



LONGHILL
HIGH SCHOOL

SKI TRIP 2024

ITALY

INFORMATION BOOKLET



GENERAL INFORMATION

PASSPORT

We will ask students to bring their passports and EHIC/GHIC cards into school during the week of 18-22 March. The passports will be kept secure in the safe of the Finance Office.

Please also send in 20 euros for the room damage deposit (as explained at Ski Evening)

Students' passports must be

- Issued less than 10 years before the date we enter the countries.
- We are entering France and Italy.
- Valid for at least 3 months after the day we leave which is 31 March 2024

EHIC/GHIC Card

The UK Global Health Insurance Card (GHIC) lets you get state healthcare in Europe at a reduced cost or sometimes for free. If you have a UK European Health Insurance Card (EHIC) it will be valid until the expiry date on the card. Once it expires, you'll need to apply for a GHIC to replace it. GHIC and EHIC do not replace travel insurance.

Students must have an EHIC or GHIC card to go on the trip.

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

INSURANCE

- It is advisable to take out insurance cover on technology equipment such as mobile phones, ipads etc, as these items are not included in the main insurance policy.
- Do not bring sentimental or expensive items i.e. Jewellery/electronics.
- Do not bring anything you would be upset to lose or damage.

ACCIDENT OR SERIOUS ILLNESS

In the event of an accident or serious illness, a member of school staff on the trip will notify parents. There will be at least one member of Longhill School staff who will be a qualified first aider, although any medical attention required on the ski slopes will be carried out by the resort's own medical staff. We do ask students initially not to contact parents directly if they are unwell or have received an injury, in order to allow us to provide you with the correct and accurate information. If a student is required to attend a medical facility, then they will be accompanied by a member of Longhill Staff in liaison with the travel company resort rep.

SPENDING MONEY

We usually recommend that students bring no more than £50 in a mixture of Sterling/Euro Currency. There is very limited opportunity for spending money, other than purchasing food for mealtimes on the outward and inward journey legs. The students will be responsible for their own money, as Longhill Staff do not have the capacity for managing this. Access for students to the wider resort is generally very limited and entirely at the discretion of the Longhill staff based on their assessment of the resort upon arrival.

CUSTOMS

No one under the age of 18 may purchase or import cigarettes, vapes, wines or spirits or perfume.

Please do not ask your children to bring you cigarettes, vapes, wines or spirits. We declare to customs on their behalf and spot checks are always made. Delays will result if this request is not obeyed.

STUDENT CONDUCT AND BEHAVIOUR

Longhill High School staff want this to be a fun and enjoyable experience for all, and a common sense approach from the students is usually all that is needed to ensure this. However, it is absolutely vital that students recognise the need to strictly follow instructions from Longhill High School, Halsbury Travel and Resort staff on the grounds of safety. We cannot tolerate any student not complying with this.

Both students and parents/carers will be asked to sign a Behaviour Contract.

The following rules will be enforced rigorously:

- No smoking/vaping , or purchasing or drinking alcohol
- No girls in boys rooms or vice versa
- Only supervised skiing allowed
- Rooms must be kept clean and tidy and any breakages reported immediately

Any student breaking these rules may be withdrawn from skiing and/or evening activities

TRAVEL TO AND FROM THE RESORT/LUGGAGE

We are scheduled to depart from Longhill High School on Sunday 31 March at 15.45. We will travel to Dover where we are scheduled to take the ferry to France at 20.45. This means we arrive in France during the evening, and most of our travel across Europe will be through the night. Including driver breaks and changeovers, we anticipate a coach journey of approximately twenty two hours. We recommend that students bring suitable food in substitution for their evening meal and breakfast as opportunities for purchasing a proper meal are limited.

We depart from the resort on Saturday 6 April and our approximate arrival back at Longhill High School will be 17.50.

