



SAINT-CHARLES
1897



INTERNATIONAL SCHOOL
- SWITZERLAND -

SKILLS CHALLENGE TEAMWORK

Activities + Expeditions
2025-2026

Saturday 30th August

CHALLENGE



HIGH ROPES COURSE

PORRENTRUUY, JURA

This week our students took on the challenge of navigating a series of obstacle courses high in the trees of Porrentruy. They had to overcome fears and nerves in order to make it to the end of each trail, and safely back to the ground. Though some were initially apprehensive, after some time all of the students were enjoying themselves as they carefully stepped along wires, slid down ziplines, and took leaps of faith from platform to platform!

QUALITIES TESTED

Bravery

Determination

Compassion

Endurance

Strength



ARCHERY TRAINING

JURA

This week our students headed into the Jura for an introduction to archery. After learning the basics and going over safety, they took turns practising their aim on the range. Although some found it challenging at first, everyone quickly improved as they focused on their technique and encouraged one another. By the end of the session, the whole group was confidently hitting the targets and enjoying the satisfaction of seeing their progress. It was a great opportunity to try something new and build a bit of skill—and plenty of fun along the way!

QUALITIES TESTED

Focus

Patience

Discipline

Coordination

Confidence

Saturday 6th August

CHALLENGE



MOUNTAIN HIKE

BACHALPSEE

Starting from Grindelwald, our students are going to ascend the mountain by cablecar to begin the hike from Grindelwald First. After journeying through the beautiful natural scenery of the mountain range, they will arrive at Lake Bachalp, where they can enjoy a refreshing swim after the walk in the sun. After a pause for a picnic, we will set off again back to the mountain station, to return to Grindelwald with our day's challenge completed.

QUALITIES TESTED

Fitness

Determination

Endurance

Adaptability

Saturday 13th September

TEAMWORK



PADDLEBOARD

LAKE BRIENZ

At Lake Brienz by Interlaken our students will come together to support each other on the water as we take part in a guided paddleboard activity together. They will learn to keep their balance and navigate the bright blue waters of the glacier lake. Afterwards, we will take time to explore the city of Interlaken and the peak of Harder Kulm - a quintessential Swiss experience!

QUALITIES TESTED

Balance

Navigation Skills

Teamwork

Endurance

Following Instructions

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 20th September

RELAX



CITY VISIT

ZURICH

This weekend students will have the opportunity to take a break and spend a day exploring the bustling city of Zurich with their friends. They will be able to take in the atmosphere of Switzerland's largest city, do some shopping, and get some of their favourite food from one of countless great restaurants!

QUALITIES TESTED

Ability to disconnect and have fun!

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 27th September

RELAX



ALPAMARE AQUAPARK

ZURICH

This week our students enjoyed a fun-filled visit to Alpamare Aquapark near Zurich. From high-speed slides to relaxing warm pools, there was something for everyone as the group made their way through the different attractions. Some students challenged themselves on the faster rides, while others preferred to take it easy and enjoy the water with friends. No matter their pace, everyone spent the day laughing, splashing, and making great memories together. It was the perfect chance for the students to unwind, have fun, and enjoy a well-deserved break.

QUALITIES TESTED

Ability to disconnect and have fun!

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 25th October

RELAX



EUROPA PARK

RUST, GERMANY

After returning from the October break, what better way to say “welcome back” than a trip to Europe’s biggest amusement park! Students will spend the day testing their nerves on enormous roller-coasters and other rides, as they make their way through each of the park’s country-themed areas!

QUALITIES TESTED

Courage

Disconnect and have fun!

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 1st November

SKILLS



MANTRAILING

PORRENTRUUY

This week our students will learn all about how dogs can be trained to follow scents and search for people - and will even get the opportunity to take part in the training themselves! With the guidance of professional dog trainers, we will carry out the different exercises to teach these skills to a novice canine, perhaps with the help of some of our staff dogs if they want to volunteer!

QUALITIES TESTED

Patience

Adaptability

Understanding

Empathy

Persistence

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 8th November

CULTURE



AUTUMN FAIR BASEL, SWITZERLAND

This week our students travelled to Basel to experience the city's famous autumn fair. As they explored the different streets and squares, they enjoyed a mix of rides, games, and traditional food that make the fair such a lively event each year. Some students challenged themselves on the bigger attractions, while others preferred to browse the stalls and take in the festive atmosphere. It was a great opportunity to discover a local Swiss tradition, spend time with friends, and enjoy an evening full of colour, fun, and excitement.

QUALITIES TESTED

Ability to disconnect and have fun!

