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**LOOKING BACK TO THE EXCHANGE “FOUR HEADWATERS TRAIL”, Conclusions**

* **The selection of the "trekking-guests" is of central importance. They must meet the defined requirements like walking 6 hours a day, be safe footed, etc.**
* **Take the applications and references very seriously; select the people carefully. No decision without references.**
* **The trekking group should be composed as homogeneously as possible regarding fitness and abilities for trekking.**
* **The group has to align itself on the weakest person participating.**
* **If a trekking guest does not meet the requirements, then he or she is not allowed on the hike (risk, speed). The organizing club must have an alternative ready.**
* **The guests should have some more acclimatization time before the test walk due to the partly long travelling and the Jet lag.**
* **An exchange of this kind requires a serious preparation and a high degree of flexibility of the responsible hosts.**
* **Because depending on the weather conditions and other reasons, it must be possible to adapt the program. In our case program changes by switching to the Maighelshütte and by shortening the trekking by train and bus.**
* **"Walking and talking": hiking has led to many good conversations.**
* **The guests were impressed by the whole programme, which we offered, and they thanked accordingly.**
* **Finance: It was right to include a reserve. A reserve of 10 to 15% is adequate.**
* **Bob and Donna are planning a similar Exchange in the "White Mountains". Great idea!**
* **FF Solothurn might offer an international exchange (2021 or 2022) with a trekking week staying at a fixed place, f.e. in Ticino (, partly combined with an alternative program for those who want to take it easier, like visiting a nearby city or a mountain by cable car, staying at the pool, visiting a river, …)**

**190106, Urs Gantner**