

# Welcome

## Ski Trip Meeting

### Aosta Valley, Pila



# Departure

**Meet in the main school car park no later than 13.00 on Saturday 17<sup>th</sup> February.**

**Departure Time: 13.30**

**Return Date: Sunday 25<sup>th</sup> February**

**Return Time: 13.30**

**Parents will receive a text message through the school system when our party return back to Dover to give an approximate estimated time of arrival.**

# Coach Journey

The background of the slide features a high-altitude mountain landscape. A prominent, snow-covered mountain peak rises in the distance under a clear blue sky. In the foreground, two skiers are visible on a snowy slope, their figures slightly blurred, suggesting movement or a wide-angle shot. The overall scene is bright and crisp, with a cool color palette dominated by whites, blues, and greys.

## Key considerations;

- One piece of baggage that is no more than 30x15x15 inches (4cu ft)
- Students are permitted to one piece of hand luggage (small rucksack)
- One pair of ski socks, shoes and a coat (Boot fitting on arrival)
- Students require a pillow and blanket for the journey
- Go to the toilet before arriving at school as the building will be closed
- Students will require a packed lunch for the journey (no evening meal)

Travel stops will be made as and when required during the journey

Seat belts must be worn throughout the duration of the coach journey

# Accommodation – Hotel Veneriaz



## Amenities include:

- Wifi
- Hairdryer in room
- Empty Fridge in room
- TV in bedroom
- 8 of the rooms have a balcony
- We are the only guests staying at the hotel

- Rooms will be based on 2/3 sharing depending on availability
- Male and Females will be on separate floors
- There may be some overlap with year groups but will keep to a minimum
- Members of staff will be spread out across the hotel on various floors
- Rooms will be allocated by myself and Mrs Arnone-Youlton we will try to group friends together where possible

# **Itinerary – (Mon-Sat)**

**7.00 – Wake up**

**7.45 – Breakfast**

**8.30 – Depart hotel**

**9.00 – Collect equipment**

**10.00 – Ski Lessons**

**12.00 – Lunch**

**13.00 – Lessons recommence**

**15.00 – End of skiing for the day**

**17.00 - Return to hotel**

**18.30 – Evening meal**

**19.45 – Apres Ski**

**22.00 - Bed**



# Insurance

A background image of a snowy mountain range under a blue sky. In the foreground, two skiers are visible on a snowy slope. One skier is wearing a dark jacket and red pants, and the other is wearing a brown jacket and dark pants. They are both holding ski poles and appear to be standing on the snow.

**Students are covered by the Interski Insurance Policy.**

**I recommend parents familiarise themselves with what the insurance policy covers. This can be found on the Interski website and a summary was provided on your seats as you came in.**

# Medical Excess

**In the unfortunate event of an injury the medical centre at the resort charges a 50 euro excess for providing treatment. (100 euro for those 18 and over)**

**It is important that your child has 50 euros in cash stored separately from their spending money. On the slopes staff will have money available for use and students can pay me back on returning to the hotel.**

# EHIC - Important

All students require an up to date European International Health Card.

This must be kept on you at all times and will be used if you require any medical treatment.

The easiest way to get an EHIC card is online at [www.gov.uk/european-health-insurance-card](http://www.gov.uk/european-health-insurance-card) or call 0300 3301350

Free of charge

Info in the bottom right hand corner of the insurance summary on your seats



# Parent Consent Form

**In the event of your child requiring medical attention the medical staff will request to see a consent form, signed by parents authorising ELA staff to give consent for medical treatment to be provided.**

**This letter is attached to the EV4 form and needs to be signed and returned back to me before you leave tonight.**

# Contact Information

Throughout the trip the line of communication will be as follows;

School nominated link – **Mrs Hardy** (Principal)

Lead teacher of the trip;

Mrs Wilsonh– [ewilson@eastleake-ac.org.uk](mailto:ewilson@eastleake-ac.org.uk)

Interski headquarters (UK) – 01623 456333

Hotel Veneriaz– (from the UK) 00 + 39 + 0165 767618

Could all parents complete and submit an EV4 medical form detailing emergency contact details before they leave tonight.

# Meals

All meals are included during the trip apart from on the day we depart.

