Holidays and Recreation



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Nothing gives more pleasure than children laughing and enjoying themselves. Happy children make happy parents. When planning a family holiday, both adults and children must get their share of fun and comfort. There is nothing worse than nagging children and stressed-out parents. We have collected a few suggestions for activities and outings ideal for families. Some of them need careful planning, others don't need any at all. Enjoy!



Family Holidays

If you want to plan your family holiday with your children, you will need to discuss the following questions:

- Which country do you want to visit? Where will you find something for everyone – by the sea, in the mountains or in the city?
- What do you and your children like to do?
- Do you prefer a luxury camper van or a simple tent?
- Are you travelling with friends or taking another child?

Travel sickness

- If you drive with children, drive at night, because their sense of balance is less active.
- Serve a light meal before travelling.
- On the trip, your children should eat some zwieback, salt sticks or biscuits.
- Small sips of lukewarm Coke soothe the stomach.
- The air in the car should be clear and fresh. Avoid alcohol, coffee and tobacco.
- Children should not read while driving.
- Chewing gum or jelly beans help the stomach.

Stranger anxiety on holiday

- Don't force your child to go up to strangers.
- Show your child that you are there and won't leave without him or her.
- Always let your child know where you are.

- If you leave your child with a child minder, make sure you say goodbye properly.
- Tell your child when you will be back.
- Praise your child when you go and when you pick him or her up later.

Travelling during pregnancy

- Don't travel if there are complications related to your pregnancy. Consult your doctor.
- Consult your doctor before you leave for your trip.
- Avoid stress on the trip and take regular breaks.
- If you are flying, check flight times carefully.
- Drink a lot and use the bathroom regularly.
- Carry your maternity health passport (Mutterschaftspass) with you at all times.
- If you are driving, take hourly breaks to stretch your legs.

Protective measures

- Check the expiry dates of all passports and renew them if necessary.
- Don't let your children travel with valuables.
- Never leave your children unattended and only with qualified and reliable child minders.
- Leave your mobile number with the child minder.
- Never leave children unattended by the sea.
- Take out an insurance that covers accidents and illness abroad.



- Pack an emergency kit with a thermometer, plasters, pincers, disinfectant, etc.
- Check the recommended vaccinations.
- If you have an accident on holiday, go and see a doctor or a hospital (there are travel insurances, e.g. Eurocamp, that provide quick and non-bureaucratic support).
- Carry your health insurance card with you at all times.

Hiking with children

When you go hiking with children, try and see it through their eyes. Children love walking, but they love it for different reasons. Remember this when you plan a hiking tour, be spontaneous and flexible en route. Children want to take regular breaks and explore the world around them. Choose attractive picnic spots near a stream, with a fireplace, trees and rocks to climb on. Such short breaks interrupt the seemingly endless walk. Even though their energy seems boundless, children need time to relax and recharge their batteries. Tell them stories about the past, fairytales or myths about the area, discover nature's treasures; it helps children forget the ordeal of walking. A bath in a mountain lake or stream is certain to be a highlight. Hanging bridges are exciting, the forest or an alpine rock garden will make a wonderful playground, and there is unusual transportation available almost everywhere in Switzerland. Of course, it is always good to ask children for their opinion if you are planning a trip.

There are a lot of fun things you can do with children on a hiking tour:

- build a cairn (landmarks made of piles of stones)
- build pine cone monsters and little houses
- play hide-and-seek
- gather herbs and make «hiking tea»
- find and classify flowers
- watch animals (through binoculars), look for animal tracks and find out who they belong to
- test your senses: smell herbs, feel rocks, walk barefoot, walk in water
- tell fairytales and invent stories that are set in the area
- hands-on geography: read the map and use a compass
- cook and grill your meals over the open fire

Planning your trip

Bear in mind the following advice:

- When hiking with children, you need to allow at least twice as much time as indicated on the signposts.
- Don't leave the marked trails.
- Take regular breaks.
- Make sure your children drink enough water. Sometimes they don't realize that they are thirsty.
- Pack plenty of snacks on top of the main picnic.

