

Spalding High School Ski Trip

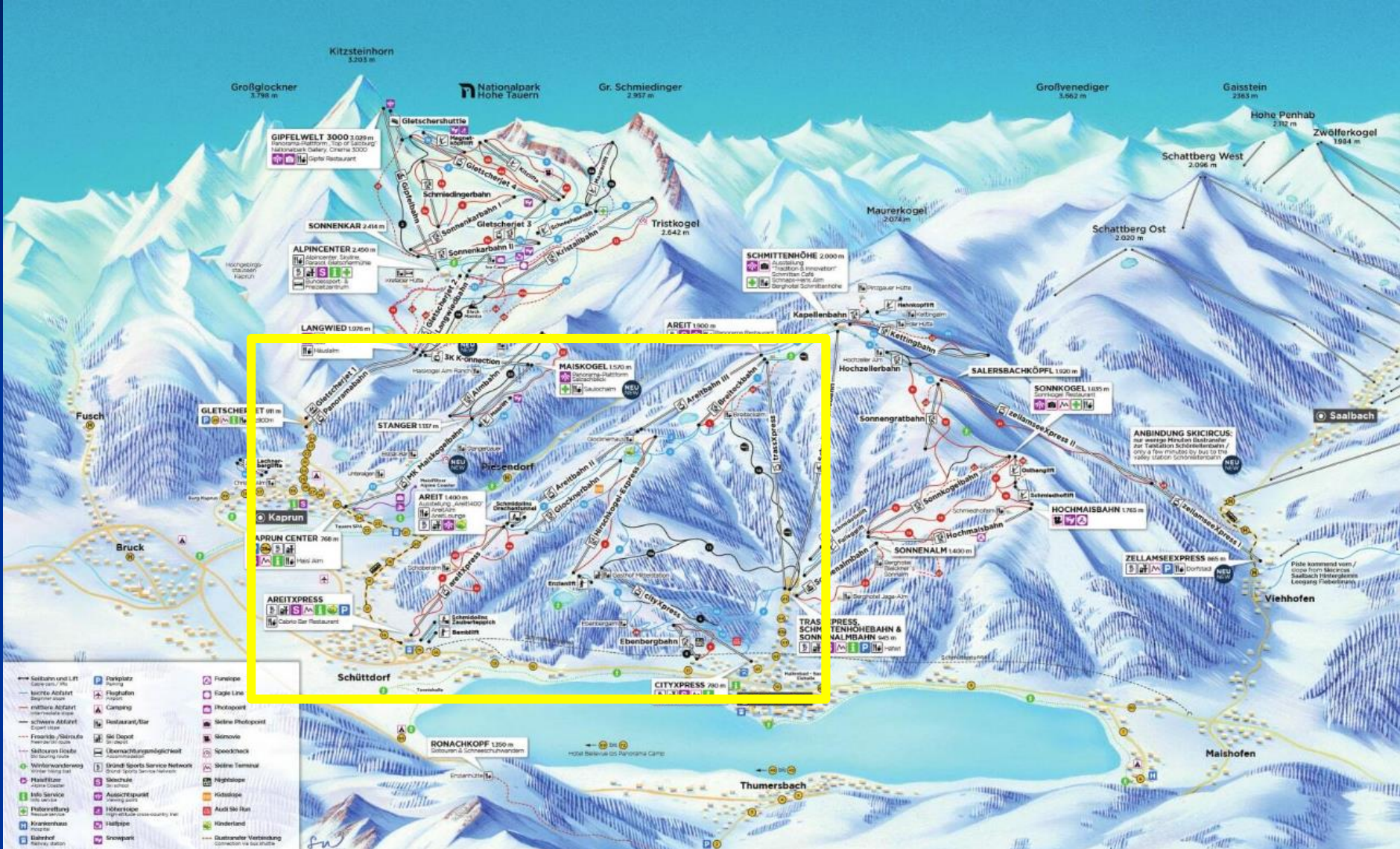
Zell am See, Austria
Friday 14th – Friday 21st February
2025



Zell am See, Austria



The Ski Area



The Ski Area



PLEASE CHECK /YOU MUST BRING

- A valid passport-passport expiry date needs to be at least 3 months after the last day of the trip (so 21st May 2025).
- A valid EHIC or GHIC which must be in date. I'm still missing some.
- Pocket money-to cover outbound and inbound coach journeys, snacks/drinks from supermarket, souvenirs etc. I would recommend 50-100 euros. Cheaper to pay in GBP on ferry crossings. Both ferry journeys, service stations and supermarkets will accept debit/credit/travel cards.
- EU data roaming charges on your child's mobile phone.

