

# Welcome to the Lyceum Alpinum Zuoz

## Info Pack Summer Camp 2025

### Introduction

In this document, you can find all necessary information about our International Summer Camps at the Lyceum Alpinum Zuoz. To ensure that your child(ren) can make the most of the camp experience, we ask you kindly to **read the information package carefully**

### Arrival day

- Camp 1: Sunday, 6 July 2025 / 12:00-4:00 pm
- Camp 2: Sunday, 20 July 2025 / 12:00-4:00 pm

We have set up quick and efficient arrival and check-in procedures for everyone's benefit:

- Staggered arrival times for families
- Reception with limited number of people per family, **no room visits**
- Individual check-in with person with primary responsibility for your child(ren)
- Contact with language or digital skills teachers and afternoon activity leaders possible
- Drinks and goodbye for parents

Please follow the signs to the check-in area where you will be welcomed by Mrs Tiziana Tuena, our Summer Camp coordinator.

When	What	Where	With whom
Staggered arrival between 12:00 pm and 4:00 pm	Check-in and information about morning and afternoon activity programmes	Check-in › please follow the sign	Camp management Boarding house staff Language teachers Digital Skills teachers Activity leaders (Sport / Film Acting / Golf / Football)

- All students are expected to check in on Sunday
- Students who stay for 4 weeks will be looked after during the weekend from 18 to 20 July by our staff and are offered a special programme

### Departure

- Camp 1: Friday, 18 July 2025 between 9:00 and 11:00 am
- Camp 2: Friday, 1 August 2025 between 9:00 and 11:00 am

## Daily structure

7:15	Wake-up
7:30-08:15	Breakfast
8:30-11:45	Language lessons / Digital Skills lessons
12:00-13:00	Lunch
13:30-17:30	Activities (Multi-Sport / Film Acting / Golf Training / Football Training)
17:45-18:30	Study time in the classroom (language / digital skills)
18:30-19:15	Dinner
19:00-19:45	Phone time
20:00-21:30	Sports and creativity program
21:30-22:00	Free time in the boarding house
22:00 / -22:30	Bedtime depending on the participant's age

At weekend we will organise for all participants groups special programmes.

## Medical assistance

Our nurse will be available around the clock and the school doctor is available in her practice for medical visits in Zuoz. In serious cases, we are able to take the child(ren) to the regional hospital in Samedan only 15 minutes away.

- Please make sure to leave any medication your child(ren) needs and detailed instructions with our boarding house staff.
- Please inform us about any allergies and other vital information about your child's health.

## Packing list

Zuoz is located at 1,750 metres above sea level and enjoys a sunny high-alpine climate, but evenings can be quite cold.

### **Essential for all students:**

- |   |  |
|---|--|
| • 2 pairs of sports shoes (indoor + outdoor)                            | • Sunglasses                             |
| • Trekking shoes  | • Backpack                               |
| • Slippers  | • Swimsuit                               |
| • A warm waterproof jacket  | • Beach towel                            |
| • Windbreaker   | • Dictionary (only for language lessons) |
| • Tracksuit   | • Pencil case                            |
| • Shorts AND long trousers for sports and leisure<br>(not only shorts!) |  |

### **Essential only for the participants of the Golf Camp:**

- |                           |                                       |
|---------------------------|---------------------------------------|
| • 4 - 6 polo shirts       | • Golf bag (you can rent one from us) |
| • 2 - 3 pairs of Bermudas | • Golf shoes (not mandatory)          |
|                           | • Golf gloves (not mandatory)         |

### **Essential only for the participants of the digital skills course:**

- Personal laptop (both Windows and Mac are fine) with admin passwords to download software
- Charger for laptop

### **Participants of Milan Football Camp:**

- Soccer shoes
- Your child(ren) will receive a Milan Junior Camp sports kit with 2 T-shirts, 2 shorts, socks and shin guards

## **Language test** › ONLY for participants who chose language lessons in the morning

The language courses are taught by teachers from academia-group Zurich. To evaluate your son or daughter's language ability and place everyone in the appropriate class, we need your child(ren) to complete our **online placement test no later than Monday, 2 June 2025**

You will find [the online test here](#).

- The test gets progressively harder. When your child(ren) can no longer answer the questions, the test should be sent. **The written part is compulsory and must be completed.**

Tests must be completed by the camp participant, **without any help** or checking. After sending the test, your child(ren) (depending on the registered email-address) will receive an automated confirmation that the test has been received. Please also check your spam folder.

## **Communication during the camp**

For specific questions about your child(ren), please write an email to [camps@lyceum-alpinum.ch](mailto:camps@lyceum-alpinum.ch) or contact the head responsible of your child(ren) every day between 8:00 am - 10:00 pm (Central European Summer Time) at the following numbers, starting Sunday, 6 July 2025.

- **Girls mobile phone +41 76 487 81 18 (Head of girls' boarding house)**
- **Boys mobile phone +41 76 487 81 19 (Head of boys' boarding house)**

## **Regulations/Conduct**

The Summer Camp brings together 10-16-year-old girls and boys from different parts of the world. It is therefore essential that everybody shows mutual tolerance and respect.

In order to facilitate and fulfill the coexistence of younger and older participants, we divide the participants according to age and into different boarding houses.

For older participants we will have slightly different rules. We will inform the participants when they are on campus about their rules.

