



## Power4Teens Inc - Teen Experience Summer Trip

*Zug, Switzerland : July 16-24, 2022*

This experience will be accepting a maximum of 10 high-school girls (age 14-17) from Toronto. We will be travelling to Zug, Switzerland (a beautiful town nestled between Zurich and Luzern). Each teen will have the opportunity to experience Switzerland while living with an expatriate family (fluent in English, although not necessarily first language). They will learn first hand the joys and challenges of making global moves from their teen counterparts. They will learn many of the skills we teach at Power4Teens by living with a family that approaches change and challenge with an open mind and has embraced the meaning of adaptability. They will learn first-hand all that Zug (and the surrounding areas) has to offer by exploring the cities of Luzern & Zurich, hiking local mountains, water sports on Zugersee lake, taking local transit and visiting special places of interest. Our hope and idea of living with a host family is to bring the world closer together, by creating lifelong relationships with other teens and their families for the ultimate experience of a lifetime!



Our multi-activity schedule will run Monday to Friday 9:30- 4:30pm with opportunities to meet as a group throughout the week. Each traveller will have the opportunity for free time and to spend time with their host family. Travellers will be hosted by families with an equivalent age child where possible. All meals and excursions are included, airfare is not included.

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.

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### **Travel Dates:**

*JULY 16-24 - Teen Experience TORONTO to SWITZERLAND*

### **Itinerary:**

Day 1, July 16: Meet at Toronto Pearson Airport at 16.00 on **Sat, Jul 16 (for flight at 18.25)**

Day 2, July 17: Arrive at Zürich airport Sunday July 17 at 8am. Met by Charlie and accompanied by train to Zug. Pick up by host family in Zug and return to home for family introduction and rest from travel. Group meetup at an outdoor firepit with all host families for snacks, drinks and an introduction to the program.

Day 3, July 18:

- 9:30am Meet at Zug Bahnhof
  - Bus to Arth
  - Introduction activities/ ice breaker games

- Paddleboard/boat/beach day/wakeboard/tubing
- Zumba class
- Talks on change, challenges & resilience. Break-out groups

Return to Zug Bahnhof 4:30pm

Day 4, July 19:

- 9:30am Meet in Zug Bahnhof (train station)
  - Train to Luzern from Zug.
  - Explore sights of Luzern with a local guide
  - Gondola up Pilatus for a short hike, incredible views of Alps
  - Lake Luzern by boat
  - [Cog railway up Mt Rigi](#)
  - Lion Monument
  - Museum Sammlung Rosengart or Chocolate Factory

Return to Zug Bahnhof 4:30pm

Day 5, July 20:

- 9:30am Train to Stoos for Ridge walk. Big hike day! **Good hiking shoes required, backpack with water and snacks**
  - Funicular up Stoos (steepest in the world at 110% gradient)
  - Lunch on mountain top.
  - Mindfulness & meditation activity at the top of mountain

Return to Zug Bahnhof 4:30pm

- Wednesday night Freiruum dinner for all travellers

Day 6, July 21:

- 9.30am Meet in Zug Bahnhof (train station)
  - Wakeboarding, Wakesurfing, Tubing
  - Beach & Paddleboard Instruction/Adventure
  - Taking risks, Overcoming Fears, Comfort Zone Talks

Day 7, July 22:

- meet at Zug Bahnhof.
  - Train to Zürich
  - private guided tour (Grossmunster monument, Uetliberg train ride, mountain view of Alps)
  - Bahnhofstrasse (shopping area- free time)
  - lunch in Sechselautenplatz Square
  - Award Ceremony & Reflection - 6pm Friday night all families (with host parents). Drinks & Snacks

Day 8, July 23: Free Day with Host Family or with other P4T teens

Day 9, July 24: Departure day! Say goodbye to our host families and head home.

- Meet at Zug Bahnhof at 6.30am (flight at 9.55am)
- Scheduled arrival at 12.25pm. Pick up at Toronto Pearson at 1pm. Check online for flight delays.

### Requirements for applicants:

- Must be in Grade 9 – 11 (14-17yrs)
- Must be intermediate to advanced fitness level (will be required for hiking, and site seeing around the city on foot)

- Must submit an introduction video of the applicant and their family to be selected into program (we will do our very best to pair all teens up by age, personalities and common interests)
- Must have a positive attitude, open to trying new things, enthusiastic about travel and meeting new friends
- Must be fully vaccinated and 2nd vaccine received at least 14-days prior to our dates of travel
- Must adhere to the guidelines regarding COVID-19 testing prior to flight to ZRH and return
- 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 and why you would like to be a part of this program
- What you hope to learn from this Swiss Experience
- What connection you have to Power4Teens (if any)
- Fears and/or worries that you have about travelling overseas
- Any special accommodations you may have so the host family can prepare (eg. food allergies, pet allergies or challenges with being away from home etc.)
- A brief introduction to your family, including pets!
- 3-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 and your potential host family who you truly are.