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Sunday 9th November

RELAX



KARTING BASSECOURT

In Bassecourt, only 15 minutes from Saint-Charles, we will take our students to experience the adrenaline of the go-kart track!

In groups, we will race around to see who can get the best time and secure their place on the leaderboard!

QUALITIES TESTED

Courage

Reactions

Disconnect and have fun!

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Sunday 16th November

CAS (Creativity and Service)



VOLUNTEERING DAY

SIKY PARK ANIMAL RESERVE

As part of their service as action coursework, our MYP students went to Siky Park, a wildlife sanctuary in the Jura region, to volunteer to help with the maintenance of the animal enclosures. Under safe supervision, the students were able to make a great contribution to the sanctuary, and finished the day with the rewarding feeling of a job well done.

QUALITIES TESTED

Teamwork

Patience

Endurance

Dedication

Empathy

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 22nd November

SKILLS



CERAMICS WORKSHOP

BASEL, SWITZERLAND

This week our students took part in a ceramics workshop in Basel, where they had the chance to get creative and learn new hands-on skills. After a short introduction, they began shaping and decorating their own pieces, experimenting with different techniques and ideas. Some students quickly discovered a talent for working with clay, while others simply enjoyed the relaxed and artistic atmosphere. By the end of the session, everyone had a unique creation to take home and a better understanding of the craft. It was a calm and rewarding activity that let the students express themselves in a new way.

QUALITIES TESTED

Creativity

Patience

Focus

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 22nd November

CHALLENGE



PAINTBALL

BIEL, SWITZERLAND

This week our students headed to Biel for an action-packed paintball session. After a quick safety briefing and introduction to the rules, they split into teams and got straight into the games. The activity tested their speed, strategy, and teamwork as they planned their moves and supported each other on the field. Some students took risks, while others focused on careful coordination with their teammates. By the end of the session, everyone was buzzing from the excitement and friendly competition.

QUALITIES TESTED

Teamwork

Strategy

Communication

Courage

Confidence

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 24th November

SKILLS



Acrobatic Arts

CIRCUS SCHOOL OF JURA

This week our students will take part in an acrobatics workshop in Porrentruy. Under the guidance of experienced instructors, they will learn to perform a variety of acrobatic moves that will challenge their balance, strength, and coordination. While some students may find certain exercises tricky at first, with encouragement and practice, everyone will gain confidence in their abilities.

QUALITIES TESTED

Balance

Coordination

Strength

Confidence

Teamwork

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 6th December

CULTURE



CHRISTMAS MARKET COLMAR, FRANCE

This week our students will visit the festive Christmas market in Colmar. They will have the chance to explore the beautifully decorated streets, enjoy the holiday lights, and discover a variety of stalls offering gifts, crafts, and seasonal treats. Some students will take time to taste local delicacies, while others will browse for special souvenirs to take home. It will be a wonderful opportunity to experience the festive atmosphere, soak up the traditions of the season, and spend time together in a magical holiday setting.

QUALITIES TESTED

Disconnect and have fun!

Day students welcome - Please contact the Boarding office for more
information - internat@saint-charles.ch

Saturday 13th December

CULTURE



CERN

GENEVA, SWITZERLAND

This week our students will visit CERN in Geneva, the world-famous research centre for particle physics. They will have the chance to explore interactive exhibits, learn about groundbreaking experiments, and discover how scientists study the building blocks of the universe. Some students may be amazed by the scale and complexity of the facilities, while others will enjoy hands-on demonstrations and activities designed to bring physics to life. It will be an exciting opportunity to spark curiosity, ask questions, and gain a deeper understanding of science in action.

QUALITIES TESTED

Focus

Disconnect and have fun!

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Sunday 14th December

CHALLENGE



SKI DAY

ENGELBERG, SWITZERLAND

This week our students will enjoy a full day of skiing in Engelberg, Switzerland. After receiving a safety briefing and warming up on the slopes, they will practice their skiing skills under the guidance of experienced instructors. Some students may focus on improving their technique, while others will challenge themselves on longer runs and steeper slopes. Throughout the day, they will support each other and experience the excitement of gliding through the beautiful snow-covered mountains.

QUALITIES TESTED

Perserverance

Balance

Coordination

Confidence

Resilience

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 17th January

CHALLENGE



SKI DAY

HOCH-YBRIG, SWITZERLAND

This week our students will spend the day skiing in Hoch-Ybrig, Switzerland. After a safety briefing, they will explore the variety of slopes, discovering new runs and enjoying the fresh mountain air. Some students will test themselves on more challenging sections, while others will take the time to enjoy a steady, scenic descent. Throughout the day, they will experience the excitement of the mountains, develop their skiing skills, and enjoy an adventurous day in the snow.