WI-FI AND CELLULAR PHONES

There may not be Wi-Fi access at our hotel, and even so it can be erratic and expensive. Cellular access is also limited due to the nature of the environment. Any students taking their own phones should carefully consider this and liaise with their service provider and adjust their phone settings to avoid large data roaming charges whilst abroad.

It is advisable to take out an insurance for electrical items i.e. phones/ipads/earbuds. Please check mobile phone contact and make students aware of roaming charges.



GENERAL ADVICE FOR THE JOURNEY

- Travel as light as possible. One suitcase, soft if possible, will be adequate, along with a small bag for taking on board the coach. We recommend you wear/take on board some of your ski clothing as it gets progressively colder en route to the resort but remember that coaches are well heated and you must travel in comfort throughout the journey.
- When travelling, delays will sometimes occur. Personal entertainment, such as books, games and electronic devices are useful for breaking up the journey, but Longhill High School cannot be held responsible for any of these items
- Please eat sensibly during the journey. Too many sweets, chewing gum, chocolate and fizzy drinks can make for an unsettled stomach and an uncomfortable journey. The toilet on the coach is for emergency use only!
- Label all of your luggage clearly. Your labels should have your home address and the hotel address.
- You are responsible for your luggage throughout this journey and putting it on and taking it off the coaches – so don't over pack!
- Remember travel sickness tablets if needed
- A travel pillow can assist with comfort but please no quilts or regular pillows!

DAILY ROUTINE

Below is a typical day in the resort. As you can see it involves an early start, and a fairly intensive ski programme:

Approximate times	Activity
7.30 am – 10.00am	Breakfast, kitting up and getting to the ski area
10.00 am – 1.00 pm	Morning ski tuition
1.00pm – 2.00pm	Lunch
2.00 pm – 5.00 pm	Afternoon ski tuition
5.00 pm – 6.00 pm	Free time
6.00 pm – 7.00pm	Evening Meal
7.00pm – 10.00pm	Evening meeting & Entertainment
10.30pm	Lights Out!

IMPORTANT

We are guests abroad and we are representing Longhill High School. We must behave well at all times. Italian culture may be different to what we are used to, and we should respect this. You may be provided with different food for dinner, for example, and we must show appreciation for the effort and for what the hotel provides us with.

WHERE ARE WE STAYING?

HOTEL REALE - ARTESINA



The Hotel Reale is a wonderful elegantly furnished 3 star superior hotel.

There is plenty of space around the hotel for meeting, relaxing and evening activities.