Hiking in the mountains requires particular safety measures. It is vital that your children follow the rules (never leave the picnic area without telling you, walk ahead only as far as the next path turning off). You can let them run ahead in open terrain and on easy paths only. If the path gets tricky or if your child is scared, consider your options and stay calm. Sometimes it





is enough to take the child by the hand. You may need to carry him or her part of the way. Sometimes, turning around is the right solution. When you are planning a hiking tour, look for possible shortcuts (in case the weather turns bad). Always carry a detailed hiking map. An emergency cell phone is helpful too.

Playing together

Don't underestimate the power of an afternoon spent playing together. Playing is an important part in the child's development and strengthens the bond between parent and child.

All you need to do is create a suitable environment for your child, choose a game or toy your child is interested in, take your time and watch. The game will develop intrinsically, because playing comes naturally to children.

Watch your child's reaction to find out whether he or she enjoys playtime:

- «positive emotions»: playing is fun, but you can't force children to play.
 You can, however, give inspiration and show them how to start.
- «flexibility»: once children have chosen a game, they will adapt it to suit their capabilities. It is very important that games are age appropriate.
- «pretend»: Children constantly change reality in their games and bend it to suit their needs. It is their way of experiencing the world.

 «for the sake of the game»: A child does not play in order to learn. But learning is a very useful side-effect.

Children's games develop along the following stages:

- Exploration: the child learns about itself and other objects.
- Symbolic games: the child reinterprets objects and gives them new meaning.
- Role-play: the child takes on different roles and acts them out with the partner in the playing.
- Games with rules: the game is played according to the (arbitrary) rules previously defined.

It doesn't matter whether you engage in baby talk with your child, whether or not you build lego towns or play card games with your teenage sons and daughters – playing together will create a positive atmosphere and strengthen the bond among all members of a family.

When you buy toys and games check the recommended age. It is frustrating for children to be constantly overstretched or insufficiently challenged. Instead of enjoying the game, they will lose interest very quickly.

TV, Computer & Games

See the section "Dealing with new media" in the chapter "parenting questions".

Recreation

Games, fun, sports and excitement – can we have it all, please? It is vital for a family





to spend time together and have fun. It helps parents relax, takes their mind off work and creates a sense of sharing and well-being. Time spent together is precious in our hectic world. So it is important to consider your options and choose carefully. Don't let the fun turn into more stress, and make sure that all family members enjoy the shared moments.

Trips and Outings around Basel

There are countless excursions and attractive stop-offs in northwestern Switzerland. Many of them are very family orientated. Below, you will find a brief selection of some of the most popular destinations in the area around Basel.

Waldenburg Steam Train www.waldenburgerbahn.ch

Wasserfallen gondola with sled run and tobogganing scooters www.wasserfallenbahn.ch

Solar summer toboggan run

Hauptstrasse 1, 4438 Langenbruck, www.solarbob.ch

Model railyway «Ysebähnli am Rhy»

Schweizerhalle, 4133 Pratteln Summer season only www.ysebaehnli-am-rhy.ch

Coin-operated electric cars for kids underneath the cherry tree Restaurant SchönmattSchönmatt 1, 4145 Gempen/SO, tel. 061 701 53 88

Behind the old restaurant with a beautiful garden (serving child-sized meals), there is a small pen with little piglets, and a fun traffic training course with small coinoperated electric cars. The restaurant is a popular spot to break a hike from the Rhine valley or from Birseck to Liestal or up to Gempen (sled run in winter).

Ermitage and Burg Reichenstein,
 Arlesheim

A paradise for young cave explorers!
Underneath the Burg Reichenstein there is a picknick area with a fountain where children can pump up their own drinking water. There are several deep caves along the trail down to Ermitage park.

www.arlesheim.ch > Portrait > die Ermitage

 Schloss Wildenstein above Bubendorf – dungeon and waterfall

On the plateau between Bubendorf and Hölstein, time seems to have stopped: Suddenly you find yourself in an enchanted landscape surrounded by oak trees five centuries old. Wildenstein Castle is situated in the midst of this old garden. Guided tours of the old part of the castle are available every Sunday. You can even visit the armoury and the dungeon, where a puppet in chains is waiting to be released. The children will love it. There is a nice picnic area near the waterfall at the foot of castle hill.

www.baselland-tourismus.ch > Welcome > Baselland experience >

Excursions / Sightseeing > Bubendorf > Wildenstein Castle

Art, Museums and Augusta Raurica

Several museums in the region of northwestern Switzerland have special programmes for children. The Roman





provincial town of Augusta Raurica is certainly a must. Take advantage of the guided tours and workshops for children, some of which are organised during the school holidays. If you visit on your own, let your children discover the sites for themselves and try out the traditional crafts at home.

