

<https://www.youtube.com/watch?v=UNeNGBv0mcl>

# Litcham High School

# 2020 Ski Trip

## Sestriere Italy

[https://www.youtube.com/watch?v=jOEO\\_fgG3-l](https://www.youtube.com/watch?v=jOEO_fgG3-l)



# Aims

- Travel
- Safety Issues and Rules
- What to take
- Staff and pupils list
- The hotel
- Skiing
- Check list

Any questions

Our trip will run alongside  
that of Reepham Academy.





# The Ski company

*Ski*

**TEAM 4**<sup>TM</sup>

# Where?



**Who?**

61 Litcham students

7 members of staff

Mrs Forth (Party leader)\*

[forth\\_c@litchamschool.net](mailto:forth_c@litchamschool.net)

( 01328 701265)

Mr Clark – SLT

Mr Bell – In charge of social media

Mrs Girling – In charge of medication

Miss Timblin

Mr Bridge

Mrs Taylor-Balls\*

\* = First aiders

# Travel Arrangements

Your party will be picked up on Friday 14 February by an executive coach (All timings to be confirmed at a later date)

You will commence your journey across the channel arriving in Cesana Torninese /Sauze di Cesana sometime on Saturday afternoon.

Your Resort Manager will meet you in resort and he/she will look after your group throughout your tour.

Upon arrival you will have your ski fit ready for lessons to commence the following day.

Your first meal is evening dinner and therefore your group will need to take a packed lunch, snacks and plenty of fluids for the journey.



# Travel

It is important that your luggage all fits into 1 bag and 1 piece of hand luggage to take on the coach.

We will travel on an 'executive' coach, fitted with seat belts, DVD player, reclining seats and a toilet.

We are on the coach for a long time travelling to the resort, about 14 hours including the Channel crossing and stops. Therefore, it is important to keep to the rules.



# Luggage



- Students should have no more than 1 suitcase or large bag that will be placed in the hold of the coach. Students must be able to carry their suitcase themselves.
- Students will not have access to suitcases from the time of departure until they reach the hotel in Italy. Items needed for the journey, e.g. passport, money etc. should be carried in a small bag/rucksack in the coach.
- You might wish to bring a pillow for the journey.
- Suitcases should be labelled with the student's names and hotel / home address.



# Ski Hoodie

Please hand in your  
response forms with your  
size and name you wish  
displayed



Students will be issued with  
their own personalised Hoodie  
from Birds of Dereham

# Electrical goods

## Electrical goods

- Phones / Portable games consoles are permitted on the coach, but headphones must be used.
- Please note that electrical items are taken at your own risk and will not be covered by the group insurance. Please think carefully before bringing expensive electrical items.



# Accommodation



# Cima del Bosco

Located in Sauze di Cesana, just 350m from the centre of the village. The hotel itself is 5km (5 minutes) from the Cesana Torinese ski lifts with direct access to the slopes of Sestriere/ San Sicario and Claviere/ Montegenevre. The proprietor , Gaetano, does all in his power to ensure our parties have a memorable stay. Delightful Piemonte and Italian cuisine. Superb hotel leisure facilities. Attractively decorated in alpine style. Spacious, bright and friendly bedrooms.



## Rooms:

- ST4 allocation :125
- Total allocation: 125
- 2-6 bedded
- All with private facilities
- Partly with Balcony
- Hairdryer
- Telephone/sat TV

## Facilities:

- A la carte restaurant
- Recreation room
- Bar/lounge/dining room
- Sat TV
- DVD player
- Table tennis/table football/darts
- Free Wi-Fi



# Meals

- Buffet breakfast: bread, butter, jam, cheese /ham or cold meats, cereal, hot chocolate, milk, tea coffee
- Hot lunches are included in your package, provided with a soft drink.
- 3 course evening meal
  - Starter or soup
  - Main course
  - Dessert
  - Soft drink
- Special dietary requirements can be catered for.





# Room allocation

Room allocations will be confirmed in January.

Students Room Allocation to be thinking of who they wish to share a room with.

# Evening Entertainments

The following evening entertainments have been arranged :

One pizza evening in replacement of one evening meal at the hotel (full sized pizza).

Activities in the hotel.  
Quizzes.



## **Ski Lessons**

Ski Team4 package includes  
5x5 hours of lessons and an  
hours supervised lunch



# Ski Equipment and Lessons

You will be provided with good quality skis, boots and poles plus helmets

All our ski and snowboard equipment is provided by local suppliers holding a government-issued license.

We use ski schools that hold a full National Government License. The Ski School Director must hold a full Grade 1 International certificate.



