

Harrow Way
Community
School



Ski Trip 2009
1st-8th February

Les Menuires
France

Final Details
Booklet



Harrow Way Community School

Ski Trip 2009

Les Menuires, France



Final Details

Departure 03:45 Sunday 01 February 2009



Students must be at school by 3.30am and ready to leave by 3.45am. A good night's sleep on Friday night before departure is a good idea. Please come freshly showered and dressed for the journey. Poor travellers should take their medication in good time.

STUDENTS WHO DO NOT ARRIVE ON TIME AT HARROW WAY WILL BE LEFT BEHIND. WE WILL HAVE NO TIME TO WAIT. BE WARNED AND SET SEVERAL ALARM CLOCKS!

Leaving at this time of the morning is never going to be pleasant. I would recommend that you try to get to bed early on the Saturday night and get some sleep before departure. The hour and a half coach journey to Gatwick should provide opportunity for a snooze. Please be considerate to others on this part of the journey for those who want/need to sleep! **Keep the noise down!**

SEAT BELTS ARE FITTED ON THE COACH AND MUST BE WORN AT ALL TIMES

You will get breakfast on the plane, so a decent meal early in the evening before departure should be fine. We strongly advise that sweets and other food is not consumed during the journey.

Please remember that luggage is limited to ONE bag per person, and of a 'reasonable size' (weight limit 20kg) and remember that you are carrying it! A small, 'soft' piece of hand luggage (40 x 20 x 55 cm and weighing no more than 10kg) is recommended for certain items e.g. toothbrush, deodorant etc, for freshening up during the journey, and any valuables, cameras, games, pocket size computer games, and walkman etc. Please have the sound turned off on any games or use headphones for the sake of the rest of the group.



The temperature during the journey will vary enormously. Standing outside waiting to board the coach at 3.30am will not be the same as in Gatwick Airport or the plane! Once in France, the coach to the resort may stop en route for refreshments and, once at the resort at 1800 metres, the temperature will be variable. Come prepared! Wear your ski jacket, have a hat and gloves handy and **not in your main bag.**

Food and drink for the journey should be carefully selected to decrease the risk of upset stomachs and discomfort. Fizzy drinks and salty snacks are not advised as well as 'egg sandwiches' or similar for the comfort of others! Water or still fruit juices are best for a long comfortable journey. A bottle of water for the journey is very useful, but remember that no bottles bigger than 100ml are allowed to be taken on the plane. It is advisable to pack a bottle in your main luggage for use at the resort in your hotel room.

Please note Valuable items, including money, should NOT be placed in your main bag and must be carried in your hand luggage.



Currency You will need euros whilst we are away. Try and get these in small denominations to avoid problems with large notes. You will also need a small amount of sterling (£) to get refreshments at the airport.



Remember Air travel is always subject to possible delays. Come prepared with a book, games, etc.

At Gatwick Once we arrive at Gatwick several students will go with a member of staff to get luggage trolleys. These will be shared in your pairs. When you leave the coach, make sure you have not left anything behind as you will not see it again!

We will make our way to the check-in desk where we will need to line up in order so that we can check you in. This needs to be done in an orderly manner, **in your 'pairs'**, as we need to show the check-in staff your passport at the same time as you put your luggage on the conveyor belt. Gatwick will be packed with people and it is important that you **pay attention and stay focussed on what you have been told to do**. Answer security questions sensibly; jokes about bombs, etc could lead to your arrest!

Once you have checked-in, you will go and stand next to a member of staff taking your hand-luggage with you. **This is a time when thieves and pick-pockets strike, so be careful and vigilant.** We will then go through **Passport Control** and security together, into the departure lounge.

Passports Obviously every student needs their own passport. However, if just one student misplaces their passport, en route or in the resort, the whole group will be delayed and may miss the flight. For this reason we are collecting all passports and keeping them altogether and in order in a locked box. This way, when we arrive at Gatwick, we can all queue up, in order, to enable us to present the passports at the correct time. Passports will then be collected in again immediately to reduce the risk of someone misplacing it. Students will need to be cooperative and organised if this is going to work and be efficient.

In the departure lounge we will find a base where staff will be present at all times. It will depend on how much time we have whether you will be allowed to wander round the shops.

You WILL stay in groups of at least 3 people. You **will not** be allowed to buy any duty free items as no one under 18 years old is permitted to do so!

You must keep checking the screens telling us when we need to go to the 'gate'. For this reason you will return to the base every 15 minutes.

Be mentally prepared for delays. Have an MP3/PSP, games or book handy. Do not waste money on the games machines or in the food outlets!