QUALITIES TESTED

Perserverance

Balance

Coordination

Confidence

Resilience

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 24th - Sunday 25th January

CHALLENGE



SKI WEEKEND

ADELBODEN, SWITZERLAND

This week our students will head to Adelboden for an exciting overnight ski weekend. They will spend two days exploring the extensive slopes, trying out a variety of runs, and enjoying the stunning alpine scenery. Evenings will be spent relaxing together at the accommodation, sharing stories from the day and preparing for the next adventure on the snow. Over the the weekend, students will have the chance to challenge themselves, improve their skiing skills, and experience the thrill of a mountain getaway with friends.

QUALITIES TESTED

Perserverance

Balance

Coordination

Confidence

Resilience

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 31st January

RELAX



AQUABASILEA

BASEL, SWITZERLAND

This week our students will visit Aquabasilea in Basel for a day full of water fun. They will spend time swimming in the pools, sliding down the waterslides, and enjoying the warmth of the saunas. With plenty of space to explore and relax, they will be able to move freely between the different areas, making the most of a lively and refreshing day together.

QUALITIES TESTED

Relax

Disconnect and have fun!

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 7th February

CHALLENGE



SKI DAY

MEIRINGEN-HASLIBERG, SWITZERLAND

This week our students will head to Meiringen-Hasliberg for a day in the Swiss Alps. They will explore the snowy trails, take in the breathtaking views, and experience the excitement of skiing across a variety of terrain. Some students will enjoy venturing onto new paths, while others will take time to move at their own pace and enjoy the surroundings. Throughout the day, they will make the most of the fresh mountain air, the changing landscape, and the thrill of a winter adventure.

QUALITIES TESTED

Perserverance

Balance

Coordination

Confidence

Resilience

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 28th February

CHALLENGE



SKI DAY

GSTAAD, SWITZERLAND

This week our students will head to Gstaad for a day of skiing and mountain adventure. They will explore new trails, navigate varied terrain, and experience the excitement of moving through the alpine landscape. Some students will push themselves to try runs they haven't attempted before, while others will take the time to enjoy the rhythm of the mountains and the crisp winter air. The day will be full of energy, discovery, and the chance to enjoy skiing in one of Switzerland's most iconic winter destinations.

QUALITIES TESTED

Perserverance

Balance

Coordination

Confidence

Resilience

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 7th March

CULTURE



CITY VISIT

BERN, SWITZERLAND

This weekend our students will visit Bern, the capital city of Switzerland. Famous for its fortifications and enclosure of live bears, Bern is an interesting city to soak up some Swiss culture. We will be lucky enough to visit on the day of the carnival, which always brings the streets to life with an electric atmosphere!

QUALITIES TESTED

Ability to disconnect and have fun!

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 14th March

CHALLENGE



SKI DAY

ADELBODEN, SWITZERLAND

This week our students will head to Adelboden for the final ski day of the season. They will enjoy the mountains one last time, taking in the winter scenery and sharing the excitement of a day full of snow and activity. Throughout the day, they will have the chance to reflect on their achievements from the season, try their favourite runs again, and make the most of the snowy landscape with friends. It will be a lively and memorable way to close the ski season together.

QUALITIES TESTED

Perserverance

Balance

Coordination

Confidence

Resilience

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 21st March

CHALLENGE



SNOWSHOE TRAIL

PARCOURS DES BREULEUX

This week our students will explore the Parcours des Breuleux in the Jura on a snowshoe trail. They will make their way through the snowy landscape, taking in the quiet beauty of the forest and the surrounding hills. Along the trail, they will navigate different paths, experience the challenge of moving through fresh snow, and enjoy the peaceful atmosphere of the winter environment. It will be an active and refreshing day, giving them the chance to connect with nature while spending time outdoors together.

QUALITIES TESTED

Endurance

Balance

Observation

Resilience

Teamwork

Patience

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 28th March

RELAX



RULANTICA

RUST, GERMANY

Not far from Europa Park, our students will visit its aquatic counterpart – Rulantica! This huge indoor complex of pools, waterslides, and water attractions will be the perfect place to spend a chilly spring day. They will be able to relax in the warm pools, zoom down the thrilling slides, and enjoy the excitement of the different areas throughout the park. It will be a fun-filled day full of energy, laughter, and adventure for everyone.

QUALITIES TESTED

Relax

Disconnect and have fun!

