

Leysin,
Switzerland
2020



Confirmed Dates for Travel

- Outward

- Depart EFLC at 5pm on **Thursday 13th Feb.**
- Arrive at Leysin Sports Village on **Friday 14th Feb** at 3.00pm.

- Inbound

- Depart Leysin Sports Village on **Wednesday 19th Feb** at 6.00pm
- Arrive EFLC at 1.00pm on **Thursday 20th Feb.**

Choosing Our Resort

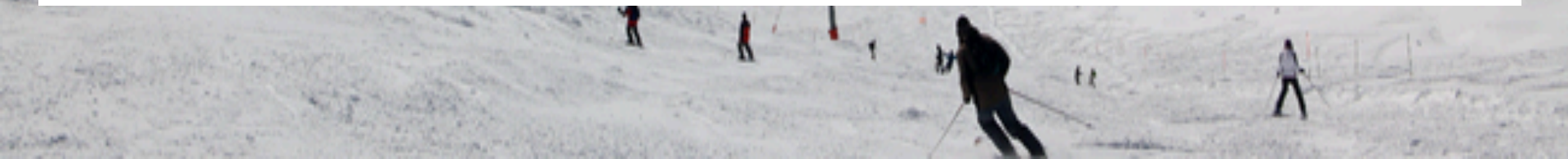
- Snow Record
- Orientation of slopes
- Altitude
- Facilities / Apres ski
- Lift System
- Accommodation
- Travel
- Ski - School



Leysin

- Leysin is considered the alpine educational capital of Switzerland.
- Located 1200 meters above Lake Geneva, there is a clear view across the Rhone valley to the distant French Alps.
- The facilities and infrastructure of Leysin cannot be surpassed which is why camps and schools abound throughout the year.

- The skiing at Leysin offers the complete package with a
- great variety of slopes so that everybody can enjoy and make the most out of their favourite sliding sport.
- The area known as Les Mosses is probably the best place I have ever found for beginners and improving intermediates.
- The included ski pass covers 100kms of runs in Leysin, Les Mosses and Les Lecherette.
- Kuklos is the famous revolving restaurant up at 2,048 metres on top of La Berneuse. This offers a unique 360° panorama of Alpine peaks: Eiger, Mont-Blanc, Matterhorn and Dents du Midi.