Once called to the 'gate', we will move as a group to line up near the passport check. Obviously, getting 30 people onto the plane is a difficult task for staff. Please make sure you cooperate and **always be alert to instructions. PAY ATTENTION!**

On the flight Computer games, phones, etc. **MUST be switched off.** Movement around the plane will be restricted to visits to the toilet only. Please try and go to the loos before we leave the airport. Once we are airborne, MP3s, etc. can be used until we start our descent. Keep the noise down and don't disturb those around you. Where we sit will be restricted by the airline so don't worry if you are not next to all your best mates!

The flight will take about 1½ to 1¾ hours. Breakfast will be served. Be careful not to spill it on yourself. You don't want to stay in soggy clothes for the rest of the trip. Leaving valuables on the plane is common; don't let it be you!!! Check your belongings and check your buddy's.

After getting off the plane, we will probably have to show our passports again. The same procedure will apply as before. We will collect trolleys and share them in the same way. We will make our way to the 'Baggage Reclaim' and wait for our luggage to come around on the conveyor-belt. Once you and your buddy have got your luggage, you will make your way to the meeting point with a member of staff and keep out of the way.

When we are all ready, we will go in one group, through immigration, to find the 'rep', who will take us to our coach.

You will put your luggage in a **neat row** alongside the coach, so the driver can load them. You will board the coach **quietly**.



The drive up to Les Menuires could take about 3 to 4 hours depending on traffic and weather. Do not stuff yourself with sweets or fizzy drinks as the coach climbs and swings round hairpin bends, if you have eaten too much junk and are tired, this is the time when you are likely to be ill! Have your MP3, etc. handy, but remember, some people may want to catch up on sleep so you must be considerate. The coach will stop outside the hotel. This is a busy road and the traffic travels on the other side of the road. **BE CAREFUL!**

On arrival in the resort the TEACHERS will have to spend time liaising with the hotel and travel company to sort out arrangements. Students will be expected to remain co-operative during this time and when told to do so, go to their rooms and unpack and organise their rooms in a TIDY fashion. **No one will be allowed to leave the hotel.** Please check your room and inform staff of any broken fixtures and fittings or any damage to your room. This will safeguard the 'damage deposit' (see later).

Pocket money will be handed to Mrs Cook and placed in the hotel safe.

There will be a fire drill shortly after arrival, please read the enclosed pink sheet.

Dinner will be served at the hotel. During the week you will probably be served mainly English food, but occasionally, there may be something you are not used to. DO NOT turn your nose up and make unpleasant comments. Firstly, until you have tried it you will not know what it tastes like, you may like it. (You will certainly need the energy in it). Secondly, the staff at the hotel do not wish to spend time preparing meals for you and hear unpleasant comments about it. Saying "thank you" to the waiter/waitress and generally being polite will ensure a more friendly response.



During the afternoon you will be taken to the ski boot and ski fitting session where you will be allocated your skis, poles and boots. **Each item has a number and it is important that you make a note of them on the reminder sheets we will give you.** Try to memorise the numbers so that you collect the correct boots/skis each time. At the end of the week you will be responsible for returning the SAME skis, boots and poles that you were issued.

Your lift-pass will be allocated to you. **This is very VALUABLE.** It MUST be kept safe. It is worth about £90 and if you lose it, you will not be able to use the lifts. Your ID card, EHIC and the copy of the insurance details you will be given, should be kept with you AT ALL TIMES. We recommend you place these in the INSIDE pocket of your ski jacket and take great care of them.



Valuables are taken entirely at the owner's risk. Everyone in your room must be security minded. Lock the door when you leave the room and hand the key in at reception. **No one should take a key out of the hotel.** Every year someone misplaces their purse/wallet, camera or other valuables. Usually these are found in the room under a pile of clothes. However, it is useful to pay special attention to what you do with your valuables, **they are YOUR responsibility**, and **keep your room tidy and organised so that locating items is easy.** There will be a DAILY room inspection.

There will be no skiing on the day of arrival. Following the evening meal the evening activities organised for you will begin. Everyone is very excited about the week ahead and it is easy for people to become tired after the long journey.

**KEEP CALM! EXPECT AN EARLY NIGHT!
LIGHTS OUT WILL BE 10.30pm!**

During the Week



Damage Deposit

The school has to lodge a '**Damage Deposit**' with the hotel. This is an amount of money that the hotel will return when we leave, **providing no damage has been done** to hotel property. **If any damage occurs it will be paid for by the students concerned.**



During the day the hotel staff will make the beds and clean the bathrooms. However, it is polite to leave your bed loosely made. **DO NOT LEAVE CLOTHES ON THE BED.** Staff will not clean your room if it left in an unacceptable state. The same is required for the bathroom. **Keep the room TIDY!** Use the bins. Take a polythene bag to put dirty clothes in. Take detergent to wash through clothes you may want to use again. Towels will not dry if you leave them on the floor!

DO NOT COVER ELECTRIC RADIATORS OR HEATERS WITH CLOTHES.

