapore is a great transit airport
 - Stay together

What to Wear when Travelling

- Wear Scout uniform for travel to and from Australia
 - Uniform shirt, Australian International Scarf, name badge and Contingent badge
 - Pants must be beige/stone and neat and tidy.
- Wear Contingent shirt when travelling in Switzerland
 - Travelling outside Kandersteg/Kander Valley (excluding hikes)
 - Any other time
- When onsite - ALWAYS wear your ID Card
 - Only take it off for sleeping or showering!

Independent Travel

Email with specific detail sent 22 May 2023

- Joining and release instructions and timings
- Travel questionnaire

You are responsible for your own travel, arrangements, health, safety and security

Scouts Australia and the Contingent cannot, and will not, help you on your own travels. The responsibility is yours.

Independent Travel

No further independent travel requests will be approved

July 2

- Sign in at the CMT office 2-4pm
- Set up camp with rest of Unit

July 12

- Breakfast avail from 7am
- Clean campsite, get KISC sign off
- Sign out of CMT office prior to 9:30am

RECAP – The Really Important Stuff

Independent Travelers

**We need to be able to contact
you when you are travelling.
Check your emails.**

RECAP – The Really Important Stuff

- Please make sure:
 - **DETAILS UP TO DATE**
 - Who is your emergency contact while we are away?
 - Need to be available the whole time
 - **PASSPORT UP TO DATE AND IS YOURS**
 - Make sure the passport you take to the airport is yours and current!

RECAP – The Really Important Stuff

- Please make sure:
 - **PAYMENTS UP TO DATE**
 - They are overdue!
 - **MEDICAL INFORMATION UP TO DATE**
 - With care plans and management plans.
 - Dietary requirements are up to date
 - If changes made after 1 June –
email kisc100@teams.scouts.com.au
Attn: Kelly Martin

RECAP – The Really Important Stuff

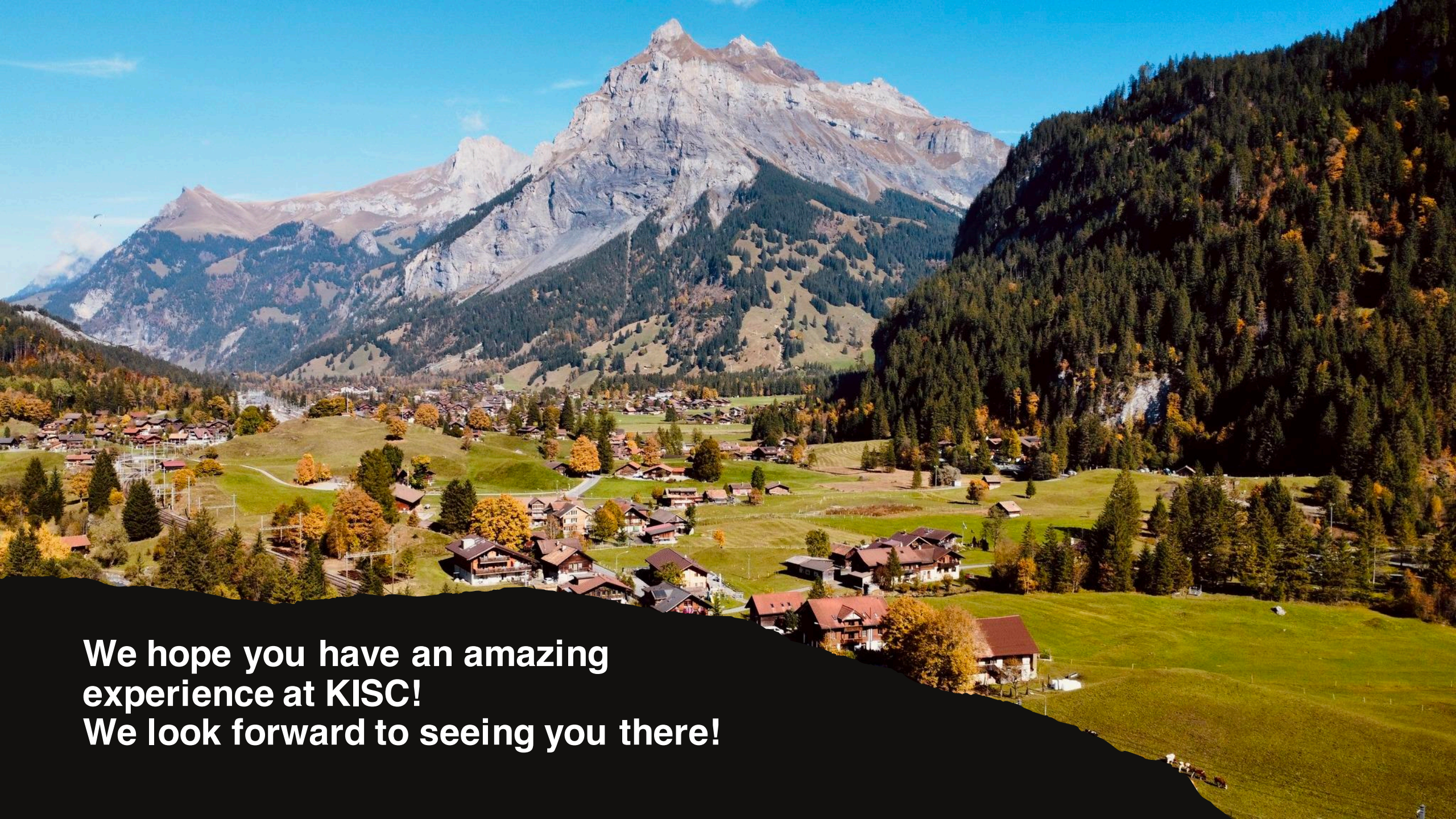
READ OUR INFO

There will be more newsletters, emails and texts

RESPOND PROMPTLY WHEN NEEDED

Keep your eyes on:

- Emails – including junk mail
- Website www.scouts.com.au/event/kisc100
- Facebook - www.facebook.com/KISC100Au
- Instagram – kisc100au



**We hope you have an amazing
experience at KISC!
We look forward to seeing you there!**