



Information for a good start in your new home

## Activities

### Clubs for sports (and more)

The strong sense of cohesion and community among the people of Valais is reflected in its lively club culture. Countless clubs and associations offer children a wide range of activities in sports, art, theatre, folklore, culture and music.

Clubs for young people in Upper Valais / [www.jastow.ch](http://www.jastow.ch)

### Music lessons

Making music is not only fun, it sharpens the senses and brings us together. If you would like to learn a musical instrument, the Allgemeine Musikschule Oberwallis (AMO) offers professional lessons. These include parent-child singing courses, music lessons for young children and private lessons for selected musical instruments.

AMO / [www.amovisp.ch](http://www.amovisp.ch)

### Summer holiday activities

The eight Youth Work Centres (Jugendarbeitsstellen – JAST) in Upper Valais organise various projects that offer meaningful leisure activities for young people. A popular and proven project is the Holiday Pass, which is offered alternately by district. During the summer holidays, the pass offers children from years 3H to 8H various experiences in the region, such as visiting the fire brigade, mask carving in the Lötschental valley, and alpaca trekking.

Overview of the Holiday Pass / [www.jastow.ch](http://www.jastow.ch)

Further projects of the Youth Work Centres / [www.jastow.ch](http://www.jastow.ch)

Family excursions / [www.valais4you.ch](http://www.valais4you.ch)

Top family experiences / [www.valais4you.ch](http://www.valais4you.ch)