



Ski Trip
31/01/2015
until
7/02/2015
Les Menuires
France
Final Details
Booklet



Harrow Way
Community
School



Harrow Way Community School

Ski Trip 2015

Les Menuires, France



Final Details

Arrive at school 02:20am: Saturday 31st January 2015
Coach departure 02:50am



Students must be at school by 02:20am and ready to leave by 02:50am. A good night's sleep on Friday night before departure is a great 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 Friday night and get some sleep before departure. The 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 be given the opportunity to buy breakfast at the airport. Unfortunately, Thomson Airways do not provide a meal, but there will be on-board catering for about £4. We strongly advise that sweets and other food are not consumed during the journey.

Please remember that luggage is limited to **ONE bag per person, and of a 'reasonable size' (weight limit 20kg)**. Remember that you are carrying it! A small, 'soft' piece of **hand luggage (55 x 40 x 20cm and weighing no more than 5kg)** is recommended for certain items e.g. any valuables, cameras, iPods, iPads, MP3 players, 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 02.30am will not be the same as in the airport or the plane! Once in France, the temperature will be variable and especially colder at the resort at 1800 metres. Come prepared! Wear your ski jacket and have a hat and gloves handy and **not in your suitcase**.

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 advisable, nor are '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 through passport control**. Drinks can be bought once we've gone through to the departure lounge and can be taken on the plane.

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 (€100 approx). 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 and/or breakfast 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 the airport several students will go with a member of staff to get luggage trolleys. These will be shared in your groups. When you leave the coach, check that you haven't left anything behind because you will not see it again!

We will make our way to the check-in desk where we will need to line up so that you can be checked in. This needs to be done in an orderly manner, **in groups**, as we need to show the check-in staff your passport at the same time you put your luggage on the conveyor belt. Gatwick will be busy and it is important that you **pay attention and stay focussed on what you have been told to do**.

N.B. 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 the Harrow Way 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. You will probably have to take belts, shoes, keys and coins off your person so that they can go through the X-ray machine.

Passports Obviously every student needs their own passport and boarding pass. However, if just one student misplaces either of these en route, or their passport in the resort, the whole group will be delayed and may miss the flight. For this reason we are collecting all passports and boarding passes and keeping them together. 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 as to whether you will be allowed to wander round the shops at the airport. **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 which tell us when we need to go to the 'gate'. For this reason you will return to the base every 15 minutes or so.

Be mentally prepared for delays. Have an MP3 player/iPod/iPad, games or book handy and do not waste money on the airport games machines!

Once called to the 'gate', we will move in a group to line up near the passport check. Obviously, getting 41 people onto the plane is a difficult task for staff. **PAY ATTENTION!**

On the flight Computer games, phones, etc. **MUST be switched off for take off and landing.** 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 1hr 30 mins. If you want to, breakfast will be available for you to purchase (about £4). Be careful not to spill anything 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 the area around you.**

After getting off the plane we will 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. Geneva is a small and crowded airport. Once you 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 that the driver can load them. You will board the coach **quietly**.



The drive up to Les Menuires could take about 3 hours depending on traffic and weather. Do not stuff yourself with sweets or fizzy drinks! The coach will climb and swing around hairpin bends, and if you have eaten too much junk and are tired, you are likely to be ill! Have your MP3, etc. handy, but please remember that some people may want to catch up on sleep so you must be considerate.

On arrival at the resort the TEACHERS will have to spend time liaising with the hotel staff 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 manner. **No one will be allowed to leave the hotel.** Please check your room and inform staff of any broken fixtures and fittings or of 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 on the day of arrival; please read the enclosed pink sheet.

Lunch 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 and you might like it; you will certainly need the energy that it contains! Secondly, the staff at the hotel do not want to hear negative comments as they have worked hard to produce 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 equipment fitting session where you will be allocated your skis, poles, helmets and boots. **Each item has a number which is recorded so that we know what belongs to who.** At the end of the week you will be responsible for returning the SAME skis, helmets, boots and poles that were issued to you.

Your lift-pass will also be allocated. **This is very VALUABLE** and MUST be kept safe. It is worth about £150 and if you lose it, you will not be able to use the lifts. Your Harrow Way ID card will already have been given to you and you are to have this on you whenever you leave the hotel. We recommend that you put both of 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 where you put your valuables, **they are YOUR responsibility. 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 that are 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 10.00pm!**

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.** Hotel 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 level to become unacceptable. When 40 or so students get together there is a tendency for manners and decent behaviour to get left behind. (There could 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 swimming and visit the sports centre among other things. Therefore please remember to bring your swimming kit and training shoes. Details of the evening entertainments will be formalised after our arrival.

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 (about €9) 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 be a 'buffet'. Make sure you eat enough fuel and **drink plenty of liquid**. It will consist of a choice of bread, jam, cheese, ham, fruit, yoghurt, cereals, eggs, fruit juice, coffee, tea, 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.
- **It is forbidden to text or call friends at school during school hours.**
- You may wish to take your phone onto the slopes with you as most mobiles have great cameras these days, but we must again stress that the safety and security of the phone is entirely the students' responsibility.
- 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 night. Remember that you are doing an active sport all day and that 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. Listen and obey all instructions; this includes those issued by ski instructors and resort representatives.



You will need a towel 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 2½ hours of lessons in the morning, and another 2½ 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 you 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

We will be leaving the hotel at about 05:55 after a very early breakfast and our flight is at 11:25 from Geneva arriving at Gatwick airport at 12:10. **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 be able to buy snacks at Geneva airport, however shops and restaurants will be very expensive. If you eat on the plane, food will have to be paid for. Buying food from the supermarket at Les Menuires will be cheaper!

After boarding the coach, we will travel down the mountain to the airport - 3 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. Geneva airport will be busy. **Pay attention to instructions.**

When our flight time has been confirmed we will phone Mrs Vanderplank, our return day contact shown on the back page, to inform her. If we are delayed we will let her know. **Please telephone Mrs Vanderplank at about 1.30pm but not before.**

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 number is 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 back page with other emergency contact numbers.**

Here's looking forward to a great trip!

Mr Hudson, Miss Escritt, Mrs Cook and Mr Hampton

Emergency Contact Numbers

PLEASE NOTE: THESE NUMBERS ARE FOR EMERGENCY ONLY

Emergency contact

During school hours 01264 364533

Outside school hours Mrs Vanderplank 01264 354374 or
07880 551 570

School Mobile Number (with trip staff) 0793 062 0916

To be contacted on day of return: Saturday 7 February at about 1:30pm

Mrs Vanderplank 07880 551 570

TRAVEL ITINERARY

OUTWARD JOURNEY

RETURN JOURNEY

Arrive at the school for 02.20am

Dept Harrow Way Saturday 31st Jan	02:50	Dept Resort Saturday 7th Feb	5:55
Travel to Gatwick	Arrive 05.00 approx.	Arrive Geneva	Arrive 09:00 approx.
Flight number: TOM4608	Depart 07:20	Flight number TOM4609	Depart 11:25
Arrive Geneva local time	Arrive 10:05	Arrive Gatwick	12:10 local time
Arrive Resort Saturday 31st Jan	14:30 approx	Arrive Harrow Way Saturday 7th Feb	15:25 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 <small>(single article limit on baggage £500) A £40 excess applies to each and every claim</small>	Over 18 years of age	£5,000
	Under 18 years of age	£5,000
Money/travel tickets		
Journeys <small>A £40 excess applies to each and every claim</small>	Over 18 years of age	£5,000
	Under 18 years of age	£500
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 - death or total disablement	£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.