# YEAR 9 SKI VENTURE JANUARY 2020



## Agenda:

- 1. Travel arrangements Friday 10<sup>th</sup> Jan & Saturday 18<sup>th</sup> 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: 18<sup>th</sup> 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:

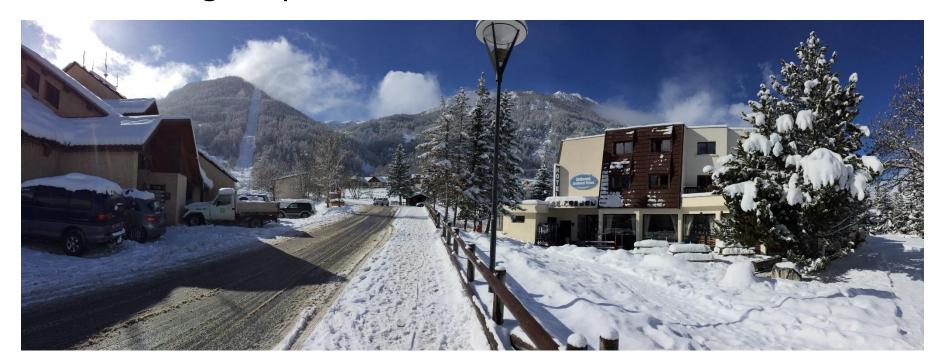
Le Monêtier (1500m), Villeneuve (1400m) and Chantemerle (1350m). At the south-eastern end of the valley, is Briançon (1200m) the highest

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 aprèsski 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 icehockey 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!