



Italy 2019

Pila – Aosta Valley

24th February 2019



Staff



- Mr Wadsworth – Head of PE & Year 7 Leader
- Mrs Neal – Head of Faculty & Year 10 Leader
- Miss Howard – Sports Games Organiser
- Miss Scott – Hospitality Teacher
- Mr Wagstaff – DT Technician & DT Teacher
- Mr Moran – Deputy Headteacher



Travel Information

HFS - Manchester Airport – Geneva Airport – Pila

Arrive at HFS at 2:30 am with the aim of getting to Manchester at 5am.

Outbound flight is scheduled to leave at 7am

	OUTBOUND	INBOUND
AIRLINE	EASYJET	EASYJET
DATE OF DEPARTURE	24/02/2019	02/03/2018
AIRPORT OF DEPARTURE	MAN	GVA
TERMINAL	TERMINAL 1	
FLIGHT NUMBER	EZY1949	EZS1956
CHECK IN TIME	05:00	15:30
TIME OF DEPARTURE	07:00	17:30
TIME OF ARRIVAL	10:00	18:30
AIRPORT OF ARRIVAL	GVA	MAN
TRANSER TIME TO RESORT (approx)	02:30:00	02:30:00
BAGGAGE ALLOWANCE	23KG	23KG

* Please note that all timings are local

There will at 2 ½ coach transfer from Geneva Airport to Pila



Accommodation

The Lodge



The Hotel will be a safe, warm base to relax in after a long day skiing. Some Après skiing events will take place here as well as morning and evening meals.

The 3* Lodge Hotel is located on the edge of Aosta, although still within walking distance of the centre.

It is only a short 5 minute coach journey to the Pila gondola. The hotel is traditional in style but has all the modern amenities you would expect of a 3* hotel.

Rooms are for 2, 3 or 4 and all have private facilities. The hotel has a meeting room, table tennis, a garden with basketball and volleyball area, a restaurant and a lift. The hotel can accommodate 68 passengers, but this can be increased to a maximum of 84 on request.

HOTEL FACILITIES

- › Meeting room
- › Free Wi-fi
- › 5 minute coach trip to the gondola
- › 10-15 minute walk into town centre



Ski Resort - Pila





Expectations

- **To have fun!**
- A Ski holiday rather than a learning to Ski trip
- **Trust!**
- Behaviour Contract
- Listening to instructions
- Respect – Pupils, School staff, Resort staff
- Arrive on time to group meetings
- Communication
- Home contact



Safety



Skiing comes with it's own risks - Injuries

The number one concern is safety

Listening to instructions from the very start is essential

High risk areas:

- Airport
- Hotel
- Slopes



Kit



A kit list was sent out 2 weeks ago. This included ski essentials.

Skis, ski boots and helmets are provided by Interski at the resort. There is no need to purchase any of those items.

Ski Jacket, Ski Trousers and goggles need to be hired or purchased prior to departing.

Sun protection is essential

Valuables (Phones and/or GoPro's are taken at your own risk)

Pupils will not need to take a bag onto the slopes



A typical day



Early start, 07:30



Breakfast



Ski hire



Morning ski
lesson



Lunch on the
mountain



Afternoon ski lesson



Return to the hotel



Après-ski activity



Après Ski

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



Food



Skiing can burn up to 600 calories an hour! That doesn't take into account walking in the boots from the coach to the slopes.

Eating the meals provided is essential. There will be no risks taken by a group leader or instructor if a pupil is not eating.

- Morning Breakfast
- Hot Snack for Lunch
- Cooked Meal in the evening

Calorie packed energy bars will be useful to take. Make sure these go in the main suitcase.

Après Ski



Ski Fit Sessions

Every Wednesday after school starting on the 30th January.

3:30 pm – 4:30pm in the Sports Hall

Building strength in the major muscle groups.

It is essential that your child has a reasonable level of fitness so that they can get the most out of the trip.

YOUR RESORT – AOSTA/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!)



Hotel



Welcome meeting



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

SNOWSPORTS SCHOOL



- ✓ Interski's very own Snowsports School
- ✓ 900+ BASI qualified instructors each season
- ✓ All instructors qualified to min. BASI Level 2
- ✓ 4 hours tuition per day, for six days
- ✓ Latest teaching techniques, catering for all abilities

SKI CLOTHING AND ACCESSORIES



Ski socks



Base layers



Mid layers



Ski jacket



Ski Trousers



Ski gloves



Ski goggles



Ski helmet



Sun cream and lipsalve



Outstanding Information

- Passports and EHIC cards are needed in school
- Medicines (prescribed) need to be brought into school as soon as possible.
- Sizes for Hoodies
- Ski rental wear / Ski clothing