

# Switzerland Challenge



**Grab your passport and jet set to Switzerland!**

Explore Swiss culture, traditions, taste the food and maybe pick up a phrase or two as you adventure your way across the globe.

For even more programme ideas check out our 'Switzerland' board over on [www.Pinterest.com/PawprintFamily](https://www.Pinterest.com/PawprintFamily)

**#AdventureForAll**  
[www.PawprintFamily.com](https://www.PawprintFamily.com)

# Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



## PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

## PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

## PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK - solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

## PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



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# HOW TO: Use Your Challenge Pack



This Challenge Pack has been divided into 4 sections: Craft, Food, Games and Other. In order to help you provide a balanced and varied programme for your young adventurers we recommend that the following number of activities are completed by each age group:

<b>Age 3 - 5</b>						
<b>Age 5 - 7</b>		<b>Craft</b>	<b>Food</b>	<b>Games</b>	<b>Other</b>	<b>PICK</b>
<b>Age 7 - 11</b>						
<b>Age 11 - 14</b>						
<b>Age 14 - 18</b>						
<b>Age 18+</b>						

**Leaders, Teachers & Parents**  
Award yourselves a badge for supporting your young adventurers in their activities!

## TOP TIPS

- Adapt activities as necessary to meet your needs.
- Add your own activity ideas or develop them into projects.
- Use what you have; don't buy in lots of new materials/equipment.
- No need to send us evidence, responsible grown-ups decide when the badge has been earned.
- One challenge badge can take as long as you like; from a few hours to days or even a full term!

## Terms of Use

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# Craft

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- 📍 Assemble a traditional Tyrolean hat using coloured card or paper.
- 📍 Create your own paper mache alphorn. This is a traditional musical instrument used in Swiss folk music as well as a tool used by shepherds to call their cows into the barn at milking time. You could play your alphorn to celebrate Swiss National Day on the 1st of August!
- 📍 Craft an Alpine adventure climber using a paper plate. You can find out more information on how to make this on our 'Switzerland' Pinterest board.
- 📍 The Swiss are known for their milk chocolate. They make around 200,000 tonnes of it a year and as of 2024, eat around 19.4 pounds per person! Draw a picture of your dream chocolate bar using your favourite toppings and ingredients.
- 📍 Make a collage or paint a picture of the Edelweiss flower.

## Why?

The Edelweiss is the national flower of Switzerland due to its strong link to The Alps and its ability to grow regardless of its high altitude. The flower is often known as 'Stella Alpina' which translates to 'Alpine Star'.

- 📍 Eastern Switzerland is particularly known for its textiles and for a while was one of the world's leading areas for embroidery. Try your hand at some embroidery of your own - you could use red and white thread to symbolise the Swiss flag.
- 📍 Create a watercolour scene of The Matterhorn using card, watercolours and cotton wool.

## Did you know?

The Matterhorn is the most famous peak in The Swiss Alps and is said to be the most photographed mountain in the world. Although it is not the highest or hardest to climb, it is so easily recognisable due to its triangular peak. The Matterhorn also spent many years as the iconic image on the Toblerone packaging.

- 📍 The Globe of Science and Innovation (CERN) is a museum in Meyrin, Switzerland. With its globe-shaped architecture, it is a unique landmark. Make a model of this museum using junk model materials.
- 📍 Ice hockey is one of the most popular sports in Switzerland. Design your own set of ice skates to wear if you were to play the sport yourself.



# Food

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BADGES**

- 📍 Try some different types of Swiss cheese such as Emmental, Appenzeller and Gruyère. You could even try adding them to a macaroni cheese recipe for a Swiss spin on a classic dish.
- 📍 Whip up an Eton mess or pavlova to look like the Swiss flag. You could even top it with Swiss meringue buttercream!

## How?

Combine 4 large egg whites, 200g sugar and a pinch of salt in a bowl. Set this bowl over a saucepan of simmering water but make sure it doesn't touch the bottom of the bowl. Stir the mixture until the sugar has disappeared and beat using an electric mixer or whisk until the meringue has stiff peaks (like The Matterhorn)! Add a drop of vanilla extract and then your buttercream is ready to use in your recipe.

- 📍 Bake some Bern-style Lekerlis biscuits using the recipe on our 'Switzerland' Pinterest board.
- 📍 Cook the Swiss dish Raclette which is melted cheese served with Gschwelli (jacket potato), cocktail gherkins, onions and pickled fruit.
- 📍 Fix up some chocolate puffed rice cakes and mould them into the shape of mountains. You could even melt some white chocolate and pour it on top to look like snow.
- 📍 Make a whole meal with fondue. Try cheese fondue for your main meal alongside bread or potatoes and for dessert give chocolate fondue a go with some fruit to dip in. Delicious!