In Augusta Raurica, many Roman buildings are restored and can be visited. You can visit the Roman Amphitheatre and several other buildings for free. The museum with all the artefacts recovered from the archaeological excavation sites is situated in a reconstructed Roman villa. The silver treasure is particularly impressive. There is a range of workshops, guided tours, visits to the excavation sites, theatre and music performances available. On the last weekend in August, Augusta Raurica turnes into a real Roman town at the huge «Römerfest».

Some towns and family centres have their own holiday programme for children. Ask your municipal administration (Gemeinde) or check with the nearest family centre.

Every family should have one: family pass

At just CHF 30.- per year, the «Familienpass Region Basel» is a family's ticket to many special offers, free entries to museums, zoos, swimming pools, skating rinks and many other concessions. There is also a magazine to keep you updated. It lists all special events and useful addresses, and there are always attractive prizes. Families with a small budget can get a «FamilienpassPlus» that makes them eligible for special concessions. To qualify for a «FamilienpassPlus», you must either receive state welfare payments, supplementary benefits to the invalidity insurance, or prove that you live on very little money without receiving any benefits. Check the website for more details.

Familienpass Region Basel www.familienpass.ch

Close to nature: Robinson playgrounds

Robinson Playgrounds are leisure facilities where the children's initiative and creativity are part of the plan. Coached and supervised by a team of social workers, the children build their own tree houses and shelters, there is room for small animals such as rabbits, guinea pigs or donkeys and there are open fires and climbing sites. Some Robinson Playgrounds offer workshops and special parties for older children. You can find more information about the opening times and detailed program on the websites listed at the end of this chapter.

Music schools

Even preschool kids enjoy music. Early musical education addresses all the children's senses. With songs and playful rhythms, children capture the world of music and discover different musical instruments. Music schools offer them the right setting for musical exploration. Ask your nearest music school for more information.

Music and dance for children

There are a million ways to enjoy music with children. Many families enjoy singing, playing and listening to music or dancing together. We can only list a few important





music events, libraries and private music schools for children – but the list is by no means exhaustive. Most libraries have CDs and tapes for children. If you are looking for a dance class for your children, ask at your nearest studio.

Children's theatre

Children love plays and acting. If teachers, parents or amateur theatre groups want to stage a play with children, they need to be prepared to invest a lot of time and energy. The «Basler Kindertheater» is open to young actors who are interested in regularly performing classical fairy tales.

Libraries

At the cantonal libraries, you can borrow books, comics, CDs, DVDs, audio books and magazines. The library is a real social and cultural hotspot with long opening hours (even on Sundays in winter). There is a lovely Café, and a reading lounge outside. If you are looking for a quiet place to work or read, there are desks in the reading room and a group room for discussions.

Games libraries

At games libraries, you can borrow games, toys and sports equipment. Games libraries are open to everybody: children, adults, institutions or schools. Some games libraries offer as many as 2000 articles, anything from simple card games to outdoor equipment.

Sport and Excercise

Children want to move constantly. Young babies kick their legs to express joy or excitement. Older children explore the world skipping, climbing, swinging and running. Adolescents strive to test boundaries and love competitions. Every age group has different physical needs and things they like to do. Young children benefit from trying different things and spending time playing outside. Older children know their talents and will choose a particular sport.

There are many ways to get your children moving. When children are older, sport and exercise are a very good way to stay fit and enjoy the company of friends.

Smaller children need a safe place to run around and explore. Take them to the

woods nearby, to a playground, a park or even your own garden. In winter, there are indoor pools, skating rinks, miniature golf courses or indoor tennis courts. Ask your

local administration (Gemeinde) for a list of playgrounds, sports grounds and sports clubs in your town. You can also ask about mother/child gymnastics.