## SAMPLE MENU

### BREAKFAST

Breakfast in the hotel will be a traditional continental breakfast as follows:

- » Cold drinks – water, orange juice, other fruit juices, milk
- » Hot drinks – tea, coffee, hot chocolate
- » Breakfast items – bread rolls, brioche, biscuits, cereals, butter, jam

### LUNCH

Lunch on the mountain (supervised by the Instructor) will be taken at different venues and the voucher will usually get you one of the following, plus a drink:

- » Slice of pizza
- » Bowl of pasta
- » Toasted sandwich
- » Toasted focaccia
- » Bowl of chips
- » Hot dog

You can pay extra using Euros to buy other items whilst in the restaurant should you wish.

### EVENING MEAL

First course – pasta (each day different: fusilli al pesto, spaghetti alla carbonara, macaroni alla Bolognese, penne with tomato sauce etc.) or vegetable soup.

Main course – a variation of chicken, beef, pork, turkey, stew, red meat or white meat, with 2 types of vegetables. For the vegetarians there is a choice of cheese, eggs etc. and pasta without meat or fish.

Dessert can be ice cream, fruit or cake.

### SPECIAL DIETARY REQUIREMENTS

We appreciate that some passengers may have special dietary requirements and others may be fussy eaters. You are welcome to bring your own food items should you wish (in a cool box on the coach) and your hotel will be happy to store any perishables in their fridge.

# WHAT TO TAKE

You will find below a summary of items that we would strongly recommend you take with you on your trip. The weather in the Alps can be very changeable and you need to be prepared for both very cold and very warm weather.

- » Ski jacket – this should be windproof and waterproof with elasticated cuffs and waist. A hood is useful.
- » Ski pants/salopettes – should be warm, water-resistant with inner cuffs on leg bottoms. Jeans or track suit trousers are not suitable!
- » Base layer – fleece/thermal/skins. Tight fitting, not cotton as it captures moisture. Multiple layers are best.
- » Hat – large enough to cover your ears and not too tight. Wool/acrylic mix is suitable for being warm, lightweight and water-resistant. Should always be carried on the slopes.
- » Ski helmet – please note that children under 14 are required by law to wear a helmet.
- » Ski gloves – should be windproof and waterproof. Must be worn at all times, even on warmer days. Mitts are preferable for beginners or young children. Woollen gloves are not suitable.
- » Ski/snowboard socks – at least two pairs.
- » Ski goggles and sunglasses – absolutely essential both on good and bad weather days. Should be worn at all times. Goggles are more suitable for children than glasses as they are less liable to breakage and loss, plus keep out the snow.
- » Walking boots/strong trainers – you may need to walk to ski hire through snow or wet conditions so you will need footwear that will keep your feet dry.
- » Small rucksack – useful for carrying your items around.
- » High factor sunscreen/lipsalve – should be worn every day and reapplied as necessary. You can burn on the mountain even on a cloudy day.

# Après Ski

**Après Ski wear should be warm and casual. Footwear should be sensible and comfortable. You might also like to take a swimming costume and swimming cap (compulsory for both sexes in Italy).**

**A wide range of activities on offer and will be confirmed with the Interski rep each day depending on group preference.**

**Towels are provided in the hotel but rarely tend to be the fluffy ones you enjoy at home, so you may wish to take a towel with you.**

# Equipment/Ski Clothing

Have you rented a ski coat and trousers?

Is this something you need to arrange prior to going?

- Gloves
- Goggles
- Thermals

Ski jackets and trousers can be rented from ourselves or students can buy their own. This will come at an additional cost of £30. You will need to contact Interski ASAP if you require this service.

**It is compulsory for all students and staff to wear their helmets during skiing**

# Passport



**Could you submit your passport & EHIC card to Mrs Arnone-Youlton at the end of the meeting if you haven't done so already.**

**They will be stored in the school safe until we depart.**

# Valuables

A background image of a snowy mountain landscape. In the foreground, two skiers are visible, one in a dark jacket and red pants, and another in a light jacket. They are standing on a snowy slope. In the background, a large, snow-covered mountain peak rises against a blue sky with some clouds. The overall scene is bright and clear.

**Take at your own risk**

**Personal insurance cover for these items is recommended and are solely your child's responsibility.**



# **Meal Vouchers**

**I will have all the meal vouchers and will distribute them each morning at breakfast.**

# **Spending Money**

**50-100 euro for souvenirs and snacks.**



Skiing is a **physical** activity

- Your legs will ache
- Your feet will hurt
- Your arms will hurt

This is all part of skiing and you must persevere and carry on...