Meal Times



During meal times it is very easy for the noise levels to become unacceptable. When 30 or so students get together there is a tendency for manners and decent behaviour to get left behind. (There will be another school sharing the dining room with us.) We will require quiet, civilised behaviour throughout the hotel at all times and those who cannot comply will end up with us on the staff table!

Other points to remember



Hotel doors make a great deal of noise when they are slammed or left to close on their springs. Please ensure that you do not contribute to the noise in the hotel by unnecessary movement between rooms. Leave doors open whilst inside your room and never allow doors to slam. This especially applies in the mornings when other guests may not be getting up as early as us! Do not congregate in corridors and be aware that there will be other hotel guests not used to school children. Be polite, courteous

and as quiet as you can as you move around the hotel.

DO NOT SHOUT AND MAKE A NOISE IN THE CORRIDORS.



During the evenings you may be given the opportunity to go ice-skating, swimming and visit the sports centre. Therefore please remember to bring your swimming kit and training shoes. Details of this will be given after we arrive in the resort.

You will need money for extra drinks at meal times and for any presents you intend to buy. You may also want to purchase a ski badge for the ski test you will take at the end of the week.



We will be getting up at about 7.00am each day, so the need to sleep properly is essential.

Staff will not tolerate students who stay awake or keep others awake at night.

Staff will remove the right of students to evening activities or even skiing for those who do not co-operate.



Breakfast will probably be a 'buffet'. Make sure you eat enough fuel and **drink plenty of liquid**. Breakfast will consist of a choice of bread, jam, cheese, ham, fruit, yoghurt, cereals, eggs, fruit juice, coffee, tea, hot chocolate, croissants, etc. and should provide everyone with the chance to fuel themselves well enough for the day ahead. Students will need to organise themselves the night before so they can wash/shower and get dressed into *SOME* of their ski clothes before breakfast. They then return to their rooms to finish getting ready. This time is usually quite rushed and students are surprised how little time they have. **BE ORGANISED!**

If one person is late or forgets something the rest of the party is kept waiting. On the back of your hotel room door will be a checklist. Before you leave the room check that you have **EVERYTHING YOU NEED**, then check again, and then check a roommate has all he/she should have.



Snacks and chocolate are much cheaper in England. We suggest taking some with you for the week. Rooms often club together and go to the local supermarket to get large bottles of coke, etc. which is cheaper than buying it at the hotel bar. However, the hotel owners do not like this practice for obvious reasons, so care should be taken when re-entering the hotel, not to be seen with bottles and cans!

If any student is thinking of taking a mobile phone, then the following applies:

- The security of the phone is entirely the responsibility of the student.
- Calls back to England and from England to France are relatively expensive.
- The use of phones will not be allowed to interfere and spoil the enjoyment of others, so the times of use will be restricted. (e.g. Not at meal times, nor whilst travelling on the coach, skiing, during group activities or late at night, etc.)
- It is **not** advisable for parents to ring their children frequently as this often exaggerates the feeling of homesickness that some students may suffer at times.
- **Please note.** The cost of a call made to a mobile phone abroad is partially borne by the receiver and the cost of any calls made or received whilst abroad is considerably higher than the same in the UK.



If you are phoning home from a call box, telephone cards will be available. It is a good idea to club together with another person to halve the cost.

Do not spend all your money in the first few days. Plan out an allocation for each day and allow enough for presents towards the end.



The air in the resort is very dry, and the hotel will be well heated to ensure comfort. However, this often leads to dry throats especially during the nights. Remember that you are doing an active sport all day, the risk of dehydration is very real.

**ENSURE YOU DRINK FAR MORE THAN YOU WOULD NORMALLY!
EAT PROPERLY, EVEN IF THE FOOD IS NOT YOUR USUAL CHOICE.**

Tiredness can often lead to illness. Please be vigilant about how you feel and ensure that you have enough sleep during the week and in the week leading up to the trip. Any illness should be reported to a member of staff. Nosebleeds are common at altitude, especially if accompanied by tiredness.



The teachers on the trip are responsible for you whilst away and are under very strict rules about what is and is not allowed. Do not expect that you will be allowed to do whatever you like, as this is certainly not the case. Understand that the environment is a very dangerous one, which can easily kill. Rules that staff must follow and that you must comply with are there for a very real reason. Listen and obey all instructions. This includes those issued by ski instructors and resort representatives.



You will probably need towels and soap for the hotel. It is worthwhile taking some string or something similar to make a drying line in your room for wet items of clothing. Rooms that are well organised and tidy often make fewer mistakes during the week, e.g. by not losing items or forgetting things.