We will be having breakfast and dinner at the hotel. Lunch is on the slopes

The slopes are a 30 minutes journey from the hotel

RESORT FACTS

Total Km of piste – 100kms

Easy runs – 23 runs

Intermediate runs – 21 runs

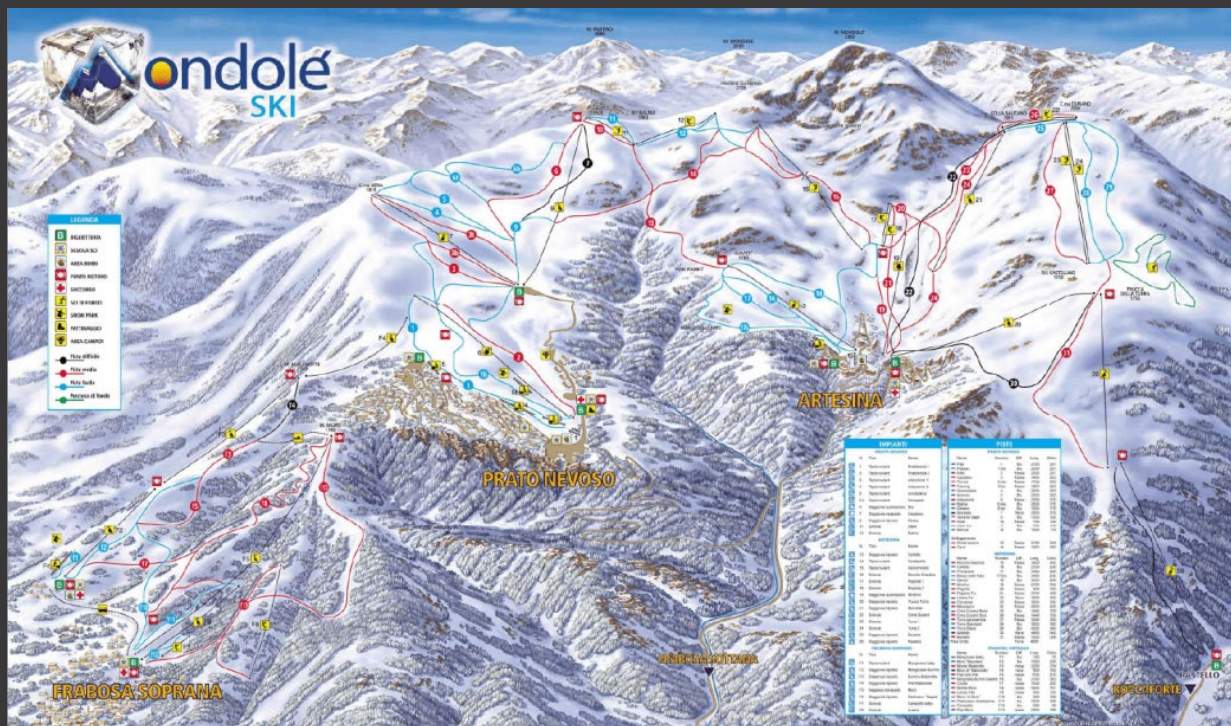
Difficult runs – 1 run

Village height – 1500m

Highest Lift – 2,029m

No of lifts – 31

Longest run - 6km



THE MOUNTAIN ENVIRONMENT

INTRODUCTION

By far the most important consideration in preparing for this trip is to realise that we will be in a high altitude mountainous area. Within the Brighton area we are at sea level, but when we are skiing we will be approximately one and a half miles higher.

Skiing is fun but it must be remembered it takes place in an uncontrolled and potentially hostile environment. It is very important for our students to be aware of the following environmental factors in order to ensure they are suitably equipped and prepare themselves both physically and mentally to ensure an enjoyable experience.

ENVIROMENTAL FACTORS

COLD

There is a fall in temperature with increase in altitude. The exact cooling rate depends on the weather conditions at the time. A general rule is a one degree fall for every one hundred meters of ascent - an easy guide to remember. E.g. in the ski resort the temperature may be a comfortable - 5 degrees C in the village but 1500m up the mountain will be a bitterly cold - 20 degrees C. Adequate clothing is therefore essential, even when it is apparently warm in the village.

WIND

Just as blowing on your soup cools it down, so wind increases the rate at which your body loses heat; this is called **"WIND CHILL"**.

If the actual thermometer reading is – 5 degrees C, a wind of 15 mph makes it the equivalent of standing in a deep freeze at – 18 degrees. If the temperature is already low at – 15 degrees C and the wind is blowing at 30mph the wind chill becomes – 40 degrees C

HUMIDITY

Another factor which influences the rate of heat loss is air humidity. Moist air, which occurs when it is misty or snowing carries heat away from your body very fast.

Dry air is also a danger, as on a clear day people become dehydrated quickly. Physical activity and the effects of altitude cause loss of fluids through perspiration and breathing. It is therefore essential to keep hydrated. If possible, students should take a water bottle onto the mountain and keep drinking it throughout the day.

ALTITUDE

The heart and lungs will have to work progressively harder the higher one goes. Even at rest, altitude puts an increased load on the body's resources.

It is important to be as fit as possible, so you should try to increase your physical exertions over the following weeks to ensure you are best prepared. There is plenty of online guidance that can assist you in becoming 'fit for skiing.' Longhill High School staff will be running after school ski fit classes. Details to follow.

