

Welcome to Harrow Way



Final Parents' Evening
2015 Ski Trip, Les Menuires, France

Departure Travel Information



- Students are to be at Harrow Way at 02:20 on Saturday 31st January
- Departure time from school is 02:50
- Arrival time at Gatwick airport 05:00 approx
- Departure time from Gatwick 07:20
- Arrival at Geneva airport 10:05
- Transfer coach to resort leaves about 11:00
- Arrival in Les Menuires approx 14:30

The Journey – Part 1



Tip!

If you are not good at getting up early in the morning, please get an early morning alarm call.

On the coach from Harrow Way to Gatwick:

- Students must wear seat belts and stay seated
- KEEP the noise down
- Think carefully about what they eat and drink before setting off and en-route.
- Water on the coach is a good idea!
- Some people may want to sleep – please be considerate to those around you!

The Journey Part 2 - Airport

- You will need to keep focused and alert to instructions
- We will check-in as soon as possible. You will need your passport and tickets which will be given to you at the right time.
- You will be issued a “boarding pass” as you check in. Do NOT lose it!
- The WEIGHT of your ONE main bag is limited to 20 kgs
- Your hand luggage must be no bigger than 55 x 40 x 20 cms and weigh NO MORE than 5 kgs

Checking In



- You will be asked some security questions; answer them sensibly. **DO NOT MAKE JOKES!**
(One school had a student arrested at the airport whilst trying to make a “funny” comment)
- We will have given you your passport – **KEEP IT SAFE**
- Once you have checked in, go to the **meeting place**. We will inform you where this is before you check in.
- Once we have regrouped we will proceed through “passport control” to the “departure lounge”

The Journey - at Gatwick



- Going through “security/ passport control” you will be searched and asked to show your passport and boarding pass. Shoes/belts headphones/coins etc will be placed in a tray and subject to an x-ray check.
- Do not have banned items in your luggage.
See the **orange** handout.
Penknives, scissors, liquids in bottles over 100ml, etc
- We will collect your passports for the flight, but you will need it back again when we land.

The Journey –Part 3 - on the plane

You will NEED to -

- Find the seat you have been allocated (on your boarding pass)
- Buy breakfast if you did not eat at Gatwick.
Thompson Airways have soft drinks, sandwiches and snacks available for purchase (about £4)
- Tell us early if you start to feel ill on the journey.
Please don't wait!
- Remember that phones, games, iPods and MP3s will ONLY be used with headphones! AND you will need to switch these off before take off and landing



On the plane (continued)



- The flight will last about 1 ½ hours.
- Your behaviour will be watched at all times by the crew. Be warned!
- Stay in your seat, your seat belt should be kept fastened loosely at all times.
- Keep the noise down and LISTEN to all announcements.
- Be considerate to other passengers.
- Once we have landed check to make sure that you haven't left anything on the plane.

Journey to the resort from the airport



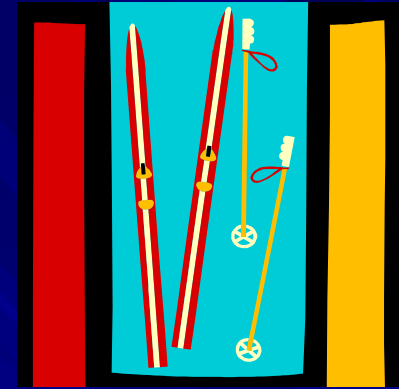
- Keep the noise down on the coach
- Be respectful to coach drivers AND keep the coach tidy! No CHEWING GUM!
- Take your medication if you are a bad traveller. The last part of the journey will involve climbing and twisting roads.
- PLEASE GO TO THE LOO AT THE AIRPORT BEFORE WE DEPART!

Arrival

- Once at the hotel we will need to check-in and get to our rooms. This is usually fairly chaotic and involves getting luggage upstairs to the rooms. Please be helpful!
- Unpack and organise your clothes and belongings in a TIDY way. Select where you are going to put everything and share out the storage space.



Ski and boot fitting



- During the afternoon of our arrival we will be taken to get our skis, boots and helmets. This is a similar experience to being at the dry slope. However, the equipment is for a whole week, so take the time to make sure everything fits and is comfortable.
- The ski locker room is downstairs and this is where you store your skis and poles. Boots and helmets are taken to your room. The locker room must be well organised to ensure that skis, etc. don't get lost.