## Did you know?

It is said that Alpine farm villagers created fondue in the late 17th century as a way of using up stale bread. By dipping the bread into melted cheese, it meant that it became soft and edible again. The invention of chocolate fondue followed by not until the 1960s when Swiss restaurant owner, Konrad Egli wanted to create a dessert version of cheese fondue to serve to his customers.

- 📍 Switch up your morning by trying some Birchermüesli - a breakfast dish developed in around 1900 by a Swiss doctor, Maximilian Oskar Bircher-Brenner. This dish is traditionally made using rolled oats, dried fruit and nuts.
- 📍 Try making the national dish of Switzerland, the Rösti - a flat hot cake made using grated, cooked or raw potatoes and fried in butter or fat.



# Games

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- 📍 The Swiss City Marathon is held in Lucerne on the last Sunday of October and sees around 1,200 marathon runners take part each year. Challenge your friends, family or group to some classic running games such as a relay race or 'Red Light, Green Light'.
- 📍 Switzerland has been named the most successful country at Tug of War. Organise or take part in a Tug or War competition.
- 📍 Foxes are often found in forests throughout The Swiss Alps. Play a game of 'Sly Fox'.

## How?

One player is chosen to be the Fox and must face away from the other players. The other players slowly creep up to the Fox in an aim to touch their back before the Fox turns around to catch them. If the Fox turns around, the other players must freeze and stay completely still. If a player is found to be moving, then the Fox can tell them to move back to the starting point. This game is great to play with a large group of people.

- 📍 Take part in some Alpine skiing by racing around on your own set of skis. You could make the skis using laminated paper or some old cardboard and even add it to your Craft challenge!
- 📍 The world's longest stairway is in Switzerland and is located on Mount Niesen in the Bernese Alps. Challenge yourself and see how many times you can travel up and down a staircase (it might take a little while to get to 11,674 steps)!
- 📍 Have a go at flag throwing.

## What?

Flag throwing is one of the oldest national sports of Switzerland and has been around since 1910. It involves swinging around a flag and catching it by the staff as it comes down.

- 📍 Switzerland has hosted The Winter Olympics twice, once in 1928, again in 1948 and hope to host again in 2030. Host your own mini games or sports day.
- 📍 Play your own game of ice hockey - without the ice rink! Pretend you are a Swiss ice hockey professional like René Fasel in his heyday by gliding around on paper plates and using a hockey stick from recycled materials to hit a ball into a goal.



# Other

- 📍 Folk music is particularly popular and thoroughly enjoyed throughout Switzerland. Commonly used instruments include the accordion, the violin and the clarinet. Listen to some Swiss folk music and see if you can hear any of these instruments.
- 📍 Read the children's book 'Heidi', written in 1881 by Swiss author Johanna Spyri. The story follows a girl who has been raised by her Grandfather in the Swiss Alps and has been translated into more than 50 languages.

Here's an idea!

Why not watch the 2015 film 'Heidi' (rated U) which was based on the book?

- 📍 Research what the white cross on a red background means on the Swiss flag.
- 📍 Switzerland's longest river is the Rhine River which reaches 233 miles - the river's source is in the Swiss Alps. Spend some time exploring a local river.
- 📍 Take a look around a local garden centre and see if you can find any Edelweiss or even try growing some of your own. Be sure to take pictures and tag us on social media if you find any!
- 📍 Find out more about Swiss sports such as Swiss wrestling (Schwingen) or Hornussem.
- 📍 Make a timeline to learn more about the history of Switzerland.
- 📍 Yodeling is a major feature of folk music and is said to have originated in Switzerland. Yodeling is a form of singing where a person moves their voice up and down. Watch some videos of yodeling and see if you can give it a go.
- 📍 Watch a documentary about Switzerland or read a travel guide.
- 📍 The Glacier Express is a train route that goes through the Alps. Go on your own adventure by traveling to a new location on a train.
- 📍 There are four official languages of Switzerland - French, Italian, Swiss-German and Romansh. Learn how to say 'Hello' and 'Goodbye' in these languages.
- 📍 The Swiss are known for their watches and clocks. Head outside for some time-telling practice and create a clock using a hula-hoop and some chalk.
- 📍 Did you know that the Alps make up almost 60% of Switzerland? Visit a local mountain or even try climbing one.

## Adventure Complete?

Reward your young adventurers with their Switzerland Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



## Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



## Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



## Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



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