Holidays and recreation for children and adolescents: special offers

Basler-Ferienpass

From June to September, children between 4 and 16 can obtain a Basler-Ferienpass (Basel holiday pass). With the pass, they get many concessions on entry fees for swimming pools, museums etc., and can take part in many activities (such as painting, crafting, playing music). The Basler-Ferienpass can also be purchased by non-residents of Basel against a small extra fee.

Pro Juventute Holiday Pass

Pro Juventute also has a special Holiday Pass for children during the school



holidays. Check for the programme in your area.

 www.pro-juventute.ch > Für Kinder/Für Jugendliche > Ferienpässe

Holiday camps

Summer and winter sport camps are offered by private institutions, churches as well as the cantonal sport departments. Please consult the addresses at the end of this chapter for more information.

Other camps:

- www.feriencamps.ch
- www.feriengestaltung.ch

Day camps

Pro Juventute, Robi-Spiel-Aktionen and GGG (all based in Basel) organise so called day camps during school holidays. Residents of the Canton of Basel-Landschaft can sign up for them. Special conditions apply.

www.robi-spiel-aktionen.ch > Tagesbetreuungsangebote > Tagesferien

Some municipalities also offer day camps. Contact your local administration (Gemeinde) for more information.



Holidays and recreation: addresses and links

Please note: Most of the described services and links are in German. If a service is explicitly offered in English this is marked by a *

Switzerland

Family holidays

Family holidays in a camper

www.eurocamp.ch

Holidays for families with a small budget

www.kovive.ch

Reka-holidays

www.reka.ch

Family holidays for single-parent

families www.leuenberg.ch

Recommended vaccinations in Europe

www.safetravel.ch

Hiking with children

Itineraries and tips for family outings: www.wandersite.ch

The "Verein Wanderwege beider Basel" offers guided hikes: www.wanderwege-beider-basel.ch

Aargauer Wanderwege: http://www.aargauer-wanderwege.ch/

Solothurner Wanderwege: http://www.solothurner-wanderwege.ch/

Castle hikes: <u>www.vvsl.ch</u> > Sport/Wandern/Freizeit > Burgenwanderung



Switzerland	Aargau	Basel-Landschaft	Basel-Stadt	Solothurn	
Playing together	Playing together				
Game ideas:					
www.praxis-jugendarbeit.de					
TV, Computer and Games					
Recreation					
Attractions and recreation	Attractions for families, put	Overview of various	Tourismus Basel:	Tourismus Solothurn:	
offers in Switzerland:	together by Aargau Tourismus:	attractions:	https://www.basel.com/de	http://www.mysolothurn.com	
www.ausflugsziele.ch	http://www.aargautourismus.	www.baselland-tourismus.ch		/de/index.cfm	
	ch/de/familien-				
	gruppen/Familien.html	Activites in the "Tafeljura":			
		www.tafeljura.ch			
		Attractions Leimental:			
		www.leimental.ch >			
		Ausflugsziele			
Trips and outings around Base	Trips and outings around Basel				
		See text for further information	See text for further information		



Switzerland	Aargau	Basel-Landschaft	Basel-Stadt	Solothurn	
Art, museeums and Augusta Raurica					
Schweizerischer Museumsverband*: http://www.museums.ch/	VAMUS- Verband Aargauer Museen und Sammlungen: http://www.vamus.ch/agmusee n/agmuseen1.cfm Archäologie Aargau: www.ag.ch/archaeologie	Kantonsmuseum Basel- Landschaft: www.museum.bl.ch Augusta Raurica: www.augustaraurica.ch Ortsmuseen: www.bl.ch > Bildung, Kultur, Sport > Kultur > Museen Archäologie Basel-Land: http://www.archaeologie.bl.ch/	Museen Basel: http://www.museenbasel.ch/ Archäologie Basel: http://www.archaeologie.bs.ch/	Museen im Kanton Solothurn: http://www.mysolothurn.com/d e/page.cfm/Kultur_Events/Mus een Archäologie Solothurn: https://www.so.ch/verwaltung/b au-und-justizdepartement/amt- fuer-denkmalpflege-und- archaeologie/archaeologie/	
Every family should have one	Familienpass				
	www.familienpass.ch (Only for residents of Rheinfelden/Laufenburg)	www.familienpass.ch www.x-island.ch www.ferienpass.ch www.regio-ferienpass.ch www.ferienpass-sissach.ch	www.familienpass.ch	www.familienpass.ch (Only for residents of Dorneck/Thierstein)	



