



Diverse
Academies



Ski Trip: Pila 2020

Aosta Valley: Italy

Departure Information

- We will meet in the main hall via the staff car park no later than 13:00pm on Saturday 15th February (TBC)
- Departure Time: TBC
- Return Date: Sunday 23rd February
- Return Time: TBC Via PARS TEXT (Approx. 13:30pm)

Parents will receive a text message via The Academy system when our party return to Dover to provide an update / estimated arrival time

Coach Journey

Considerations:

- One piece of baggage that is no more than 30x15x15 inches (4CU FT)
- Students are permitted to one piece of hand luggage (Small Backpack)
- One pair of ski socks, shoes and a coach (Boot fitting on arrival)
- Students may require a pillow and blanket for the journey
- Go to the toilet before arriving at ELA as the building will be closed
- Students will require a packed lunch for the journey (No evening meal)

Accommodation – Hotel Dujany

Amenities Include:

- Wi-Fi
- Hairdryer in room
- Empty fridge in room
- TV in bedroom
- Some rooms have a balcony
- We are the only guest in the hotel



Accommodation – Hotel Dujany

- Rooms will be based on 2.3 sharing depending on availability
- Male & Female students will be based on separate floors
- Year groups may overlap but this is kept to a minimum
- Members of staff will be placed across the hotel on various floors
- Rooms will be allocated by myself and Mrs Arnone-Youlton



Itinerary (Monday – Saturday)

- 7:00am – Wake Up
- 7:45am – Breakfast
- 8:30am – Depart Hotel Via Coach
- 9:00am – Collect Equipment
- 10:00am – Ski Lessons
- 12:00pm – Lunch
- 13:00pm – Ski Lessons
- 15:00pm – End of Ski Lessons
- 17:00pm – Return to Hotel Via Coach
- 18:30pm – Evening Meal
- 19:45pm – Après Ski Activity – Via Coach (During certain activities)
- 22:00pm – Bed Time

Insurance

- Students are covered by the Interski Insurance Policy
- I recommend that parents / carers familiarise themselves with the policy
- This can be located on the Interski website
- Please contact Interski for further details and information relating to their insurance provider

Medical Excess

- In the unfortunate event of an injury the medical centre at the resort will charge an excess around 50 Euros (100 Euros for those over 18) for treatment.
- It is important that your child has the 50 Euros in cash stored safely away from their spending money (Usually in the sleeve of your ski jacket).
- On the slopes staff will have money available for any emergencies should anyone forget (Responsibility).

Code of Conduct – Be Safe, Be Respectful, Be Responsible during difficult situations that staff and students may be faced with on the visit

EHIC

- 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.
- Students must store this safely when skiing (Usually in the sleeve of your ski jacket).
- The easiest way to get an EHIC card (Free of charge) is online at:
www.gov.uk/european-health-insurance-card or call 0300 3301350

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 with the EV4 form you have received this evening and must be returned before you leave this evening

Contact Information

- Throughout the trip the line of communication will be as follows;
- School nominated link: Mr Francis (Principal)
- Lead Teacher: Mr Berry – cberry@eastleake-ac.org.uk
- Interski headquarters (UK): 01623 456333
- Hotel Telephone (from the UK): 00 + 39 + 0165 767100

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 the day of departure

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. Woolen 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.
- 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.
- Activities: Bowling, Quiz, Disco, Pizza, Town Centre (Not in order)

Equipment & Ski Clothing

- Have you rented a ski coat and trousers?
 - Is this something you need to arrange prior to going?
 - Gloves
 - Goggles
 - Thermals (Important)
- It is compulsory for all students and staff to wear their helmets when they ski**
- Ski jackets and trousers can be rented from Interki or students can buy their own. This will come at an additional cost. You will need to contact Interski ASAP if you require this service.

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.
- Please ensure your passport is in date 😊

Valuables

- Take at your own risk
- Personal insurance might cover these items
- These will remain the responsibility for your child

Meal Vouchers

- Staff will distribute the meal vouchers each morning on the way to Ski Hire
- If students lose their meal vouchers they can purchase meals from the restaurants (Responsibility)
- You will have one meal voucher per day for your lunch which includes a snack and a drink

Spending Money

- There are limited opportunities for spending
- It is suggested that students take around 50-100 Euros for souvenirs and snacks
- Students will take responsibility for budgeting on the visit

ELA Hoodies – Pila 2020

- Mrs Arnone-Youlton will be taking orders for Hooded Tops for the visit
- This will also support safeguarding and will ensure that staff and students are identifiable on our departing and returning journey
- They are priced at £15 and include plain printing

What to expect?

- Remember: Skiing is a physical activity
- Your legs will ache
- Your feet will hurt
- Your arms will hurt
- This is all part of a ski trip and you must persevere and carry on
- Eating all meals provided and getting plenty of sleep will help recovery

Diet & Hydration

1. Eat breakfast
2. Pack a snack
3. Lunch
4. Après Ski snack and dinner
5. Hydration

Medication

- Indicate on the EV4 type of medicine(s) student needs to take e.g. paracetamol or prescription medication.
- If your child is on prescription medication please speak to Mrs Arnone-Youlton (Academy First Aider) at the end of this meeting.

Safeguarding

- Students will be allocated groups and assigned to staff
- Students will be given a “Emergency Contact Card” which will provide them with details of the hotel and school mobile phone emergency contact numbers.
- Students will have to remain in their allocated groups, never alone

Behaviour – Code of Conduct

- During the ski trip staff will follow the same consequence pathway as they do within lessons
- This ensures students are familiar with the consequences and understand the expectations
- If a student receives a C5 they will not be allowed to ski the following day where they will be supervised by a staff member
- Students are expected to follow three simple rules:

Be Safe, Be Respectful, Be Responsible

Questions



Note: Final Departure Confirmation Meeting

Tuesday 4th February at 6:00pm - ELA