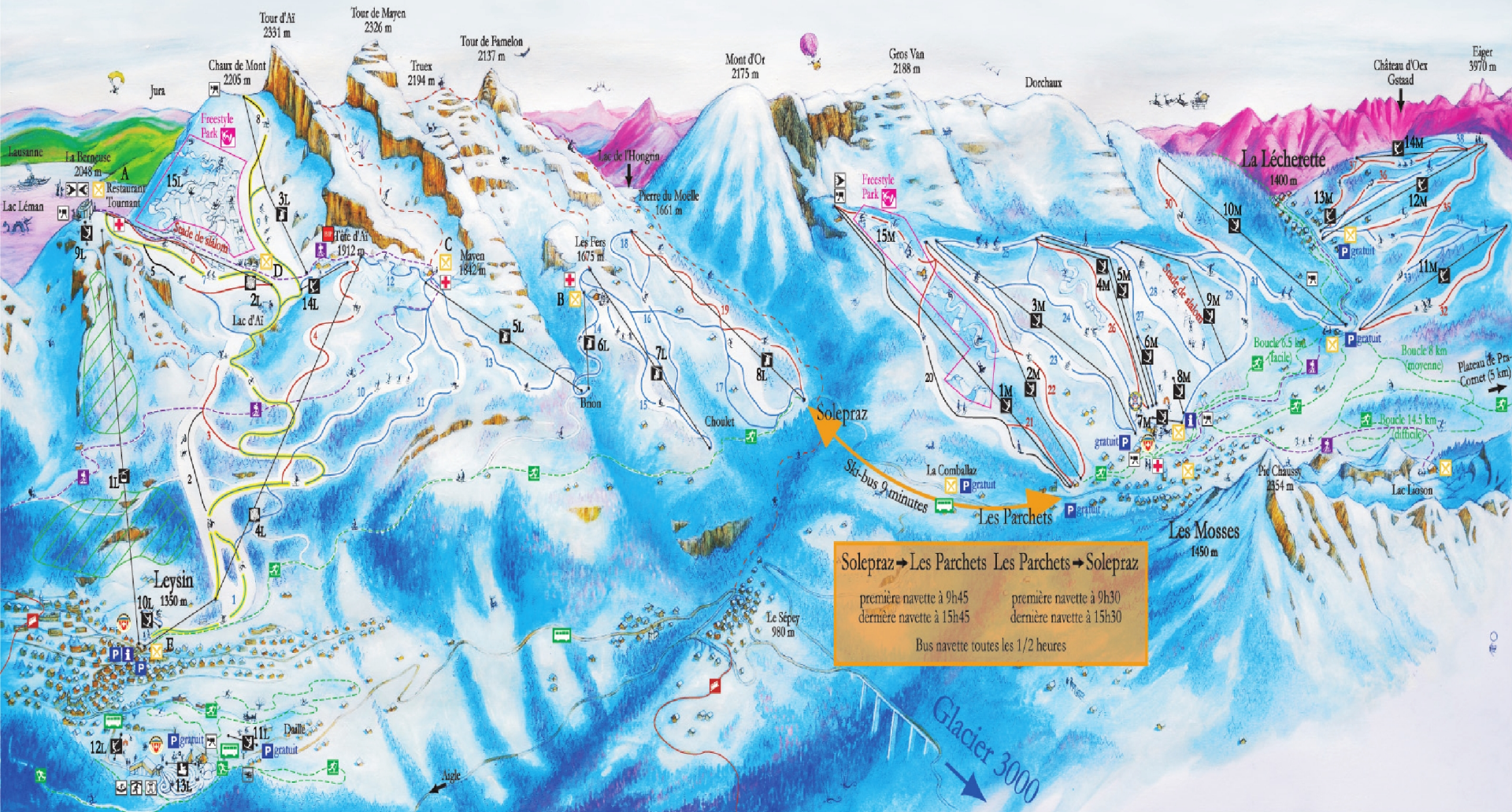




Accomodation

- The Swiss Alpine Centre is owned and run by the Village Camps organisation, the school ski specialists.
- The centre is very large making it ideal for a groups of our size.
- Bedrooms have en-suite facilities and are spacious, comfortably accommodating up to four students per room. The centre has 180 beds in total.
- Facilities in the Swiss Alpine Centre include classrooms, a huge theatre, large dining area, music & dance studio, an arts & crafts centre and common rooms with table tennis, football tables, board games etc.

Leysin-Les Mosses-La Lécherette reliés en un seul domaine skiable de 100km!



Solepraz → Les Parchets Les Parchets → Solepraz

première navette à 9h45 première navette à 9h30
dernière navette à 15h45 dernière navette à 15h30

Bus navette toutes les 1/2 heures

- | | | | | | | |
|---|---|--|--|---|---|--|
| <ul style="list-style-type: none"> 1 L. Leysin - Berneuse 2 L. Ai - Berneuse 3 L. Chaux-de-Mont 4 L. Leysin - Tête d'Al 5 L. Brion 6 L. Les Fers 7 L. Choulet 8 L. Solepraz 9 L. Babylift Berneuse | <ul style="list-style-type: none"> 10 L. Vallée Blanche 11 L. La Daille 12 L. Jardin des neiges 13 L. Tobogganing 14 L. Télécorde d'Al 15 L. Freestyle Park | <ul style="list-style-type: none"> A Restaurant Tournant B Restaurant des Fers C Buvette de Mayen D Freestyle Bar E Câble-Bar | <ul style="list-style-type: none"> Pistes faciles Pistes de difficulté moyenne Pistes difficiles Pistes de ski de fond Itinéraires raquettes / piétons Avalanche Training Center | <ul style="list-style-type: none"> Zones hors pistes non sécurisées Liaison chemin de fer Liaison bus Parking Héliport | <ul style="list-style-type: none"> Secteur de protection de la nature Merci de ne pas y pénétrer Neige de culture Patinoire, curling, gym Restaurant Point de vue Webcam Poste de secours | <ul style="list-style-type: none"> 1 M Téliési Les Parchets I 2 M Téliési Les Parchets II 3 M Téliési Le Gretex 4 M Téliési Dorchaux I 5 M Téliési Dorchaux II 6 M Mini Dorchaux 7 M Babylift Les Mosses 8 M Téliési Dorchaux junior 9 M Téliési Dorchaux III 10 M Téliési L'Arsat 11 M Téliési Pra Comet 12 M Téliési La Lécherette 13 M Téliési La Lécherette Baby 14 M Téliési La Mossette 15 M Freestyle Park |
|---|---|--|--|---|---|--|