At the hotel



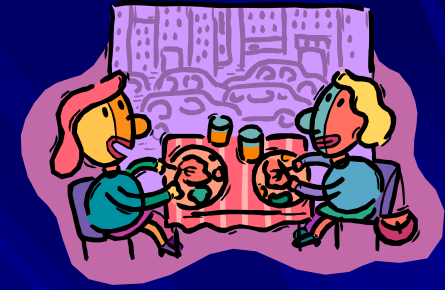
- The doors of your room at the hotel are “Fire Doors”. They have a spring on them and they “bang” easily!

Be considerate to fellow ski trip members, other hotel guests and the staff by ensuring that you do not **bang doors**.

Do NOT make a noise on the corridor!

Do NOT be late for meals, meetings or skiing!

At the hotel



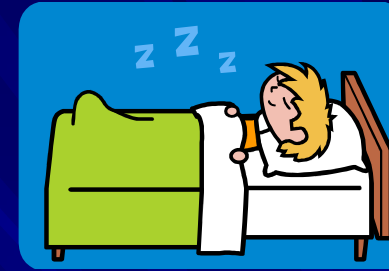
- We will be sharing the hotel with other schools.
- Please remember this and behave accordingly.
- **Noise!** At meal times and around the hotel.
- You will not be allowed to leave the hotel without permission, although there will be times when supervised shopping trips to the supermarket, for example, will be arranged.

Every time you leave the hotel to go skiing you will need to remember..

- Your LIFT PASS
- Your hat
- Your goggles **and** sun glasses
- ID card
- Gloves
- Lip salve
- Ski Helmet
- **Sun Cream - Please take enough for your own personal use as staff are no longer allowed to give out sun cream in case of an allergic reaction.**
- **Please ensure that it is at least factor 30 (or more!)**



During the week



- Expect early nights! You will **NEED** your sleep!
5 hours of skiing a day and activities during the evenings will take it out of you! **YOU** will need to sleep well if you are going to enjoy yourself **and NOT get ill!**
- We will be getting you up at about 7am **EVERY** morning depending on when lessons start.
- Breakfast could be at 7.30am. Everyone **NEEDS** to have something to eat at breakfast, otherwise you will have no fuel for the day and you will get injured or become ill!
- **EXPECT TO BE IN BED BY 10pm EVERY NIGHT!**

Security



- You will need to take care of your money, lift pass, ID card and valuables.
- Keep everything in the inside pockets of your jacket
- MP3s, cameras and phones are the responsibility of the student but can be locked in the hotel safe if needed.
- Pocket money will be placed in the hotel safe and a daily “bank” will allow students to withdraw the money they need.

Food and Drink



- You will become very dehydrated both during the journey and during the week! Drink plenty of water.
- You will require more “fuel” than normal so you **NEED** to eat properly!
- Most of the food is enjoyed by students, but now and again it may not be to your usual taste. Try it! You might surprise yourself and like it! Please do not turn your nose up at it and make unpleasant comments. The hotel staff work very hard to help us enjoy our stay.
- Please be respectful to waiters; collect up plates and stack them neatly at the end of the table.
- Keep the noise down in the dining room!

Money Matters!



- Students will need to budget their money throughout the week.
- €100 is suggested for the week
- Keep some money back for meals on the return journey.
- You will need some money for the evening activities - €20 approx
- You may want to buy extra drinks at the hotel and for your room.
- Collection for the instructor if s/he has been really good!

Mobile Phones



- On the journey, at the hotel, meal times etc, we DO NOT want to be disturbed by mobile phones.
- You may ski with your phone as most phones take good quality photographs
- Contact with home can exaggerate the feeling of homesickness.
- The security of phones is entirely the responsibility of the student!

Ski Lessons

- You need to treat your instructor as if s/he is a teacher. Be respectful and polite, s/he is the key to your enjoyment during the trip and your skiing.
- Lessons are not optional and they last 5 hours a day. Probably 2½ hours in the morning and the same again in the afternoon.
- **REALLY** try to understand and learn by listening and practising. This is so important if you are not to waste your parents' money!