# **Diet and Hydration**



**1. Eat breakfast**

**2. Pack a snack**

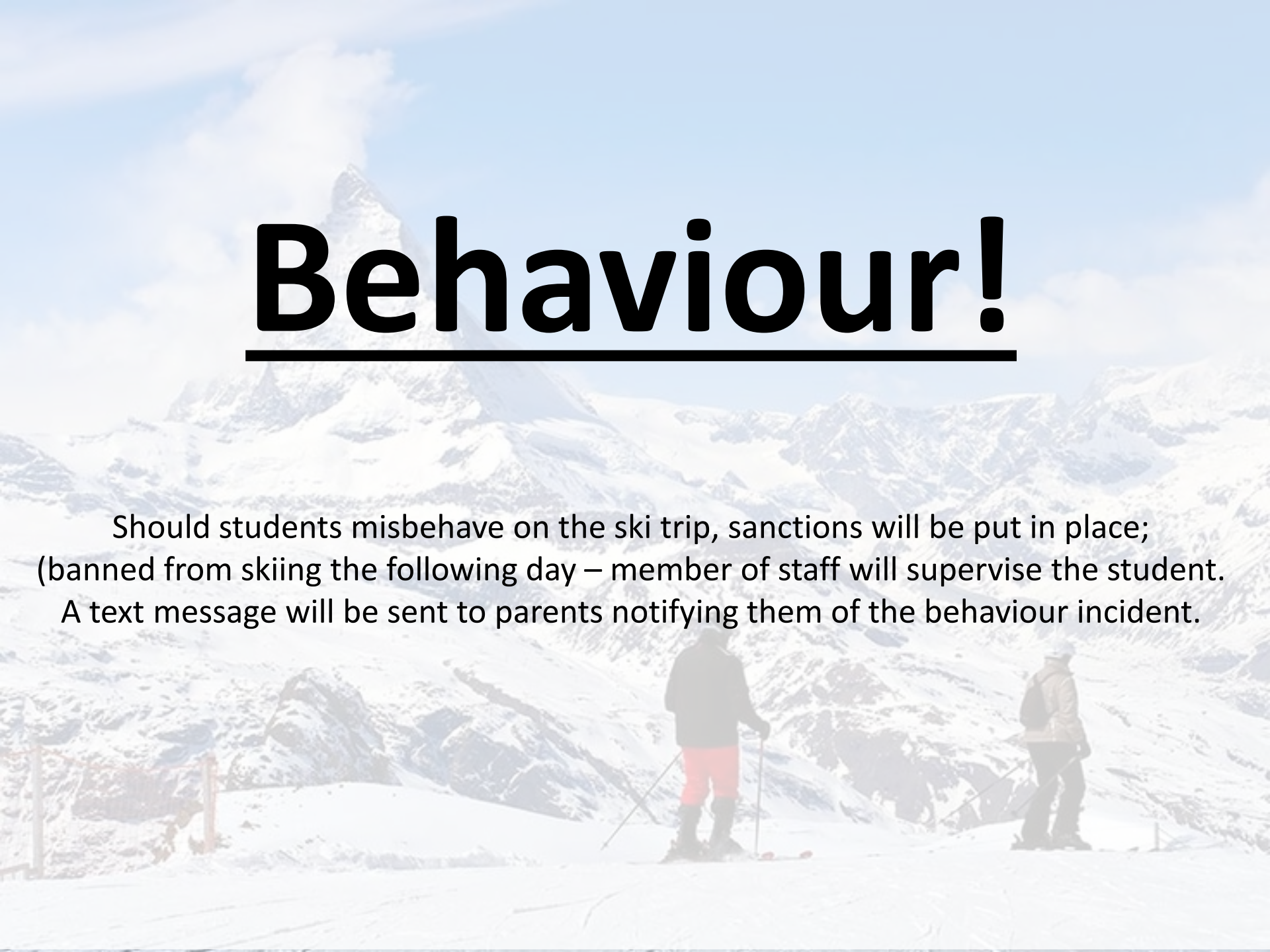
**3. Lunch break**

**4. Apres-ski snack & dinner**

**5. Hydration**

# Behaviour!

Should students misbehave on the ski trip, sanctions will be put in place; (banned from skiing the following day – member of staff will supervise the student. A text message will be sent to parents notifying them of the behaviour incident.



# Any questions?