Ski lessons are not optional! You are required to attend your lessons, and follow the instructions without question. Instructors know the resort inside out and have taught skiing to many, many people. You may not find it easy to begin with; some people will get on better than others, but if you start getting frustrated and moan about it, you will not improve. Do your best. Listen to the instructor carefully. Watch him and others in the group. **Do NOT talk** whilst he is explaining something as you will not fully understand instructions. **The people who progress slowest are often the people who do not listen properly in the classroom back at school! Be respectful to your instructor as they are there to help you enjoy your trip.**



After a few days, if you have listened, attempted what you have been told, copied and practised and thought about what has been said, you will have gained the control needed to build confidence. It is then that you will be glad that you tried this exciting sport.

You will be having two and a half hours of lessons in the morning, and another two and a half hours in the afternoon. We will be heading back to the hotel for lunch.



We will be returning to the hotel towards the end of the afternoon and will then go up to your rooms and have time to shower and change ready for the evening. Each evening, after the meal, there will be some form of entertainment. Details of this will be given to you upon our arrival.

Return journey

On the evening before coming home, we will pack our bags and be ready to leave **VERY EARLY** on Sunday morning. I estimate we will leave about 5.40am! **CHECK YOUR ROOMS FOR PERSONAL BELONGINGS AND LEAVE THEM TIDY. Travel sickness tablets should be taken in plenty of time for them to work.** We will probably be offered a light breakfast, but you can decide whether you want this as we'll get a meal on the plane although this will be about 6 hours away.

After boarding the coach, we will travel down the mountain to the airport - 3 to 4 hours away. The procedure at the airport will be similar to the outward journey. We will check in and go through to the departure lounge, where we will establish a base. Grenoble Airport is not as big as Gatwick, but probably just as busy. **Pay attention to instructions.**

When we know of our departure time, we will phone Mrs Vanderplank, our emergency contact shown on the back page, to inform her of the timings. If we are delayed we will let her know. Please telephone Mrs Vanderplank at about 2.00pm.

Of course, once back in the UK, students can contact parents with their own phones. You may wish to organise this with your child. However, bear in mind that if we are delayed in France, students may not be able to keep you up-to-date. Therefore Mrs Vanderplank is the source of information.

Mrs Vanderplank's phone numbers are 01264 354374 / 07880 551 570

May I remind parents that it is their responsibility to collect their children from school at the appropriate time. The last thing a member of staff wants after a long journey is to be standing around outside in the cold, waiting for a child to be picked up.

If parents have any last minute questions or problems, please don't hesitate to get in touch with any of the staff at school during the week. **The school telephone number is listed on the following page and other Emergency Contact numbers.**

Here's looking forward to a great trip!

R Hudson, E Escritt and L Cook

Emergency Contact Numbers

PLEASE NOTE: THESE NUMBERS ARE FOR EMERGENCY ONLY

Emergency contact 1

During school hours 01264 364533

Outside school hours 01264 354374

To be contacted on day of return, Sunday 8 February at about 2.00pm

Emergency contact 2

Outside school hours 01264 353875

Ski Bound Tour Company 0870 900 3242

School Mobile Number 0793 062 0916

TRAVEL ITINERARY

OUTWARD JOURNEY

RETURN JOURNEY

Dept Harrow Way Sunday 01 February	03.45am	Dept Resort Sunday 08 February	05.40am
Travel to Gatwick	Arrive 5.30am approx.	Travel to Grenoble Sunday 08 February	Arrive 9.40am approx.
Flight number: TOM4713	Depart 08.25am	Flight number TOM4714	Depart 12.15pm
Arrive Grenoble Local time	Arrive 11.00am	Arrive Gatwick	12.45 pm local time
Arrive Resort Sunday 01 February	3.00pm approx	Arrive Harrow Way Sunday 08 February	3.30pm/4.00pm approx

These times are given by Ski Bound and are subject to variation.

Synopsis of insurance certificate held by Hampshire County Council for School Journey Scheme

Baggage (single article limit on baggage £500) <i>A £40 excess applies to each and every claim</i>	Over 18 years of age	£5,000
	Under 18 years of age	£5,000
Money/travel tickets		
Journeys <i>A £40 excess applies to each and every claim</i>	Over 18 years of age	£5,000
	Under 18 years of age	£5,000
Larger sums of money will need to be insured separately by arrangement.		
Any baggage/money loss must be reported to the Police within 24 hours of discovery and if the loss occurs whilst in the custody of an airline, such loss must also be reported to the airline within the same period and a property irregularity report obtained.		
Cancellation/Curtailment of Journey/Replacement	Per person	£10,000
Medical + Additional Expenses	Per person	Unlimited
Rescue and repatriation	Per person	Unlimited
Personal accident	Under 18 years of age – death	£10,000
	Under 18 total disablement	£10,000
	Adult	£25,000
Personal Liability		£5,000,000
Hampshire County Council School Journey Scheme Policy Number 10681497		

In the event of a claim, please contact the school.