

YEAR 9 SKI VENTURE JANUARY 2020



Agenda:

1. Travel arrangements Friday 10th Jan & Saturday 18th Jan
2. Luggage & clothing
3. The resort (hotel & village)
4. Daily schedule: ski school & meal times, après-ski
5. Money
6. Do's and Don'ts
7. Questions
8. Dry ski slope visit
9. Hire clothing
10. Contact details



Please sign in on the attendance sheet!

• **Remaining documents to leave with us this evening / hand in to Hydro office asap (please see register):**

• PASSPORT

• EHIC available free of charge from:

www.nhs.uk/nhsengland/healthcareabroad/ehic

TRAVEL ARRANGEMENTS:

- Bus pick-up from LOWER SCHOOL YARD, departing at approx. 1.30p.m
- Parents can drop off luggage **as long as it is before 12.30 but cannot park on school grounds during the 12.40 – 1.20 lunch break** (alternatively bring luggage into school for storage in the **PE OFFICE** before school starts on Friday morning)
- Bag of clothing to change into from school uniform – students are excused at the end of period 3 to get changed (may not be time for school lunch – bring food for bus)
- Bus journey to Dover, then ferry to Calais at approx 23:15
- Return leg: 18th Jan Calais – Dover 06:45, back in Hexham approx. 5p.m (students will liaise via mobile phones)

LUGGAGE:

- A medium-sized bag (preferable to suitcases) plus rucksack for bus journey
- Small pillow for bus, blanket / sleeping bag?
- Food for journey (though there will be service station stops en route):
- **WE WILL HAVE STUDENTS WITH NUT ALLERGIES ON BOARD: PLEASE NO NUTS IN PACKED LUNCHES**
- **NO ENERGY DRINKS or CHEWING GUM** – BRAND NEW COACH!
- All litter in rubbish bags provided
- Ear phones only – no loud music permitted
- DVD players & ipads etc – at your own risk, not part of school insurance

CLOTHING:

- Salopettes & ski jacket
- Base layers, thermals (& spares): these can also be dried in your room
- Ski socks (spares in case they get wet)
- Ski gloves
- Goggles
- Buff? Bobble hat?
- **Please label all of your kit** – gloves are the most frequently dropped item!
- HELMETS ARE PROVIDED AND MUST BE WORN AT ALL TIMES
- Evening wear (comfortable clothes, pyjamas, trainers etc)
- Non-slip waterproof shoes / boots for walking around the village
- SWIMMING COSTUME (NO BAGGY SHORTS FOR BOYS...) for spa visit



THE RESORT: Serre Chevalier

Three main villages:

Le Monétier (1500m), Villeneuve (1400m) and Chantemerle (1350m).
At the south-eastern end of the valley, is Briançon (1200m) the highest town in France.



RESORT FACILITIES

- Ski school meeting place and slopes: across from hotel
- Small supermarket
- Ice-rink
- Crêperie & pizza take-away
- Small souvenir & ski clothing shops



HOTEL FRÉJUS

- 2 storey building
- Shared rooms of up to 6, some rooms 4 / 5 (rooms allocated in December)
- Shower & loo in all rooms
- Restaurant (all meals taken there)
- Lounge area (table football, pool, DVDs, sofas, bar serving drinks)
- NO SKI BOOTS TO BE WORN ON THE STAIRS PLEASE
- BE RESPECTFUL OF STAFF AT MEALTIMES AND ROUND THE HOTEL
- ROOM CHECKS



DAILY SCHEDULE & APRÈS-SKI

- Breakfast – continental breakfast (set time every day: BE ON TIME & EAT PLENTY)
- Lunch – hot meal (2 hour break)
- Hot chocolate & cake 4p.m daily
- Evening meal – hot meal (with one après-ski activity beforehand & one afterwards)
- Ski school: 9-12a.m & 2-4p.m (MEET OUTSIDE AT FRONT OF HOTEL, WITH ALL SKI EQUIPMENT, 8.45a.m EVERY MORNING)
- Après-ski (e.g ice-skating, Briançon visit, possible ice-hockey match, quiz night, DVD night, spa swimming session etc: TBC)



MONEY:

- Large amounts of Euros are taken at your own risk
- Cash can be looked after by staff if preferred – please supply a named envelope
- Money for snacks, drinks, souvenirs (3 meals provided should easily suffice!)
- Après-ski is part of package extra 10 euros covers spa visit & possible ice-hockey match (TBC once in resort)



DO'S AND DON'TS

- Stay in groups **at all times** (THIS IS PART OF OUR EXTENSIVE RISK ASSESSMENT)
- Keep rooms tidy (helps avoid not being prepared for ski school)
- Be polite and respectful of staff and ski instructors - you are ambassadors for QEHS
- Persevere with your skiing – you will improve!
- Don't take any risks on the slopes – your instructors are the experts, do as they say at all times
- Have fun, be ready for a challenge (get plenty of sleep – it will show if you don't...)



NOTES FOR PARENTS & QUESTIONS..?

- School mobile contact details: **07827 958177**
- Address & telephone number of hotel (English-speaking staff):

HOTEL FRÉJUS

5 Route de Bez

05240 La Salle-les-Alpes

France

TEL: 00 33 49247711

HIRE CLOTHING

- Recommended company:

www.glideslide.co.uk

Tel: 01943 461136
(info@glideslide.co.uk)

DRY SKI SLOPE VISIT: FOR BEGINNERS

Please return your
permission slips
and payment asap,
if you haven't
already done so!