Coach Travel

- Depart from school on Friday 14th Feb around 1.30-2.00pm. Normal school lessons in the morning-I recommend having lunch at school from the canteen. Exact timings still to be confirmed.
- School access from 8.00am-8.55am. Please go to school hall. Enter via green gates not main reception.
- Non school uniform day for everyone on ski trip-remember to wear your ski trip hoodie and comfortable clothing (leggings/tracksuit bottoms)
- Evening ferry crossing-DFDS (21:30 Dover to Calais)
- Overnight journey
- Arrive following afternoon approximately 3.00-4.00pm—check in, ski hire & resort familiarisation
- Please remember cost of meals during outbound and inbound journeys is not included in the package price. Therefore pupils will need a small amount of money.

Coach Travel



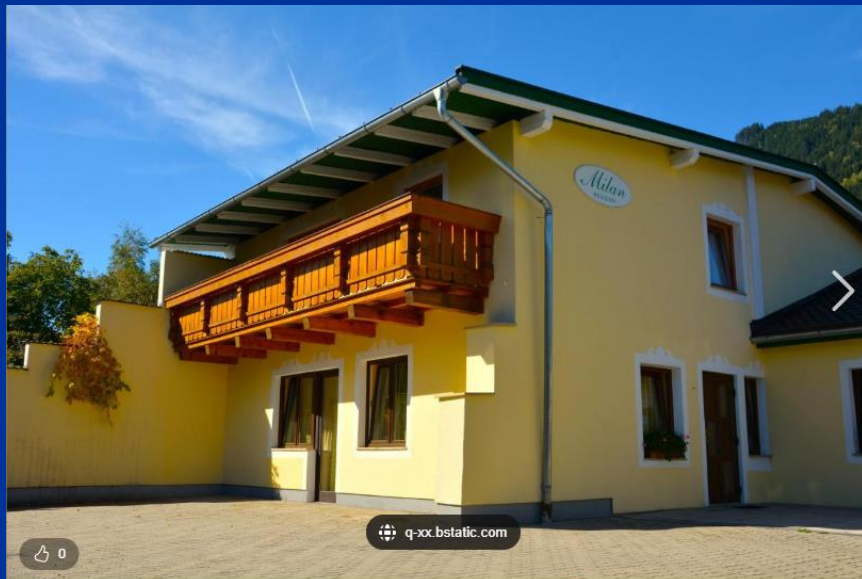
53 Seater Executive Coach Specifications

Reclining seats with armrests, Tables, 3 Point Seat Belts and footrests, Air conditioned, Twin Screen DVD player, Digital TV, PA system with Ipod connectivity, CD player, WC Washroom, Hot drinks, Refrigerator, Individual LED lighting, Extra tinted glass, Carpets, Curtains and much more.



Milan Hotel ***

- Comfortable alpine interior
- All rooms with private facilities, TV, shower.
- Recently modernised
- Small family run hotel
- Good reviews on Booking.com
- We will be the only school at the hotel



Ski trip 2025 hoodie



MUST be worn on outbound and inbound coach journeys

A typical day: part 1

- Wake up call at 7-7.15am!!
- Breakfast – serve yourself with cereal, bread rolls, fruit, yogurt, cheese, cold meats etc. Drink some water!
- Collect helmet/gloves/goggles/phone/your lift pass should be in your pocket and stay there.
- Apply sun cream (minimum factor 30), lip balm and smile!
- Put your boots on and grab your ski's.
- Depart the hotel with your ski group and allocated member of staff (you are only as quick as the last person). Short coach drive to slopes (5 mins).