Evening Activities

- During the week, the Rep will organise a number of activities. These may include:
 - Sports Centre for badminton and basketball
 - Disco/Karaoke
 - Quiz
 - Outdoor swimming
 - Bum Boarding
 - Movie Night



Injuries

- Skiing is a hazardous activity!
- This is why we build up your strength and stamina with the training before we go.
- You will all take the “odd tumble” and most of the time it will not be an issue.
- “Crying wolf” or over-playing the situation will not help your instructor decide if you really need medical help if the worst does happen!

Injuries

- Please do not make a fuss if there is no need
- If you ARE hurt then obviously you must tell your instructor
- S/he is FORCED to call the ski patrol out for you if he thinks you are seriously hurt. **THIS WILL COST OVER £200!** If you need it, then of course you should say - but you should consider if it is really necessary! In the past, students have made a fuss and then wanted to join in the evening activities or ski the next day!

Insurance

- We use the “School Journey Insurance Scheme” which is operated by Hampshire County Council.
- A synopsis of the details is given in the final details booklet.
- Please note that there is a £40 excess!
- Any claim must be made within the time limits given in the details sheet and through the school.

Return Journey

- On Friday evening we will pack and prepare for our return journey Saturday morning.
- Breakfast will be served very early at the hotel.
- Poor travellers should take any medication early.
- Arrival at Geneva will be approx 9am and our flight back to the UK is scheduled to leave at 11:25 local time.
- Food for the journey (Supermarket? Plan ahead)
- Geneva airport is very expensive

Return Journey (2)

- The flight is due to return to Gatwick at 12:10
- Once at Gatwick we will need to collect our bags and clear **Customs**. You will need to show your passport. Messing about and causing noise at this point could result in you being searched and holding up the group.
- Once we have found our coach we will travel back to Andover.
- If you have a mobile phone, this is a good time to ring and advise your parents what time we will get back to school. Parents can contact us on the school mobile from about 13:00. The number is on the contact sheet.
- Alternatively parents can contact Mrs Vanderplank after 13:30 who will know our arrival details. Again, her number is on the contact sheet.
- We are scheduled to arrive back at the school about 15:25 on Saturday 7th February.

Return Journey Details

- Depart Hotel 05:55
 - Arrive Geneva Airport 09:00
 - Flight Departs Geneva 11:25
 - Arrive Gatwick 12:10
 - Leave Gatwick by coach 13:15
 - Arrive Harrow Way 15:25 approx
- Of course, all these times are subject to delays!

Parents

- Please do not keep ringing your child as this can lead to home-sickness!
- Please be at school promptly to collect your child upon our return.
- If you desperately **NEED** to contact your child in an **EMERGENCY**, please ring the school mobile number on the contact sheet.

Harrow Way Website Blog

- To keep up-to-date with events please check the school website and view the daily blog. This will have photos and a daily write-up of the day's events, keeping you informed of all the highlights!

www.harrowway.hants.sch.uk

The School's Reputation

- On every previous ski trip we have received compliments and praise about the way in which Harrow Way students conduct themselves: their good behaviour, the noise levels around the hotel or on the plane, the high level of organisation. In addition, the ski instructors often comment on the improvement made; the politeness and caring attitude towards each other. The hotel staff comment on their sensible attitude and behaviour. The coach drivers also mention the students' good behaviour and cleanliness of the coach.
- Please DO NOT let this be the first year that we do not receive praise.

Finally.....

We all want EVERYONE to have a great, enjoyable trip and in order to achieve this we ALL need to be

Co-operative Organised and Sensible

Which means:

- Being ready on time
- Having the correct equipment
- Trying to improve your skiing
- Being considerate
- Eating and sleeping properly

Very Finally.....

I have to remind you that it is my duty to ensure a safe and enjoyable trip for **ALL!** **GOOD** behaviour and **co-operation** from all students is required to enable this to happen.

I am certain that poor behaviour will not be an issue, but I must remind you prior to departure of the possible consequences if this does not happen! You have all read the behaviour policy in the original booklet.

All details are in the
“Final Details Booklet”
Please keep it safe.

Keep in touch with the trip via the
Harrow Way School website.

www.harrowway.hants.sch.uk