Switzerland	Aargau	Basel-Landschaft	Basel-Stadt	Solothurn
Close to nature: Robinson playgrounds				
	Robi Spielplatz Rheinfelden: http://www.schjkk.ch/robi- spielplatz.php?DOC_INST=1	Robinsonspielplatz Aesch, Im Löhrenacker, 4147 Aesch www.robi-aesch.ch Robinsonspielplatz Binningen, Brünnelimatten, 4102 Binningen www.binningen.ch > Jung&Alt > Kinder und Jugendliche > Robi Robinsonspielplatz Frenkendorf (only reachable on foot or bike) www.robiplatz.ch Robinsonspielplatz und Robibahn Muttenz, Hardackerstrasse 6, 4132 Muttenz www.robinson-spielplatz.ch	Robi-Spiel Aktionen: http://www.robi-spiel- aktionen.ch/ Overview of all playgrounds in Basel: http://www.jfs.bs.ch/fuer- familien/ angebote/spielplaetze.html	Robi Olten: http://www.robiolten.ch/ Quartierspielplätze Solothurn: http:// www.quartierspielplaetz.c h/



Switzerland	Aargau	Basel-Landschaft	Basel-Stadt	Solothurn
Music schools				
	Vereinigung aargauischer	Verband Musikschulen	Musikschule der Stadt Basel:	Solothurner Musikschulen:
	Musikschulen VAM:	Baselland	http://www.musikschule-	http://solothurnermusikschulen
	http://www.vam-ag.ch/	www.vmbl.ch	basel.ch/	<u>.ch/</u>
Children's theatre				
Ciliuren's theatre				
	Theater Tuchlaube:	Theater Palazzo:	Basler Kindertheater:	Junges Theater Solothurn:
	www.tuchlaube.ch	www.palazzo.ch	http://www.baslerkindertheater.	https://www.tobs.ch/fr/jeune-
			ch/	public/jts-junges-theater-
	Kinder-und Jugendtheater			solothurn/
	Turgi:		Basler Marionettentheater:	
	www.kjt-turgi.ch		http://bmtheater.ch/	
Libraries				
Libraries	Aargauische	Kantonsbibliothek Baselland:	Universitätsbibliothek Basel-	Zentralbibliothek Solothurn:
	Kantonsbibliothek:	http://www.kbl.ch/	Stadt:	http://www.zbsolothurn.ch/
		http://www.kbi.ch/	http://www.ub.unibas.ch/ub-	IIIIp.//www.zbsolotiium.cm
	www.ag.ch/kantonsbibliothek	Gemeindebibliotheken:		Gemeindebibliotheken
	Billiothal as is Asses		hauptbibliothek/	
	Bibliotheken im Aargau:	http://www.bibliothekenbl.ch	V II 1 II II II I	Solothurn:
	www.ag.ch/bibliotheken		Volksbibliotheken Basel-Stadt:	https://www.so.ch/verwaltung/d
			http://www.stadtbibliothekbasel	epartement-fuer-bildung-und-
			<u>.ch/</u>	kultur/departementssekretariat/
				paedagogik/lesen/bibliotheken/



