

BIDDICK SCHOOL SKI TRIP TORGON FEBRUARY 2012

This booklet is hopefully aimed at answering any queries that you may have concerning the ski trip to Switzerland. If however you do have any concerns regarding the trip please do not hesitate to contact me at school.

David Griffiths, Biddick School, October 2011



This booklet is hopefully aimed at answering any queries that you may have concerning the ski trip to Switzerland. If however you do have any concerns regarding the trip please do not hesitate to contact me at school.

Please keep this booklet in a safe place as you will need to refer to it several times before we set off.

Dates: Saturday 18th.to Saturday 25th. January 2012.
Resort: Torgon, Switzerland
Company: The Ski Company, 4a, Nelson Road, Greenwich, London.
Flights: EasyJet

Provisional Outbound Travel Details:

Newcastle – Geneva	EZY 6467	
Saturday 18 th . February	15.30	Meet at Newcastle airport.
	17.30	Depart Newcastle.
	20.35	Arrive Geneva.
		Coach transfer to Torgon.
	23.35	Arrive Torgon.

Provisional Inbound Travel Details:

Geneva – Newcastle	EZY 6466	
Saturday 25 th . February	10.00	Depart Torgon.
	12.05	Arrive Geneva airport.
	14.05	Depart Geneva.
	15.10	Arrive Newcastle airport.
	15.25	Collection by parents from airport.

What is included in the price:

Six days skiing.
5 hours of lessons each day for 6 days.
Hire of equipment (skis, boots, poles, helmet)
Full board accommodation - breakfast, lunch or packed lunch, dinner.
Tea and coffee in the chalet.
Six day ski pass (For use of lifts, tows)
Evening activities.

Not included in the price:

Evening meal on day of departure.
Food at the airport or on the plane.
Food after breakfast on the return journey.
Soft drinks from the bar.

The Resort

Torgon is a purpose built ski resort close to the eastern end of Lake Geneva (Lac Lemman). The ski slopes start right outside the chalet. They connect to the massive “Portes du Soleil” ski system. The lifts take you across the border between Switzerland and France. It is a small resort with no through road and so it is quiet and safe for pupils.

Speaking French

We will be encouraging the students to practise their French in the village, during their lessons and in the mountain restaurants. Most of the instructors are French speaking. Pupils will have many opportunities to develop their language skills.

Accommodation

The chalet is a new hotel and students will be staying in clean, modern four or five bedded rooms with private facilities. Please note however that accommodation for school ski trips is basic - students should not expect a 4 star hotel. Breakfast is normally buffet style - Yes! crusty bread!. Students will have either a packed or hot lunch depending on where we are skiing. They usually have the opportunity to purchase chips and drinks at the mountain cafés but they are expensive. A substantial evening meal is provided. Food in the chalet is freshly prepared to an excellent standard and the portions are very generous, however, some students become very "picky" and eat very little food when away from England. We will encourage students to eat and drink properly at all meal times. Failure to do so can have serious consequences for the student on the ski slopes. The chalet has a TV/video room, pool table and games room. Upstairs is a sports room with a 5 a side football pitch and basketball hoops. Pupils will have the opportunity to use the new climbing wall under supervision. All skis are stored in the building, therefore avoiding lengthy treks with equipment.

Ski School:

All lessons will be run by the ski school of Switzerland. No student will be allowed to "free-ski". There will always be a ski-instructor present. School staff will be in contact with the lessons to assist students with any problems or concerns.

Clothing

This is one of the most important areas of the ski trip. Without proper clothing students will have an unpleasant experience skiing and it may even lead to medical problems.

Pupils have hired clothing from Reynolds Outdoor Centre in Sunderland in the past and found their equipment to be good. Samples from Reynolds will be available at the meeting. Unfortunately some of the equipment cannot be hired and must be purchased. Full details are given later.

Reynolds Ski Loft
Reynolds Outdoor Centre
6 Derwent Street
Sunderland
Tel: 5657945

Ski suit hire (Jacket & Salopette) £35. The suit is delivered to school and then picked up after the trip..

Whilst there is a need to purchase specialist clothing for living and skiing in the mountainous regions many of you will already possess clothing suitable for the trip. Sports Soccer sells gloves, hats, goggles and salopettes at very reasonable prices.

Primark, Matalan, M&S, Aldi and other retailers have excellent products.

Listed below are items necessary for your comfort.

The Ski Suit

Generally it is made up of two separate garments. (One piece suits are also available). The two garments are a jacket and a pair of salopettes.

