

Ski Trip 2024

THE COUNTY HIGH SCHOOL LEFTWICH

30TH MARCH 2024



WHY CHOOSE INTERSKI?

- ✓ Market leader
- ✓ 40 years' providing school and college ski trips
- ✓ ABTA bonded, ATOL protected, fully assured member of the School Travel Forum, LOTC Badge Holders and BASI Partner
- ✓ Resort-team including a dedicated coordinator for your group
- ✓ Over 98% of party leaders rate us as 'Excellent' or 'Good' when asked about their overall satisfaction





TRAVEL BY COACH

- ✓ Executive coach travel from school
- ✓ Evening ferry crossing from Dover to Calais
- ✓ 12hr overnight journey through France
- ✓ Inclusive breakfast stop in France



THE AOSTA VALLEY

- ✓ Semi-autonomous region of North-West Italy
- ✓ Fantastic resorts with superb snow records
- ✓ Stunning scenery, surrounded by some of Europe's highest peaks
- ✓ A fascinating region, reflecting a combination of cultures



Valle d'Aosta
Vallée d'Aoste



YOUR RESORT, PILA

RESORT FACTS

- ✓ Interski's most popular resort
- ✓ Varied skiing suitable for all standards
- ✓ 70km of Pistes
- ✓ Resort height – 1800m



YOUR ARRIVAL

- ✓ Introduction to your Interski Course Co-ordinator
- ✓ Ski fit (don't forget your ski socks!)
- ✓ Arrival at hotel
- ✓ Welcome meeting
- ✓ Free evening and an early night



THE EXPRESS

FACILITIES

- ✓ Bar / meeting room
- ✓ 10 mins coach journey to ski hire
- ✓ Free Wi-Fi
- ✓ TVs in bedrooms



A TYPICAL DAY

- ✓ Early start, 07:30
- ✓ Breakfast
- ✓ Collect equipment from ski hire
- ✓ Morning ski lesson
- ✓ Lunch on the mountain
- ✓ Afternoon ski lesson
- ✓ Return to the hotel
- ✓ Après-ski activity



SKI HIRE

- ✓ Purpose built ski hires in Aosta and Courmayeur
- ✓ Conveniently located close to the gondolas
- ✓ Latest Atomic skis and snowboards
- ✓ Equipment maintained and fitted by qualified ski technicians (www.interski.co.uk/Rental)

(30th March 2024, H Marklove -Party Leader)



SNOWSPORTS SCHOOL

- ✓ Local ski schools, all English speakers
- ✓ Internationally recognised, qualified instructors
- ✓ 24hrs tuition over five days
- ✓ Latest teaching techniques, catering for all abilities



MEALS

- ✓ You will be provided with 3 meals a day
- ✓ Breakfast will be provided in your hotel
- ✓ A hot snack lunch will be taken on the mountain
- ✓ 3 course evening meal will be taken at your hotel



APRÈS-SKI

- ✓ Included in the cost of your ski course
- ✓ An integral part of the Interski ski course
- ✓ Typical activities include traditional pizza evening, disco, ice skating, snow tubing, games night
- ✓ Presentation and awards on Friday evening



Passport & Health insurance card

Passport

- Passport valid for at least 6 months after we return.



UK Global Health Insurance Card (GHIC)

<https://www.gov.uk/global-health-insurance-card>



SKI CLOTHING AND ACCESSORIES

- ✓ Ski socks – 3 pairs min.
- ✓ Base layers (not cotton)
- ✓ Mid layers
- ✓ Ski jacket and ski trousers
- ✓ Ski gloves or mittens
- ✓ Ski goggles and sunglasses
- ✓ Ski helmet
- ✓ Sun cream and lip salve
- ✓ Après-ski wear – comfy and warm





Hand luggage - A SMALL bag

- No sharp instruments
- Small pillow and blanket
- **Ski Jacket & Ski Socks**
- Clean top
- Deodorant/toothbrush and toothpaste
- Face wipes
- Water and some snacks
- Euros and British Pounds to buy food and drinks
- Ipad/phone and chargers
- ***Personal entertainment devices. students are responsible for these throughout the trip. It is strongly advised all items are named.***
- NAMED DVD's prior to the day
- Medication
- Please ensure that travel sickness pills are taken in good time for the journey

- DVD players, Mobile Phones, iPads and Cameras may be taken, but will be the student's own responsibility.
- The CHSL staff or Interski will not accept any responsibility if they are lost or damaged.
- We recommend that expensive items are either not taken or insured through your own household policy.
- *Remember a European adapter plug will be needed to charge phones or power electrical items. A 4-socket extension lead per room is useful too.