A typical day : part 2

- Two hour ski lesson in the morning (10-12)
- Lunch: hot lunch on the slopes in a restaurant (12-1)
- Three hour ski lesson in the afternoon (1-4pm)
- Free time (usually a trip to a local shop, supermarket or café- you must sign out at reception and be in a group of 3 or more) & shower!!!
- Evening meal (6.30pm-7pm ish). You are not allowed out of the hotel after your evening meal. Everyone MUST attend meal times. No mobile phones will be allowed out at meal times. We want you to talk to each other and share your experiences/stories of the day!
- Evening entertainment (7.30-9.00pm approximately)
- In bedrooms at 9.30pm, lights out 10.00pm. Trust me you will need the sleep.

Planned Evening Activities (days may swap round)

- Saturday = No activity-catch up on lack of sleep!
- Sunday = Quiz night with prizes!
- Monday = Evening trip into Zell am See
(staff will accompany students but they will be allowed a small amount of time unsupervised to go into shops and buy souvenirs-minimum group size of 3)
- Tuesday = Bingo night with prizes!
- Wednesday = Room tidying with a twist!

ROOMINGS

I've just received the rooming allocations. Please come down to the sports hall tomorrow break (11am) and write on the whiteboard who you would like to share with. I will do my very best to make sure you are in the same room as the friends you want to be with.

Awards

- Daily 'Ski Whizz' & 'Ski Wally' Awards
- Presentation evening on Wednesday night



Always & never emergency card

A small double sided business card with staff emergency numbers, hotel address and phone number and always and never instructions

Spalding High School Ski Trip 2020

Emergency mobile phone numbers:

Ski trip leader 07754927718

Deputy trip leader 07806617812

(save these numbers to your mobile phone)

Emergency contact details of hotel:

Hotel Negritella, Via Nazionale 21, Passo del

Tonale 38020

Tel: 0039 0364 903906

NEVER

- Go out on the ferry deck (outside)
- Go out onto hotel balconies/use hotel spa
- Purchase, possess or consume alcohol, non prescribed drugs or tobacco
- Post any incidents/accidents on social media
- Go out during free time on your own (minimum group size is 3)
- Use your phone at meal times
- Ski outside of ski lessons

ALWAYS

- Wear your seat belts/hoodie during out & inbound coach journeys
- Wear your ski helmet when skiing (it is the law)
- Wear sun cream, goggles/glasses whenever the sun is out
- Carry your lift pass, EHIC & emergency card when skiing
- Sign out/in at the hotel reception when going out during free time
- Look carefully when crossing roads during coach stops/free time
- See a member of staff before contacting home with any issues

ALWAYS

- Wear your hoodie during outbound & inbound coach journeys. You will need to wear your hoodie during the Zell am See trip as well.
- Wear your ski helmet when skiing (it is the law)
- Wear sun cream, goggles/glasses whenever the sun is out
- Carry your lift pass & emergency card when skiing
- Sign out/in at the hotel reception whenever going out during free time
- Look carefully when crossing roads during coach stops/free time
- See a member of staff first before contacting home if there are any issues
- Wear your seat belt on all coach journeys

NEVER

- Go out on the ferry deck (outside)
- Go out onto hotel balconies/use hotel spa
- Purchase, possess or consume alcohol, non prescribed drugs, tobacco or vapes
- Post any incidents/accidents on social media
- Go out during free time on your own (minimum group size is 3) or you must stay in the hotel
- Go out of the hotel after evening meals (unless instructed by a teacher)
- Ski outside of ski lessons
- Allow pupils from other schools into your room.

Insurance

- Winter sports insurance is included in your trip. Please see insurance details for full cover details. This information can be found on the school website under the ski trip 2025 tab.
- Room damage is not covered by the travel insurance policy. Deliberate damage to hotel rooms will need to be paid for by the individual or group who caused the damage. This has never happened yet.



Spalding High School

"An outstanding Girls' Grammar School with a Mixed Sixth Form"



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[Ski Trip 2025](#)

Please click on the links below to view the documents.

[Ski Trip Letter](#)

[Ski Trip Meeting Presentation](#)

[Insurance document](#)

[Full Insurance Policy Booklet](#)

Ski lessons before trip

- Recommended but not essential-there is no substitute for skiing on snow!
- As it currently looks there will be:
 - 1 x advanced group
 - 1 x intermediate group
 - 3 x beginner groups

If you are in a beginner group I will try to make sure you are skiing with your friends. However, the ultimate decision on the groupings is down to the ski school.