Selecting the Tour Operator: Ski Valais

- Reliable and reputable.
- Offer an appropriate programme.
- Offer convenient pick up times and points.
- Offer suitable accommodation.
- Offer appropriate insurances.
- Offer value for money.
- Be appropriately licensed and belong to appropriate professional associations.

Coach Travel: Thomas of Rhondda

- No chewing gum.
- **ONE** medium-sized piece of main luggage (15kg) and a sensible piece of hand luggage which could be stored under a seat or on the overhead luggage rack. No hard suitcases please.
- Ski Jackets.
- Ski Socks.
- Essential medication in hand luggage.

Executive Coach Facilities: Thomas of Rhondda

- Reclining seats
- Fully air-conditioned
- Radio / PA Multi Flat Screen DVD system
- Toilet/washroom
- Hot & cold drinks facility
- Satellite navigation
- Ski Box
- Seat belts fitted to all seats



Seat Belts

- European law states that all coach passengers must wear seat belts.
- Our staff will monitor this and do our best to enforce it but it is impossible to watch every student all of the time. We have to trust that students will be sensible and keep belts on, particularly at night.
- In the event of the coach being stopped by the police the fine is approximately €150 per person for not wearing a belt. However, the safety consideration should be a far greater deterrent.

Passports / EHIC's

- Expiry date is more than 6 months post the end date of our trip.
- EHIC insures pupils for any medical issues, hospital visits, etc...ninoapply.co.uk
- Pupil **will not** be able to travel without either.
- Parental Consent / Medical Information Form.
- Please bring all documents and present to Student Services or Main Reception at the very latest 2 weeks prior to departure.



EUROPEAN HEALTH INSURANCE CARD



3 Name	
4 Given names	
5 Date of birth	6 Personal identification number
	7 Identification number of the institution
8 Identification number of the card	9 Expiry date
	29/06/2019

Pupils Individual File

- To include...
- Passports.
- EHIC's.
- Medical information.
- Dietary requirements.
- Emergency contact.
- Ski information form. (height, weight, ski ability, boot size)

Ski Fit

- Will begin on arrival into our resort and students will be provided with their own individual skis, ski boots, poles and a helmet for the week.
- **Wearing of the helmet is compulsory and it is required by European Law as well as the Ski School that it is worn for all skiing sessions & at all times whilst on the slopes.**
- **THIS IS WITHOUT EXCEPTION**

Kit List

- **Outer jacket** – MUST have zipped pockets and a hood. It should be made of a water-repellant fabric that keeps the wind out.
- **Salopettes** – all should have an elasticated snow cuff at the bottom to fit over the boots and prevent snow going up inside the trouser leg.
- **Thermal wear** – pair of **skins** to wear underneath salopettes on very cold days.
- **Additional layers** – you will need a couple of **fleeces/sweatshirts/thermal shirts** of varying thickness to layer under your jacket.

- **Socks** – 3 pairs, Natural fibres [wool 50-80%] are best NOT Cotton/Nylon/acrylic, tube style with no seams/no ribs. Proper loop stitch or fibre pile ski socks
- **Ski gloves** - good quality fabric or leather – as waterproof as possible. You may prefer mittens if you are particularly prone to cold hands but they are not as convenient as gloves when adjusting equipment – most prefer gloves for this reason. Thermal liner gloves can also help keep fingers warm. Cuffs on gloves must be long enough not to leave a gap at the wrist, even with arms outstretched.