# Ski Runs



Students will be grouped according to their ski ability/ There are ski runs suitable for ALL abilities.

I am aware that I have some very able skiers in the party.

# Things You Will Need for Skiing

- Ski Jacket
- Ski Pants
- Fleece
- Hat
- Ski Goggles
- Sunglasses
- Ski socks
- Ski gloves
- SPF / Lip Balm

Provided by Ski Team4

- Helmet
- Boots
- Skis
- Poles



*Ski*  
**TEAM 4**



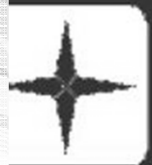
All students will be required to wear helmets whilst skiing.



# **Clothing**

# **Mountain Warehouse**

**20% off**



**MOUNTAIN  
WAREHOUSE**

£89.99

Home > Ski > Ski Outfit Packages > Mens > Mens Ski Package

### Mens Ski Package



~~£190.95~~ Save 100.76  
Now £89.99  
with Free Delivery

1. Choose Your Jacket

Please select item

2. Choose Your Pants

Please select item

3. Choose Your Beanie

Please select item

4. Choose Your Gloves

Please select item

5. Choose Your Socks

Please select item

6. Choose a Quantity

1

ADD TO BASKET

### Womens Ski Package



~~£190.95~~ Save 100.96  
Now £89.99  
with Free Delivery

1. Choose Your Jacket

Please select item

2. Choose Your Pants

Please select item

3. Choose Your Beanie

Please select item

4. Choose Your Gloves

Please select item

5. Choose Your Socks

Please select item

6. Choose a Quantity

1

ADD TO BASKET



# Insurance and EHIC

- School has their own insurance
- Each person will be provided with a Medicaard however, it is important that you also have a valid European Health Insurance Card.

EUROPEAN HEALTH INSURANCE CARD

3 Name  
Name

4 Given names  
First name, other names

5 Date of birth  
11/01/1959

6 Personal identification number  
RSSMRO62B25E205Y

7 Identification number of the institution  
0030 - Institution

8 Identification number of the card  
80380800301234567890

9 Expiry date  
01/01/2006

CC







Department  
for Education

### Confirmation of Risk Protection Arrangement (RPA) Overseas Travel

The Department for Education's risk protection arrangement (RPA) is a voluntary arrangement for academies and free schools. It is an alternative to insurance through which the cost of risks that materialise will be covered by government funds.

The following academy trust or multi-academy trust is a member of the RPA.

<b>NAME OF MEMBER ORGANISATION:</b>	Litcham School
<b>MEMBERSHIP NO/URN:</b>	146237
<b>MEMBERSHIP PERIOD:</b>	1 September 2018 to 31 August 2019

The RPA includes cover for school trips overseas travel which is summarised below. Please see membership rules for full cover.

OVERSEAS TRAVEL INCLUDING WINTER SPORTS		Limit
Medical Expenses, Repatriation and Emergency Travel	Per person	£10,000,000
Baggage	Per person	£2,000 in total (inner limits apply)
Money	Per person Per event	£750 £5,000
Cancellation, Curtailment, Replacement, Rearrangement and Change of Itinerary	Per person Per trip	£4,000 £250,000
Political and Natural Disaster Evacuation	Per person Per trip	£10,000 £80,000
Missed Departure	Per person	£1,000
Disruptive Pupil Expenses	Per event	£5,000
Loss of Passport/ Travel Documents	Per person and/or trips	£2,000
Search and Rescue Expenses	Per event	£100,000
Kidnap Consultants Costs	Per person and/or trips	£250,000
Piste Closure	Per person	£350
Legal Expenses	Per person	£50,000
Personal Liability	Per occurrence	£5,000,000

#### NOTE:

1. Indemnity is subject to the RPA Membership Rules.
2. Cover applies to any school trip, excursion or work experience placement anywhere in the world which is related to education; commences during the RPA Membership Year and involves travel outside of the school boundaries. Includes winter sports trips.
3. **Emergency Contact Details: 0203 475 1031**

Signed:

Dated: 1 September 2018

Tony Foot  
Director of the Education Funding Group



Department  
for Education



# Money

- Euros can be obtained commission free from the Post Office (they may need to be ordered). Banks may charge for changing money. Cash is preferable to pre-paid currency cards as they are easily lost and there are limited opportunities to withdraw cash from them.
- Students will not require money for any meals.
- Students should have a wallet / money belt / armband for their money and keep it safe on their person at all times. Students should be especially careful with their money and possessions when walking around.
- £50-£75 worth of Euros is the recommended amount that students should bring. Do not bring large amounts of money.
- Some English money would also be useful for services stops in the UK.
- We advise students to have their own money and not to share with others.