VISIBILITY

In overcast conditions, the contours of the snow are often hard to make out ("flat-light"). If you are actually within the mist or cloud, the problems become even worse ("white-out"). If these conditions are extreme the ski resort may close down.

SUN

Ultra-violet rays increase with altitude. At the top of a ski lift the ultra-violet level is more than 30 % above its sea level value. The snow itself acts as a reflector, and haze and thin cloud further magnify the effects of the sun. There is a genuine risk of sunburn or even snow-blindness, therefore high protection-factor sun cream should always be used, along with goggles or sunglasses which effectively screen out ultraviolet light.

CHANGING CONDITIONS

The one certain thing about mountains is that they are subject to rapid and unpredictable change. The weather can literally go from blue skies and sunshine to a howling blizzard in a matter of minutes. No matter how stable the conditions seem, always ensure you are prepared for the bad weather by having appropriate clothing and accessories with you.

An appreciation of the extremes of these environmental factors is essential when considering clothing and accessories. Wearing the right clothing at the right time is vital for success on the mountains. As we set out in our meeting, there are essential items students should have, as well as an understanding of the 'layers' principle and respect for possibilities of all conditions.

A GUIDE TO SKI CLOTHING

Minimum Ski Clothing and Accessories Checklist

- 1 ski jacket
- 1 pair salopettes or ski trousers
- 2 sets thermal underwear
- 2 warm jumpers, preferably fleeces – having more than one allows for rotation if wet
- Ski neck warmer/snood x 1
- 1 pair ski gloves
- 2 pairs ski socks
- Goggles (essential for beginners) and sunglasses if possible (but not essential)
- Sunblock (minimum Factor 30)
- Sunglasses
- Lip balm
- Water bottle

Additional Clothing & Items

- You should bring evening/casual wear suitable for being in a cold and wet/snow based environment.
- Loose and comfortable clothes for coach travel
- It has already been said that you should pack lightly, so there is no need to bring everything in your wardrobe! Think jumpers, jeans and thick socks! However, an alternative pair of gloves for the evening may be useful, along with a warm hat and suitable footwear – the ground will be slippery, wet and covered in snow, and of course it is even colder at night.
- Toiletries and wash bag
- Chargers and European Plugs

Hand Luggage

- Ski Jacket, ski gloves and pair of ski socks
- Your passport and GHIC/EHIC Card
- Any travel sickness tablets and other medication should be handed to a member of staff. Please make sure it is labelled with your name
- Food drinks and snacks for the journey, No chewing gum, fizzy drinks or sugary sweets
- Wipes
- Spending Money (maximum of £50 in a mixture of euro/sterling currency)
- A travel pillow but not full size pillow or duvet
- Entertainment – DVDs (to be checked for censorship), games, books

SKI EQUIPMENT & INSTRUCTION

Skis, ski boots, helmets and poles are all provided in the cost of the trip. Sizes will have already been forwarded to the resort. All equipment will be fitted as soon as possible on arrival and any adjustments will be made as required. You should take on the advice of the ski hire professionals and ask if you are not sure about something.

BREAKAGES – even minor ones must be reported immediately. You must understand that all equipment is very costly and must be taken care of at all times. **It is your responsibility to look after it properly and know where it is at all times.**

As skis, boots and sticks all look alike, **it is essential that you remember which is your equipment.** Your boots have been adjusted and set to fit only your skis, for example.

You will be guided by Longhill staff and instructors how to put on your ski boots properly. Follow the advice given and listen carefully.

SKI LIFT PASS

The cost of your ski lift pass is included. You must look after this pass carefully as it is expensive and cannot be easily replaced without a cost being incurred. Beginners will probably use the ski lifts from their second day onwards, depending on their progress.

SKI INSTRUCTION

Ski instruction is included in your ski package, and you will be placed in a group with a ski instructor. For beginners, the instructors are capable of getting you on full ski runs very quickly, but how quickly depends entirely on the whole group listening carefully and being very willing to have a go.