Switzerland	Aargau	Basel-Landschaft	Basel-Stadt	Solothurn		
Games libraries	Games libraries					
Overview of all game libraries (Ludotheken) in Switzerland: www.ludo.ch						
Sports and excercise						
Jugend und Sport (J+S) of the Bundesamt für Sport BASPO informs about sport camps on its website www.jugendundsport.ch	Department Bildung, Kultur und Sport: https://www.ag.ch/de/bks/sport _ausserschulische_jugendfoer derung/sport_jugendfoerderun g.jsp	Sportamt des Kanton BL https://www.baselland.ch/Links .283274.0.html	Sportamt Basel http://www.jfs.bs.ch/fuer-sportlerinnen-und-sportler.html	Sportfachstelle Solothurn: http://www.so.ch/verwaltung/d epartement-fuer-bildung-und- kultur/amt-fuer-kultur-und- sport/sportfachstelle/		
Ice skating rink (Kunsteisbahi	1)					
	Kunsteisbahn Aarau www.keba.ch Kunsteisbahn Oberwynental www.kunsteisbahn.ch KuBA Freizeitcenter AG www.kuba-rheinfelden.ch Kunsteisbahn Wettingen http://www.taegi.ch/de/angebot sport/sportkunsteisbahn/ Kunsteisbahn Wohlen www.kebwohlen.ch	Kunsteisbahn Sissach, Renggenweg 12, 4450 Sissach, Tel. 061 971 45 85 http://kunsti-sissach.jimdo.com/	Kunsteisbahn Eglisee, Egliseestrasse 85, 4058 Basel, Tel. 061 681 55 00 www.kunschti-eglisee.ch Kunsteisbahn Margarethen, Im Margarethenpark, 4053 Basel, Tel. 061 361 95 95 www.ed- bs.ch/jfs/sport/sportanlagen	Kunsteisbahn Zuchwil: http://www.szzag.ch/home/		



Switzerland	Aargau	Basel-Landschaft	Basel-Stadt	Solothurn
Indoor pools				
List of all indoor pools in	Indoor- and public pools in the	Hallenbad Muttenz	Hallenschwimmbad Rialto,	Sportzentrum Zuchwil:
Switzerland by canton:	Canton of Aargau:	http://www.muttenz.ch/de/touri	Brisigstrasse 45, 4054 Basel,	http://www.szzag.ch/sport-
http://www.badi-		smus/sport/?action=showobjec	Tel. 061 281 91 42	familie/hallenbad/
info.ch/schwimmbaeder_hallen	http://www.aargautourismus.ch	t&object_id=1770	http://www.jfs.bs.ch/fuer-	
<u>.html</u>	/erleben/hallen-und-freibaeder	Hallenbad Gitterli, Liestal:	sportlerinnen-und-	
		http://www.gitterlibad.ch/hallen	sportler/sportanlagen/hallenba	
		bad/	eder/hallenbad-rialto.html	
		Hallenbad Binningen:		
		http://www.binningen.ch/xml_1		
		/internet/de/application/d59/d2		
		96/d314/f427.cfm		
		Aquabasilea Pratteln:		
		http://www.aquabasilea.ch/de/		
Holidays and recreation for ch	ildren and adolescents: special	offers		
Pro Juventute Ferienpässe:	Sportcamps of the	Sportcamps for teenagers:	Basler Ferienpass (also	Sport camps of the
www.projuventute.ch>	Departements für Bildung,	https://www.baselland.ch/sport	available for non-residents	Sportfachstelle Solothurn:
Programme> Betreute	Kultur und Sport des Kanton	wochen-htm.273780.0.html	at a slightly higher price)	https://www.so.ch/verwaltung/d
Ferienprogramme>	Aargau:		http://www.basler-	epartement-fuer-bildung-und-
<u>Ferienpässe</u>	https://www.ag.ch/de/bks/sport		ferienpass.ch/fp/	kultur/amt-fuer-kultur-und-
	_ausserschulische_jugendfoer			sport/sportfachstelle/sportlager
	derung/j und s/kursorganisati		Sportcamps of the Sportamt	/angebote/
Stiftung Feriengestaltung für	on/kursorganisation.jsp		Basel-Stadt:	
Kinder:			http://www.jfs.bs.ch/fuer-	
www.feriengestaltung.ch			sportlerinnen-und-	

	sportler/sportangebote/kinder- jugendliche.html
	Day camps of the Robi Spiel-Aktionen (subsidized for residents of Basel, non-residents pay the full price) http://www.robi-spiel-aktionen.ch/tagesferien.php

Book recommendations

Our book recommendations are generally for books that are available in German only. Where possible we've listed the English translation or an equivalent.

On the topic of trips and outings

"KIDS – 1698 Ausflüge für die ganze Familie 9. Auflage", Swisscontent 2014. Erhältlich im Buchhandel oder über www.kids.ch