



Power4Teens Inc - The Teen Experience - FRANCE

Morzine, France : Aug 3-11, 2024

This experience will be accepting a maximum of 10 high-school girls (age 14-17) from Toronto.

Embark on an extraordinary adventure in Morzine, France, where every moment is designed to ignite self-discovery, push boundaries, foster teamwork, and instill essential planning and organizing skills. Surrounded by the stunning French Alps as we dive as a team into activities creating self-awareness, understanding your strengths, and exploring untapped potentials.

Our journey is crafted to challenge your comfort zone with exhilarating experiences encouraging personal growth and empowerment.

Upon arrival, Day 1 isn't just about starting the trip; it's about starting a conversation. Together, we will create our adventurers, what we as a group envision gaining from this experience. Power4Teens will provide a general idea and different options but will allow the teens to decide and sometimes take the lead!

This Experience is open to Canadian, Swiss, USA and French teens!

Get ready to uncover your strengths, build lasting connections, and create memories that will resonate for a lifetime in the heart of Morzine's enchanting landscapes.

Shyanne McPherson and Charlie Page will be facilitating the program with experienced local guides to provide greater in-depth knowledge of the area and culture.

Applications and acceptance onto the program is based on a first come basis and suitability for the experience. Most meals and excursions are included, airfare is not included.



Travel Dates:

Week 5 - August 3 - 11 - Teen Experience TORONTO to FRANCE

TORONTO to Morzine, France (accompanied by Shyanne) *flights must be booked on day 1 of the trip. E.g. Departure flight YYZ to GVA on Aug 3. A hosted return trip will be on Aug 11 GVA to YYZ. With prior notice, families wishing to join their child in France/Geneva for further European adventures have the option to meet their child on Aug 11.

Itinerary:

Day 1: Departure from YYZ to GVA

- Depart from Toronto Pearson International Airport (YYZ) to Geneva Airport (GVA).

- Travel day.

Day 2: Arrival in GVA, and drive to Morzine (1.5hrs) - Planning. Local activities. Jacuzzi, sauna

- Arrive in Morzine at the Pura Vida Chalet.
- Planning, and introductions.
- Explore local area and Morzine town, jacuzzi, sauna
- Welcome dinner and team bonding activities.

Day 3: Montriond Adventure Day (Full day)

- Mid morning Yoga
- Paddleboarding/swimming on beautiful Lac Montriond surrounded by mountains
- Lunch at Montriond.
- P4T workshop with team-building challenges.

Day 4: Day Trip to Chamonix

- Full-day trip to Chamonix.
- Gondola ride up to Aiguille de Midi/Mont Blanc. Local Train up the mountain to Mer de Glace- educational excursion about environment and glacier melts. Explore Chamonix, shop, visit attractions, and enjoy local cuisine.
- Evening: P4T EmpowHERment discussion

Day 5: Hike to col de coux from Lac Mines D'or

- Stunning hike up to the border of France and Switzerland
- Breathtaking views and a moderately challenging hike
- Foraging with Ula
- Evening: Cooking session with Ula and what we foraged!
- Night: Games night at the Pura Vida Chalet.

Day 6: Annecy Excursion

- Day trip to Annecy.
- Boat around Lake
- Explore the city, swim, pedalo, visit landmarks, shop at local businesses, and enjoy local cuisine

Day 7: Local Gondola Adventure in Morzine

- Morning: Local gondola ride for panoramic views and walks in the mountain
- Afternoon: Free time for shopping or additional activities.
- Evening: Farewell dinner and team reflections.

Day 8: Departure

- Check-out from Pura Vida Chalet
- Drive from Morzine to Geneva Airport (GVA)
- Departure from Geneva Airport (GVA) for the return journey home.

Note: This schedule is flexible, and adjustments can be made based on the preferences and interests of the group. Will also have Power4Teens Discussions - that will allow teens to explore, connect, gain more self-understanding, and self discovery.