- Boys are not allowed in girls' rooms and vice versa. Friends can meet in the common (living) room, TV room or the sports hall.
- As a general rule, the students have to stay on campus unless on supervised trips with staff. Special programmes are planned for the weekend during which the students will be accompanied at all times by their supervisors and boarding house staff.
- We expect decent and civil behaviour at all times.
- Smoking and possession of cigarettes are strictly prohibited. This includes any type of vaping products or chewing tobacco.
- Consumption or possession of alcohol and drugs are strictly forbidden. This includes any type of CBD products freely available in some countries. Use and/or possession will lead to immediate expulsion.

**Our school reserves the right to send home anyone whose behaviour is incompatible with our school rules. No refund will be given. Any additional costs incurred such as escort and rebooking fees for plane tickets will be at the parents' expense.**

## General notes

- Please pack enough warm clothing and undergarments.
- Bed linen and bath towels are provided.
- Free laundry service is offered to all students of the Summer Camp at the end of the first week. Clothes will be returned within two days. **Please make sure your child's name is clearly written on each item.**
- Hairdryers are available in the boarding house.
- Your child(ren) might need an electrical converter for his/her appliances. Please bring it with you as it cannot be purchased locally.
- For pocket money we recommend CHF 50/week. This money will be deposited with the supervisors upon arrival. We cannot exchange foreign currencies.
- We cannot take responsibility for loss of or damage to clothes, school materials or personal items. Please leave all valuables at home. Forgotten items are often not found.

## Electronic equipment (mobile phones, laptops, tablets and smartwatch)

To encourage child(ren) to communicate more face-to-face and therefore to use the target language (English, German or French) rather than their own language, the use of electronic equipment is restricted throughout the camp.

- We highly recommend that your child(ren) brings/bring only one electronic device such as cell phone or tablet or laptop or smartwatch.
- Students are allowed to use their mobile phones every day in the boarding house where they live, in their free time between 7.00 pm and 7:45 pm.
- During the rest of the day and during the night, all electronic devices will be collected by the staff and kept safely in the boarding house office.
- To take photos we suggest that participants bring small digital cameras. In addition, we will organise an online photo gallery where you can see your child(ren) during their stay with us. More details on this will be sent to you in the invitation shortly before the camp starts.
- The participants of the digital skills lessons will use their laptop only during the programme.

We very much appreciate your cooperation in this matter.

## Homesickness

Each year, we have a few children who experience homesickness and unfortunately leave during the first week, despite our supervisors' and teachers' efforts to assist them. Their homesickness is often aggravated by constant telephone contact with their parents and/or by their parents' remaining in Zuoz during the early stages of the camp. This makes it difficult for child(ren) to settle into their new situation.

If you feel that your child(ren) may suffer from homesickness, may we suggest that you try to keep the contact with your child(ren) to a minimum. This will enable your children to become accustomed to the camp surroundings, to their new friends and to enjoy the camp experience at its best.

## Insurance coverage

The Lyceum Alpinum Zuoz does not offer insurance coverage. Parents are responsible for organising suitable health and accident insurance as well as third party liability cover for the period of their child's stay in Zuoz, including their travelling time to and from Zuoz.

- Please bring your health insurance card/information with you for any medical treatment which might be necessary while at the Summer Camp.
- Please be advised that if a visit to the doctor/hospital is needed, the invoice will be sent directly to the parents.

## Information airport transfer

### Shuttle group transfer

Zuoz is a 3-hour-drive from Zürich International Airport. We will organise a transfer for your child(ren).

Please book a flight arriving or departing between 12:00 and 15:00 (Central European Summer Time).

An authorised person from the Lyceum Alpinum Zuoz will meet your child(ren) in the arrival area holding a Lyceum Alpinum Zuoz sign with the name of your child(ren).

### Arrival

Authorised staff will wait for your child(ren) in the arrival area of the respective terminal. If your child(ren) is/are accompanied, the meeting point is the reception area of the Radisson Blu Hotel at the airport (opposite Terminal 1).

### Departure

Authorised staff will pick up your child(ren) in Zuoz, drive to Zurich Airport and do the check-in or leave him/her/them with the airline staff (UM Service).

**Please [log into your child's account and fill in](#) the necessary information. If you booked the UM Service for your child(ren), please make sure your child(ren) already arrives with the completed UM form for departure from Zurich and knows who will pick him/her up at their final destination.**

### Waiting area

In case your child(ren) has to wait for other students before transfer to Zuoz or before check-in at departure, he/she/they will be hosted by our staff at the Radisson Blu Hotel at Zurich Airport. If we have to care for your child(ren) outside the scheduled arrival/departure times at the airport, we may have to invoice the care time.

### Extra charges for UM (Unaccompanied Minors)

- UM Service is **mandatory** for children up to 11 years of age (at time of travel) if they travel **alone**.
- If accompanied by a companion of at least 12 years of age (e.g. brother/sister), the UM service is available but not mandatory.
- UM Service is also available for child(ren) from 12 to 18 years of age (depending on the airline).
- UM Service includes supervision by airline/airport staff from pick-up at check-in to hand-over to designated person at arrival terminal.
- UM Service must be booked in advance together with the airline ticket for the entire trip.
- Extra costs for UM Service will be charged to the parents if not already prepaid.
- Please note that the UM rules vary from airline to airline as well as travel requirements from country to country.

### Excess baggage

- Please carefully check **the free baggage allowances** for your child's flights.
- Baggage regulations at Zurich airport are strictly adhered to, there is no room for negotiation.
- Parents are responsible for excess baggage costs that are incurred on departure from Switzerland. Costs for excess baggage will be charged to the parents.