

Hawarden High School Ski Course



Vallnord, Andorra

1 April to 8th April 2023



**PAL
ARINSAL**

Grandvalira Resorts
ANDORRA



Amazing Ski Trips
EVERY WINTER

Hawarden High School ski trip 2023

- The Snowsport Course will be open to pupils
- Costs include:
 - • Return travel from school by executive coach with toilet /washroom and lap seat belts.
 - • Continental breakfast on outbound journey and hot breakfast on return journey
 - • Full board accommodation mainly in 3 or 4 bedded rooms all with private facilities – including full evening meal on day of departure from resort
 - • Ski instruction – for 5 days with an hour's lunch supervision with qualified snow sport school instructors
 - • 5 days hire of top quality carving skis and boots
 - • Full après-ski program, entrances, ski tests, badges and certificates included
 - • Cross channel ferry crossing and all road tolls
 - • Full area ski lift pass
 - • Comprehensive winter sports insurance
 - • Total financial protection (ABTA member V6114) and ATOL holder
- Not included:
 - • Pocket money
 - • Specialist clothing and ski wear (can rent all ski wear through interski).
- Passport

Provisional travel detail

Traveling with Interski Coaches

- Outward (01/04/23)
 - Coach departs from school: 13:30
 - Ferry departs: 20:15
 - Arrive Resort: 12.00
 - Boot fit: 12.30

- Return (07/04/23)
 - Depart Resort: 18:30
 - Ferry departs: 07:45
 - Arrive School (08/04/23) 15:00

- An evening meal and breakfast is provided on the journey. However, you may wish to keep some Euros and sterling for food and drink on the journey home.

A Typical Day With Interski

- Here is what you can expect during a typical Interski ski course.
- 0700 - Wake up call.
- 0745 - Breakfast.
- 0830 - Depart from hotel
- 0900 - Collect equipment from ski hire
- 0930 - Get into your ski/board group and await your instructor
- 1000 - Ski and board lessons commence
- 1200 - Lunch using your vouchers, accompanied by instructor
- 1300 - Lessons recommence
- 1500 - End of lessons for the day
- 1530 - Check your equipment back into your ski hire lockers
- 1645 - Return to hotel
- 1830 - Evening meal
- 1945 - Evening entertainment
- 2200 - Return to hotel
- 2230 - Lights out for a good night's sleep to prepare for an exciting day skiing
- 2245 - Silence!

Clothing and Equipment.

- Boots/skis/helmet all provided.

- WHAT TO TAKE

- Skiing takes place at high altitude so weather can change quickly from being very hot to very cold. It is better to be too hot and take layers off than be too cold! It is essential you have the right equipment:
- **Essentials (Must be carried if not worn while skiing.):**
- **Base layer:** Long sleeve cotton T-shirt, polo neck or base layer top and leggings (at least two changes required for 6 days).
- **Second layer:** Sweatshirt, thin jumper or fleece. Extra thin layers to add as necessary.
- **Ski jacket:** Snow & windproof, zip pockets, tight cuffs, high collar preferably with concealed hood, full-length zip. Need not be quilted if an extra jumper is worn. Most modern jackets will do.
- **Ski trousers:** Snow & windproof, high waist, snow proof ankles. Salopettes
- **Head:** Ski helmets (included in the price) will be worn during skiing but a warm hat is useful after skiing.
- **Hands:** Ski Gloves. Should be worn at all times while skiing.
- **Socks:** Specialist ski socks are natural fibre/synthetic mix, seamless, often loop stitch and the correct thickness for ski boots (not football socks). Only one pair need be worn inside modern ski boots. (at least 3 pairs are required)
- **Goggles:** Robust and well fitting; necessary if it snows. Eyes become very painful if adequate protection is not worn.
- **Sun cream:** High factor (25 or above) barrier type. Applied several times during the day.
- **Useful extras:**
- **Lip salve** to avoid chapped lips and give nose extra protection.
- **Sun glasses** with a retaining strap. More comfortable in good weather.
- **Small ruck** sac to carry odds and ends e.g. lunch vouchers, extra jumper, sun cream, hat, drink, sweets etc.

BASE LAYER / THERMALS

- **NOT** cotton, it dries very slowly
- Warm and quick drying
- Thermal or fleece
- Proper long-sleeved thermal top



SKI SOCKS

- Specialist ski socks
- Minimum 2 pairs
- Snug fitting
- Wear only one pair



MID LAYER

- Provides warmth
- Filling of your clothing sandwich
- Allows temperature regulation
- Several thin layers
- Fleeces or light jacket



SKI TROUSERS / SKI PANTS

- Waterproof
- Windproof
- Fully taped seams
- Gaiters
- Extra padding



SKI JACKET

- Waterproof
- Windproof
- Fully taped seams
- Breathable
- Lots of pockets



SKI GLOVES / MITTENS

- Waterproof
- Warm
- padded
- Good grip
- Snug but not too tight
- Velcro strap or draw string to minimise heat loss



SUNGLASSES

- Must be worn
- Ensure a good fit
- Provide adequate UV protection
- Plastic frame



GOGGLES

- Essential for when its snowing
- Ensure they fit correctly
- Double / anti fog lens
- Orange or green lens
- Make sure they are helmet compatible



SKI HELMET

- Legal requirement in many European resorts
- Ensure correct fit
- Can be hired if not provided



OTHER ITEMS TO CONSIDER

- Inner gloves
- Scarf or neck warmer
- Snow boots
- Après ski wear



INTERSKI RENTAL AND ACCESSORIES

- Over 20 years experience providing ski clothing and ski accessories for college and school ski trips
- Over 1000 ski jackets AND ski trousers
- No deposit or time consuming paperwork
- Free delivery and collection from your school or college

HOW DO I PLACE AN ORDER?

- Web: interski.co.uk/rental
- Tel: 01623 456333



TRESPASS

SPORTSDIRECT.COM



■ interski



Extras

- Passport - 6 months remaining
- Ehic/GHIC cards-
- + General clothing/pillows for bus trip
- Mobile phones - Valuables
- Money 100 Euro + £20
- Ski Safety
- Physically active!
- Ski Groups

How to apply

You can [apply for a GHIC on the NHS website](#).

CODE OF CONDUCT

- We want this to be an enjoyable trip; all staff are responsible for all of the pupils in the party, both on and off the slopes.
- There are a number of rules you will be expected to follow to make the trip run smoothly and safely:
 - No smoking/vaping
 - No drinking of alcohol
 - Be punctual to all meetings (don't be the one keeping the group waiting)
 - Be considerate and polite at all times
 - Listen to instructions given.
- Do not leave the hotel without permission
- NEVER ski without an instructor

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