Ski Jacket - This should be shower proof/windproof and most importantly warm. The jacket should be large enough to allow warm layers to be worn underneath.

The jacket should have a strong zip at the front with an extra wind flap on the zip if possible. It should fit closely around the neck and have a built in hood for use in extreme conditions. The cuffs should be elasticated to prevent wind and snow from getting up the sleeves.

Salopettes - Salopettes are made from the same material as ski jackets and are designed along the same principle as dungarees. Incidentally, it is often not necessary for extra layers to be worn beneath salopettes but in cold conditions it may be necessary.

Headgear – Helmets are included in the price of the trip and have to be worn for all ski lessons.

Gloves - It is absolutely vital to have protection for the hands. Good ski gloves are vital but they don't have to be very expensive.

Ski Socks - Usually 'tube socks' of universal size with a thick inside pile. Spare socks are needed because they can get wet or need washing which takes time to dry. Remember you (and your friends) will be sharing a room with your socks!!!

Ski Goggles or Sunglasses – Personal preference but some ski sunglasses are uncomfortable under helmets. Goggles work best in blizzard conditions.

Ski Cream and Lip Salve – Special ski sun cream is needed to give protection at altitude. Lips dry out and get cracked in the intense cold and dry air.

Footwear - When not skiing, walking around in a ski village is entirely different to being at home. There may be a bit of snow, up to 2 metres!!! The paths can get very icy. You will need to have trainers/shoes with good grips.

Apres Ski - A very enjoyable time when you can take those boots off, have a lovely hot shower, change clothes and relax! There is always plenty to do - if you have the energy! Clothes are casual - take comfortable jeans and casual trousers, shorts, shirts and warm tops. Don't forget some lighter tops too, as the chalet is always warm. We hope there will be a disco one night.

- Clothes Checklist
- 1. Ski jacket
 2. Salopettes
 3. Hat
 4. Goggles or sunglasses
 5. Suncream
 6. Lip Salve
 7. Mittens or Gloves
 8. Socks
 9. Ski Ties (not essential but make carrying skis easier)
 10. Footwear with a grip
 11. Cotton T-shirts
 12. Warm layers
 13. Towel
 14. Rucksack. It is useful to have a rucksack to share between friends for carrying water/packed lunch etc.

What Goes Under? Due to the time of year (it can be -20(C or very warm!) careful attention must be paid to what is worn under a ski suit. It is best to wear several thin layers under your jacket and salopettes rather than one very bulky item so they can trap air. Track suit bottoms can be handy to wear under salopettes as an extra layer. During the day students may not be able to go back to the hotel, therefore it is important that they are always warm.

Luggage

EasyJet allowance is currently 20Kg. Any excess will have to be paid by the pupil. Some items in the student's luggage may be shared whilst on holiday, for example hair dryers. We strongly advise NO ghetto blasters or expensive jewellery. If you have to make a claim for items lost there is an insurance excess of £25 per claim. Normal check in conditions apply to school parties. Pupils will have know who has packed their bag and that it has not been left unattended etc.

Spending Money

We feel that £60 - £80 is sufficient. If you want staff will look after this money and keep it in the chalet safe. This year we are asking parents to change the spending money into Swiss Francs in advance and put it into a plastic envelope with their name on. If this is left at the Pupil Office then we will take it out to Switzerland and the pupils can get a small amount out each day.

Other Details

Ski lessons:

Mr. Griffiths is organising beginner ski lessons for all students who are participating on the trip and have little or no experience of skiing.

Passport:

Pupils will need to have their own full UK passport for this trip. By now we should have a photocopy of your passport to register with Easyjet.

Please make sure that you bring your passport along to the airport. We will collect the passports in in Switzerland and keep them in the chalet safe.

EHIC

Pupils will need to have a European Health Card. These are free and you can apply at larger Post Offices or online. Please allow plenty of time. These have to handed into the Pupil Office by **Friday 27th. January.**

Medical/contact detail forms.

These will be given out in January and I would appreciate prompt returns. If there are any major medical conditions please contact me before then.

Sweatshirt

We will again be designing a ski/snowboard trip sweatshirt with everyone's names on the back. Price £16. Please complete the slip below and return it to the Pupil Office by Friday November 11th.

Staffing

Mr Griffiths

Mrs McLeman

Dr Laura Griffiths

If you have any questions about the ski trip please do not hesitate to contact me.

D. Griffiths

griffiths.d@sunderlandlearning.net

Pupil name

Please order a sweatshirt size XS S M L XL XXL (circle).

I enclose £16. (Cheques payable to Biddick School)

Signed

Date