CODE OF CONDUCT

ILLEGAL

- Alcohol
- Smoking/Vaping

BALCONIES

- students are not allowed on balconies, unless being used in emergency situations

BEHAVIOUR

- Behave in a safe and respectful manner at all times.
- Follow instructions the group leader gives, immediately.
- Cover the cost of any damage caused to the coach or accommodation.
- Not wander off on their own at any time.
- Not go into any other room after lights out.

SANCTIONS

If students fail to adhere to these rules they may incur the following sanctions:

- Privileges to be withdrawn on trips
- Parents will be contacted by phone
- Pocket Money may be withdrawn (at parent's request)
- Ski pass may be withdrawn

Any serious breach in behaviour could result in parents having to travel to Italy to escort the student home - at the cost of the parents.



Behaviour in school

Positive behaviour is a must to ensure your place on the trip.

Monitored from September 2023 to the date we travel.
Mrs Towers and Mrs Berry consulted.

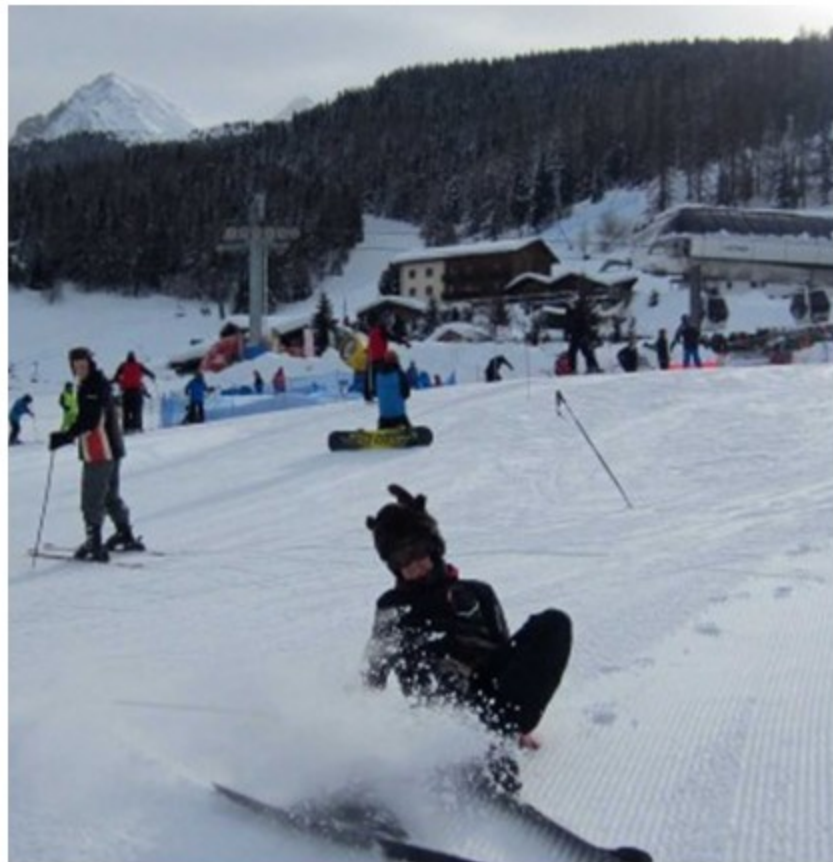
Please do not make this a situation that we have to address



Being Fit for skiing

You will be doing 5 hours of exercise a day

- Bunny hops
- Plank
- Squats
- Wall sit
- Lunges
- Side jumps
- V sit
- Northwich Park run (Junior 2k, adult 5k)
- Making sure you eat enough is key as well – you will burn lots of calories, both keeping warm and exercising – the food is amazing though!



ANY QUESTIONS?





@INTERSKISCHOOLS
follow us on social media



**THANK YOU FOR LISTENING
WE WILL HAVE A GREAT TIME!**