# Behaviour

We will ask both parents and students to sign a behaviour contract before the trip.

## Litcham School residential trips rules - 8 main rules

1	No smoking or bringing cigarettes, e-cigarettes, vaping equipment lighters or matches on the visit
2	No boys in girls' bedrooms/or girls in boys' bedrooms
3	No drinking or bringing alcohol or illegal substances on the visit
4	No anti-social behaviour i.e. bullying, vandalism, theft, graffiti, racism etc.
5	No leaving the hotel unsupervised or entering areas that are out of bounds
6	No inappropriate use of mobile phones
7	No students are allowed to leave their bedrooms in their nightwear
8	Must ensure they follow instructions given by staff

# Mobile phones



- Parents and pupils are reminded that mobile phones can act as distractions and can prevent pupils from making full use of the educational opportunities offered by the visit. However, a mobile phone is useful on this trip but would be your child's responsibility if taken.
- Students should give their mobile number to Mrs Forth prior to departure.
- Electric points for charging may not be easily available and will require an adaptor.
- Parents allowing their child to bring a mobile should consider the following:
  - if the phone has suitable 'roaming' features.
  - any costs of using a mobile phone abroad - both for incoming and outward calls, texting and especially the use of data/internet.

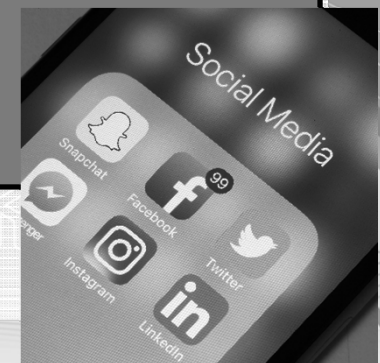
On journeys outside school, students are permitted to use those functions of their mobile devices which allow them to play games or listen to music (using headphones). They are only permitted to take photos or videos of themselves or others with their consent. Any images taken should not be shared through social media without everyone's consent. They are not permitted to make non-emergency phone calls/ text messages

- Should a serious incident occur, parents will be informed via the emergency point of contact at school. It is likely that pupils will be asked not to use their mobile phones until all parents have been informed. The reason for this is that in the event of a serious incident, media coverage is often very quick, and it is important that parents are informed through the appropriate channels before an incident becomes public knowledge.
- A wish to telephone home during an emergency will be a natural reaction, particularly if pupils possess mobile phones. Depending on the seriousness of the incident and the age of the children/young people, the visit leader may allow children and young people to get in touch with their parents/carers, usually once the emergency contact has been alerted. Usage will be closely monitored by an adult. Under no circumstances should pupils post any messages on social networking sites about the incident.

# Keeping in touch

We will use social media to keep you up to date with our progress.

If you do not wish to have your son / daughter in any photos that we post please let me know. It will of course be a closed group.



# Handy Tips

- Don't pack your ski jacket take it onto the coach with you as it will get colder during the night. You might also want to take a small sleeping bag/blanket and a pillow.
- Take plenty of snacks and drinks (preferably water) for the journey. Take a plastic carrier with you so you can collect your rubbish and pop straight into the bin. The coach is yours for the duration of the tour and therefore you need to keep it clean and tidy.
- You might also want to pack some mini snacks in your suitcase as skiing uses a lot of calories and local shops don't always have your favourites.
- If possible take a large soft holdall rather than a hard suitcase as this packs easier into the coach holdall and is also much better for storage in your room.
- Don't forget to pack one pair of ski socks in your hand luggage for your ski fit.
- Pack a small bag to take on the slopes each day.
- **Important: Service stations across Europe charge 50 cents to use their facilities so please bring some change.**





# Handy Tips for the coach

No gum.

Snacks and drinks for the coach journey

Drinks in bottles so caps can be put on  
not cartons / cans.

European service stations charge to use  
toilets it would be a good idea to have  
some change.

# Homeward Bound

You will depart your hotel on Thursday 20th February after your evening meal.  
You will travel back through the night arriving back sometime during the afternoon of Friday 21 February  
(Times are subject to crossing times and will be confirmed at a later date)





# Medication

Medication to Mrs Girling on departure, clearly labelled and with necessary instructions.


- Staff must be informed of ANY medication that is being carried by students.
- Details of use / dosage should be given to staff and signed by parents at least 2 days prior to departure.

# Any questions?

Have a Fantastic Tour!

If you have any questions please ask or  
come over and see me at the end, I  
will be delighted to help you!





<https://www.youtube.com/watch?v=UNeNGBv0mcl>