- **Goggles** are essential – used in snowy or overcast conditions or if travelling at speed. If the lenses are strongly tinted then they could be used instead of sunglasses.
- **Sunglasses** – must have plastic lenses with high level [100%] UV protection. Ordinary sunglasses with limited tinting are not acceptable. The glasses should screen out glare at the edges as well so wrap around styles are best.
- **Helmets** – You will be provided with your own personal helmet. **These are considered essential for safety reasons.**

- **Small rucksac** (optional) - to carry small items, extra clothing, cameras, drinking water in an unbreakable bottle [plastic 'Evian' bottles will break in falls!], chocolate bars etc.
- **Scarf** or neck warmer (optional)
- **Suncream & lipsalve** – high protection factor is essential – 25+. If you are fair skinned buy the highest factor. Be prepared to reapply regularly– once every two hours – the effectiveness is reduced by sweating, wiping your face and diving head first into snow drifts! [Reapply after falls]. The nose and ear lobes are the most vulnerable areas.

Currency

- Swiss Francs: In resort.
- Euros: Travelling through France.
- Sterling: Service stops.
- Travel agency within Ebbw Vale Post Office can offer school rates & a higher rate on all foreign currency.

- Chargers with a European two pin conversion plug.
- Money [Swiss Francs] – allow £10 per day for any extras you require, e.g. drinks, etc. on mountain plus any personal spending money. 0.5cent coins are useful for the pay-as-you-enter toilets at some motorway service stations.
- Towels
- Personal Medication.
- Opportunity to shop will be minimal so large amounts of spending money is not encouraged. (£150 maximum)

• No Alcohol & No Smoking.

- Any ill discipline, including the above will result in the following in the first instance...
- **Withdrawal of ski passes, & therefore loss of a days skiing.**
- Visits, trips & expeditions are an important part of the of the curricular & extra curricular life of our school.
- Please ask for a copy of our school policy re: trips.
- Ensures that the duty of care placed on the school for its pupils is fulfilled, that parents and guardians are aware of the full details of our trip and of the school's regulations and procedures and that the position of members of staff is safeguarded.
- **THIS IS AN EDUCATIONAL VISIT.**

Typical Day

- Wake up 7.30am.
- Breakfast each morning from 8.00am, make own packed lunch before departing for the slopes.
- Meeting for lessons 9.30am till 12.00pm.
- Lunch on the slopes.
- Afternoon lessons 1.00pm till 3.30pm.
- Return to hotel leaving ski equipment opposite lifts.
- Evening meals 6.00pm.
- Evening activities from 7.30pm which are compulsory for **ALL**.
- Free time.

Typical Day

- Being physically fit & active is a huge advantage when learning to ski.....Carrying skis, walking in ski boots can be hard work especially at altitude.
- Exercise is vital in being prepared for the slopes.
- Important to be tough, determined & tenacious on the slopes, especially if you are a beginner.
- If you fall over.....get back up!!

Beginners

- Pontypool Dry Slope offer block bookings for individuals/groups at a discount.
- Strongly advise all beginners to complete 6-10 lessons on the dry slope before travelling to Switzerland.
- Maximise your progress, development & enjoyment of the trip & will also determine which group you will be in.
- It is an extreme sport.
- Current injuries/medical issues.

Typical Day

- Be Punctual: Be on time for breakfast, evening meals & all other times as required.
- Be Durable: Skiing is an extremely physical activity...you will fall. Important to get your rest at night....No Days Off!!
- Eat & Drink lots: You will burn up to 3000 calories during a day on the slopes.
- Be Daring: You are learning a new skill..if you fall, get back up. All part of the process.

Mobile Phones / MP3 Players

- Not permitted for use on the slopes whilst under instruction or during mealtimes.
- Can be used for photos/videos during breaks from skiing, as long as the instructor/rest of the group are not held up because of this.
- Be aware of high data roaming charges throughout Europe.
- WIFI Is available throughout the hotel.
- Selfie sticks are not permitted whilst under instruction and void all insurance.
- This is Snowsport & school policy.
- All pupils will be provided with an ID card.
- **NO SAFES IN ROOMS.**

Any Questions?

Reminder of final payment to be made
on or before January 24th 2020.