At first, it can be a little boring waiting around for others to perform an exercise, but remember that this is to allow the instructors to assess what needs to be worked on. Use the time to watch what others are doing, and offer encouragement. It is highly likely that you will fall over, and this is part of skiing – learn to laugh and expect it, and you are less likely to hurt yourself!

For students who have skied before, they will be placed in a more advanced group where the instructor will work on improving and extending their skiing abilities and experiences.

Longhill staff will be present with the groups some of the time, but will also take a step back when necessary to allow the instructors to work with the students. All instructors are fully certified and subject to the same level of rigorous safety and security checks as expected in the UK. Longhill staff will be present on the mountain at all times, and in contact with each other and the resort staff. The travel company representative is also available at all times.

The students who make the most progress on our ski trips, and get onto the main pistes quickest, are those who concentrate and apply a positive attitude to their skiing, so please take this on board.

SKI TRIP STAFF

Ms Winfield - Ski Trip Leader & First Aider & Safeguarding Lead
Mr Grier - Deputy Ski Leader & First Aider
Mr Hossack – Student Wellbeing
Mr Hinks-Roberts – First Aider and Ski Fit & Hoodies
Ms Farrugia – Twitter – Evening Entertainment and Awards
Ms Johnson – Student Wellbeing
Mr Ous – Evening Entertainment and Awards

Twitter - @LonghillSchool

Facebook - longhillschool

Instagram - @longhillschool

EMERGENCY CONTACT

We will have a school mobile with us at all times, with 24 hour access. The number is +4407354473984. We will, Wi-Fi permitting, provide regular updates on the school's Twitter account. Our SLT duty manager for the duration of the ski trip will be Mr Hollingworth. You will be able to contact him via the school number, 01273 304086.



SKIING ETIQUETTE

Skiing is fun, but it also has its risks. The happiest result will come if everyone observes the basic rules of skiing so that there is neither an accident nor unpleasantness.

ON THE LIFTS

- Don't queue jump
- Don't step on other peoples skis, judge your distance in a queue
- If you fall, get out of the way of those behind you as quickly as possible
- Don't swing on a Chair-lift or bucket lift, you may lose your lift pass
- You may end up in a chair lift with other members of the public. Be respectful!
- As you leave the lift decide in advance, if sharing, which of you will get off first
- Once off the lift get out of the way quickly before stopping to admire the view or adjust your equipment

ON THE SLOPES

- Keep clear of other skiers at all times
- When overtaking it is the responsibility for the skier higher up the mountain to keep out of the way of the skier being over taken.
- If you fall on a piste, move out of the way of other skiers as quickly as possible before retrieving equipment
- If you wish to stop there are places where it is safer to do so. DO NOT stop in a crowded or narrow area, in the middle of the ski run, or over the brow of a hill or on a corner.
- When you move off, look both ways first, and make sure there is no skier bearing down on you from above, or one who has fallen below you.
- Never walk on or across a piste
- Look for areas where two ski runs merge together, as skiers may come in from other directions
- Never ski on slopes marked "CHIUSO", (CLOSED) or any area indicated by crossed poles or red or yellow warning flags.



FINAL NOTE

The reason we run a ski trip is because it offers an absolutely fantastic experience that in our opinion is utterly unbeatable and among the best things you will ever do.

We want you to view this as a holiday, with much fun to be had. The staff want to enjoy the experience of being with Longhill High School students and watching them progress and enjoy the trip as much as the students.

All we ask for in response is for you to show the maturity and behaviour you know you need to in order to ensure we all have a great time. We will treat you with the level of maturity and respect as you show towards us.

So take note of the directions in this booklet, get into a growth mindset, come along willing to listen, learn and have a go, and we will all have a brilliant time out on the slopes.

Happy skiing everyone!