All applications are subject to approval and suitability by Power4Teens based on maturity, enthusiasm and understanding for this Teen Experience. Applications will be sent to Charlie at SUP & Surf Zurg to find a family match.

On approval to the program the P4T Teen can independently set up a family zoom call to discuss the trip.

**APPLICATION VIDEO DEADLINE: JANUARY 1ST 2022**

### Cost of Program:

This Experience Trip is C\$2,150 + \$300 (GA Travel Card) + HST. **Airfare is not included.** The program fee includes:

- accompanied flights with return
- all meals & snacks
- two days of water sport activities (wakeboarding, surfing, paddleboarding, boating)
- all bus and train transports (from airport, to airport, return to Luzern, return to Zurich, around Zug)
- sightseeing tours in Zurich and Luzern, gondola ride up Pilatus, cog train up Rigi, funicular up Stoos
- Freiruum Dinner. Friday night drinks & snacks

**The cost of travel insurance and airfare is not included.**

Option 1 - 3-Installment Payment Plan:

- Installment #1 of program fee: **\$1,384.25 including HST**  
Must be paid by: **FEBRUARY 1st, 2022**
  
- Installment #2 of program fee: **\$692.13 including HST**  
Must be paid by: **APRIL 1st, 2022**
  
- Final installment of program fee **\$692.13 including HST**  
Must be paid by: **JUNE 1st 2022**

Option 2 - Full Payment:

- \$2,768.50 (including HST)  
Must be paid by: **FEBRUARY 1st, 2022**

**Travel Insurance:**

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

**Recommended spending money:**

Minimum CHF200 (please convert to Swiss Francs before trip).  
Used for gifts, souvenirs, snacks, incidentals etc

**Flight Details:**

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

Flights must be booked on day 1 of the trip. E.g. Departure flight YYZ to ZRH on Jul 16. With prior notice, families wishing to join their child in Switzerland for further European adventures have the option to meet their child on July 24th.

**Toronto to Zürich**

**Air Canada 880**

Departure Sat Jul 16

6:25 PM - Toronto **Pearson (YYZ)**

Arrival Sun July 17

8:00 AM - **Zurich Airport (ZRH)**

**Zürich to Toronto**

**Swiss Air 4640**

Departure Sun Jul 24

9:55 AM - Zürich Airport (ZRH)

**Arrival Sun Jul 24**

**12:25 PM - Toronto Pearson (YYZ)**

## Meet your Facilitators!

### SHYANNE MCPHERSON

Shyanne McPherson is a certified coach practitioner, fitness professional & Zumba instructor. She founded Fitness4youth and is owner of Power4teens in Toronto. She is mother to an energetic 2 year old daughter, who inspires her to work with youth and help develop strong, courageous girls for the future. Shyanne's life purpose is to make life FUN through fitness, travel and nature!



### CHARLIE PAGE

Charlie Page is a Registered Psychotherapist from Canada working in Zug, Switzerland with teens and their families. In the Summer Charlie runs a wakeboard and paddleboard business and is the owner of Sup & Surf Zug. 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 and has a passion for travel, outdoor activities, the development of youth and bringing fun and laughter to everything she does. [www.purpleoniontherapy.com](http://www.purpleoniontherapy.com)  
[www.supsurfzug.com](http://www.supsurfzug.com)

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### Refund/Cancellation Policy - Teen Experience Summer Trip to Switzerland:

Cancellation of program on or before April 30, 2022 will be charged an administration fee of \$300, the remaining balance of any amount will be refunded.

Registrations cancelled on or after May 31, 2022 are subject to a 50% refund of all fees paid. All refund requests will be reviewed by Power4Teens Inc. Power4Teens Inc. will not refund airfare or other costs incurred as a result of program changes or cancellations. Please keep this in mind if purchasing non-refundable tickets and should consider purchasing cancellation insurance to reduce risk.

### COVID-19 Response:

Due to the worldwide event, we would like to acknowledge and understand our original refund policy may not apply. In the event the City of Toronto & Toronto Public Health no longer permits travel outside of Canada or Switzerland is categorized as an "unsafe" place to travel due to COVID-19, all registrations for the Teen Experience Summer 2022 Trip will be refunded less an administration fee of 7%. The administration fee is charged to cover a portion of our costs that we have incurred.

***Please note: If the City of Toronto allows us to continue for summer and you wish to cancel your registration, our regular cancellation policy will apply***