Requirements for applicants:

- Must be in Grade 9 – 11 (14-17yrs)
- Must have a moderate fitness level to hike up hill for 2 hours and for site seeing around the city on foot)
- Must submit a video intro of themselves to be selected into program - intro, why they want to be apart of the Teen Experience to France
- Must have a positive attitude, open to trying new things, enthusiastic about travel and meeting new friends
- Must have a valid Passport - valid for at least 6 months from our travel dates

Application Video:

This video is for us to get to know you and understand why you would like to be considered for this program. The video should include:

- An introduction to who you are, why you would like to be a part of this program and what you want to learn from it.
- Fears and/or worries that you have about traveling overseas including any special accommodations you may need (example: allergies, fear of heights, etc.)
- 5-minute video maximum

This video does not need to be professional quality, just something fun to show us your authentic self, your interests, likes and dislikes and your character traits! Don't think of this video as another project, think of it as an opportunity to show us who you truly are.

All applications are subject to approval and suitability by Power4Teens based on maturity, enthusiasm and understanding for this Teen Experience.

On approval to the program a deposit will be required to secure your spot.

APPLICATION VIDEO DEADLINE: JANUARY 15th 2024

Cost of Program:

This Experience Trip is CAD\$2,150 + HST | CHF 1,400

The program fee includes:

- the full program with local staff, Shyanne and Charlie
- breakfast, dinner & snacks - **teens can pack lunch at Pura Vida OR buy lunch in towns we visit at their own expense**
- water sport activities & yoga
- transportation from airport, to airport, and day trip travel
- Guided sightseeing tours, gondola rides, cog train
- Shyanne will accompany teens on the flight both ways

The cost of travel insurance and airfare is not included.

Payments:

Option 1: Three-Payment Plan:

- Deposit #1 of program fee (**non-refundable**): **\$809.83 including HST**
Must be paid upon approval

- Installment #2 of program fee: **\$809.83 including HST**
Must be paid by: **APRIL 1st, 2024**

- Final installment of program fee **\$809.83 including HST**
Must be paid by: **JUNE 1st 2024**

Option 2 - One Full Payment:

- Non-refundable** Deposit: **\$809.83 including HST** must be paid upon approval

- \$2,429.50 (including HST)
Must be paid by: **FEBRUARY 1st, 2024**

Travel Insurance:

Proof of FULL travel insurance will be required for this trip.

Recommended spending money:

Minimum Euro €200-300 (please convert Euros before trip).

Used for gifts, souvenirs, snacks, incidentals, lunch in towns (optional) etc

Flight Details:

Shyanne will be accompanying the P4T teens to GVA and back to YYZ.

Flights must be booked on day 1 of the trip. E.g. Departure flight YYZ to GVA on Aug 3. With prior notice, families wishing to join their child in Morzine/Geneva for further European adventures have the option to meet their teen on Aug 11th.

Exact flight details will be provided upon acceptance.

Meet your Facilitators!

SHYANNE MCPHERSON

Shyanne McPherson is a certified coach practitioner, fitness professional, youth empowerment coach and the proud owner of Power4teens in Toronto AND a proud mama!!

Empowering young minds in a unique and fun way, is Shyanne's life's work. Teaching the fundamentals of life and everyday leadership is more than a passion project. Shyanne is a lifelong learner and passionately continues to share her wisdom and leads by example.

"I started traveling the world when I was 15 years old that impacted my life in such a beautiful, positive way. I now want to share those valuable insights with other girls who find themselves at the same age."



CHARLIE PAGE

Charlie is a Registered Psychotherapist from Canada working in Geneva, Switzerland with teens and their families. Charlie was the founder of Power4teens in Toronto and developed the business alongside Shyanne before moving to Switzerland.

Their compatibility working together and common desire and goal of developing resilience and courage in young women has inspired this new partnership.

Charlie is also a certified coach practitioner and fitness instructor, is a world traveler, loves outdoor activities, the development of youth and bringing fun and laughter to everything she does.

www.purpleoniontherapy.com

Charlie & Shyanne realized the importance of getting teens outdoors and into nature for many reasons including personal development and mental wellness. Creating inspiration, immeasurable potential through connection and "Experience" is the very reason why they created this program!

Refund/Cancellation Policy - The Teen Experience - FRANCE:

The deposit for registrations is non-refundable.

Registrations canceled before May 1, 2024, will undergo a review process, but approval by Power4Teens Inc. is not guaranteed. Given the limited availability of program spots, replacements are challenging to find, particularly on short notice. In the event that an exception is granted, an administration fee will be applied, excluding the non-refundable deposit.

Please be aware that Power4Teens Inc. does not refund airfare or any other expenses incurred due to program changes or cancellations. It is advisable to consider this when purchasing non-refundable tickets and to explore the option of acquiring cancellation insurance to mitigate potential risks.