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 25th April

CHALLENGE



NATURE SKILLS DAY

JURA

This week our students will spend the day in the Jura developing their nature and survival skills while exploring the trails on a guided hike. They will learn techniques such as building shelters, reading the terrain, and using natural resources to navigate the environment. Along the way, they will put these skills into practice, enjoy the fresh air, and experience the Jura landscape up close. It will be an active and hands-on day, giving students the chance to challenge themselves and connect with nature in a practical way.

QUALITIES TESTED

Problem-solving

Resilience

Observation

Adaptability

Teamwork

Logic

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Friday 01st - Saturday 02nd May

CHALLENGE



RAVINE TRAIL + CAMPOUT

LES GORGES DE L'AREUSE

This week brings a new challenge for our students! Starting from Noirague, we will follow a beautiful trail along the Gorges de l'Areuse, passing over and beside the rushing ravine in the midst of natural greenery on all sides. Upon emerging from the gorges, we will set up camp on the edge of Lake Neuchatel, and enjoy a night under the stars before returning to Porrentruy the next day.

QUALITIES TESTED

Perserverance

Balance

Navigation

Stamina

Teamwork

Logic

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 09th May

RELAX



CYCLING EXCURSION

JURA

This week our students will enjoy a cycling excursion through the countryside of the Jura. They will follow scenic routes, taking in the rolling hills, forests, and open fields as they ride. Along the way, they will navigate trails, pace themselves, and enjoy the fresh air while spending time outdoors. It will be an active and energizing day, giving students the chance to explore the Jura landscape on two wheels and experience the countryside in a new and exciting way.

QUALITIES TESTED

Endurance

Balance

Navigation

Stamina

Resilience

Awareness

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Thursday 14th - Sunday 17th May

CULTURE



EUROPEAN OVERNIGHT TRIP

LOCATION TBD

This week our students will embark on a long-weekend trip to a nearby European destination. They will have the chance to explore a new city or region, discover its culture, history, and local attractions, and enjoy time together away from their usual surroundings. Over the course of the trip, they will experience new environments, try new foods, and take part in a variety of activities designed to be fun, engaging, and memorable. It will be an exciting adventure and a perfect opportunity for the group to share experiences and make lasting memories. Stay tuned for the final destination!

QUALITIES TESTED

Relax

Disconnect and have fun!

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 23rd - Sunday 24th May

CHALLENGE



OVERNIGHT EXPEDITION

FRANCHES-MONTAGNES

This week our students will embark on an overnight expedition in the Jura, combining nature skills, camping, and outdoor adventure. They will set up their tents, practice survival techniques, and spend time exploring the area on foot. Alongside the hiking and camping, they will take part in a canoeing session and try out some climbing, challenging themselves in a variety of ways. It will be an engaging and active experience, giving students the chance to develop new skills, work together, and enjoy the outdoors overnight.

QUALITIES TESTED

Resilience

Cooperation

Navigation

Adaptability

Endurance

Logic

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 30th May

SKILLS



HORSE TREKKING

JURA

This week our students will take part in a horse trekking adventure in the Jura. They will spend the day riding through the scenic countryside, following trails that wind through forests and open hills. Along the way, they will learn to work with their horses, practice riding skills, and enjoy the rhythm of moving through the landscape on horseback. It will be an active and memorable day, giving students the chance to connect with the animals, appreciate the natural surroundings, and experience the Jura in a unique way.

QUALITIES TESTED

Confidence

Balance

Patience

Observation

Responsibility

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 6th June

RELAX



CITY TRIP

LAUSANNE, SWITZERLAND

This week our students will visit the city of Lausanne for a day of exploration and discovery. They will walk through the streets of the city, taking in the architecture, parks, and lakeside views. Along the way, they will have the opportunity to learn about the city's history and culture, enjoy some local food, and spend time together discovering different corners of Lausanne. It will be an engaging and enjoyable day, giving students the chance to experience a vibrant Swiss city while exploring with friends

QUALITIES TESTED

Enjoy Swiss culture

Disconnect and have fun!

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch

Saturday 13th June

CHALLENGE



KAYAK EXPEDITION

JURA, SWITZERLAND

To experience even more of the beauty of our region - Jura - we plan to take our students on an expedition down the river Doubs, navigating its twists and turns as picturesque villages pass us by. Students will have to perfect their technique to follow the course of the river and arrive safely in the beautiful town of St-Ursanne, where they will have earned a rest and some ice-cream!

QUALITIES TESTED

Coordination

Balance

Endurance

Focus

Resilience

Courage

Day students welcome - Please contact the Boarding office for more information - internat@saint-charles.ch