

Good training is the mountaineer's best insurance

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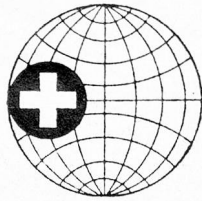
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**ASSEMBLY OF THE
SWISS ABROAD**

Lugano, 25th-27th August 1967



The preliminary programme of this year's Assembly of the Swiss Abroad has been published. On Thursday, 24th August, the Executive of the Commission of the Swiss Abroad will meet, and the full Commission at 8.30 a.m. the next morning. It will be followed by a Press Conference. The Delegates' Meeting of the Solidarity Fund will take place in the afternoon. The Assembly will be opened at 8 p.m. at the Kursaal, and separate meetings on various problems will take place afterwards.

The next morning, the Commission will meet again in a wider circle, when the information problem will be discussed. The plenary meetings at 11 a.m. and 3 p.m. will be followed by a Reception by the Municipal authorities and a banquet and dance will take place in the evening.

The next day (Sunday) will be given over to an excursion by boat to Morcote.

All Swiss living abroad are invited and a warm welcome awaits them in that beautiful part of Switzerland.

Please apply immediately: Secretariat of the Swiss Abroad, Alpenstrasse 26, 3000 Berne.

**GOOD TRAINING IS THE MOUNTAINEER'S
BEST INSURANCE**

More and more people have come to realise that, with many kinds of sport, even those which are strictly recreational activities, thorough basic training is the best assurance of full pleasure. This has become generally accepted for tennis, riding and ski-ing. Now, according to Fritz Luchsinger, the Swiss Alpine Club's Chief of Training and Tours and one of the first two men to climb the 28,000-ft. Lhotse in the Himalayas in 1956, a growing number of mountain climbers of all ages and both sexes are beginning to realise that we go up into the mountains for pleasure, to derive joy from nature and to experience our ability as human beings to meet any emergency. Switzerland already boasts a number of renowned mountaineering schools. Prominent among them are: the Rosenloui Mountain Climbing Institute (Bernese Oberland); the Silvretta Mountaineering School (Klosters); the Pontresina Mountaineering Centre; the Ecole d'alpinisme La Fouly (Val Ferret, in the Valais), and the Kreuzberg Climbing School (with branches in Arolla, on the Furka Pass, and in Fiesch, Valais). These worthy institutions provide fundamental training in climbing in rock and snow, firn and ice, simple climbing and traverse work, self-help, the use of available technical aids, orientation with map and compass. An alpinist trained in a good school is capable of avoiding the dangerous pitfalls represented by over-fatigue, over-estimation of one's capacities, and assorted external natural hazards.

[S.N.T.O.]

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