Kit list

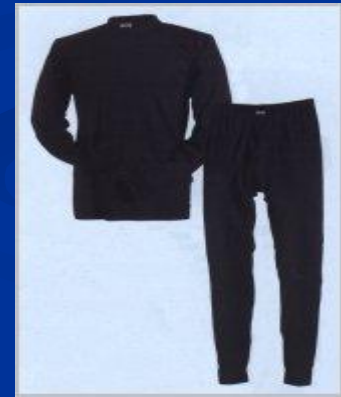
Recommended kit list

- Small inflatable pillow for the journey/blanket
- Water bottle
- Wash bag & toiletries
- Night clothes
- Casual wear for travel and evenings-we won't be going far!
- A pair of trainers/sliders for around the hotel



Ski wear essentials

- Ski jacket and ski salopettes: buy/hire/borrow
- 2-3 base layers (tops & bottoms). Use leggings (worn under salopettes) and long sleeved tops
- 2-3 pairs of ski socks
- 1 pair of ski gloves
- 1 pair of ski goggles-**PLEASE ENSURE YOU WEAR THEM!**
- Sunglasses for lunch breaks
- A thick fleece & a couple of sweatshirts
- 2-3 mid layers (sweatshirts/fleeces etc-use what you have already got!)
- Hat and snood
- Walking boots or heavy shoes for the evening if you want to go to the supermarket
- High factor sun lotion/block and lip balm
- **Please note that temperatures on the snow can vary enormously in late season with bright sunshine and hot temperatures one minute and then cold, cloudy weather the next. Hence we would recommend several layers are worn each day i.e. thermal top, polo, fleece top, jacket to be prepared for all types of conditions.**
- Towels are provided by the hotel
- Travel adapter and extension lead



- PLEASE DO NOT WEAR SLIDERS OUTDOORS-PROPER SHOES THAT COVER YOUR FEET ARE REQUIRED



In Partnership with

**Spalding
High School**



**20%
OFF**

SPECIAL OFFER

You are entitled to:

20% off Mountain Warehouse Products, for all Students of Spalding High School going on the Ski Trip in February 2025, with this flyer, *exclusively* at the Spalding Springfields Mountain Warehouse Store, Unit 30 Springfield's Outlet Shopping, Camel Gate, Spalding PE12 6EU . Tel: 01775 711414.

Skis on for the season

£19.99

£17.99



Men's Ski Trousers

Wind and waterproof with taped main seams; outer can withstand a hydrostatic head of 3,000mm

Zippered side pocket

With practical elasticated, non-slip snow gaiters

Waist size: 30-40



CRIVIT



Adult's Ski Jacket

Water-repellent outer fabric thanks to BIONIC-FINISH® ECO technology

Breathable material

Adjustable, elasticated snow guard with non-slip band

Full zip with chin guard

Ladies' Size: S-L

Men's Size: M-XL

£22.99

£20.69



1

£7.99

£7.19



Ladies' Ski Gloves

Lined with warm 3M™ Thinsulate™ C40

Waterproof and windproof
Reinforced palm protects you from sharp ski edges

Sizes: 7-8



£9.99

Adult's Performance Top

Breathable DryAct™ material

Modern, high-tech yarn blend wicks moisture away from your skin and transports it to the outside

Open-mesh knitted zones improve air circulation

Ladies' Size: S-XL

Men's Size: M-XXL



£6.99

Adult's Thermal Sports Top

Quick-drying and moisture-wicking

Sporty high collar with zip and chin guard

Cuffs with thumb holes

Ladies' Size: S-L

Men's Size: S-XL



£9.99

Adult's Performance Underwear

Breathable DryAct™ material

Open-mesh knitted zones improve air circulation

Ladies' Size: S-XL

Men's Size: M-XXL



Lidl
Still some
in store

Buy in store
THUR 21 NOV



Adults' Ski Jacket

- Water-repellent • Windproof
- BIONIC-FINISH® ECO • Inside phone pocket • Ladies' available in blue in sizes 8/10-16/18, Men's available in black in sizes M-XL

£24.99

£19.99



£79.94
ADULTS' BUNDLE
£59.94
2 BASE LAYERS + JACKET +
TROUSERS + GLOVES
+ BOOTS
Items are sold separately

CHEAPER
THAN 2023

BIONIC
FINISH® ECO



£19.99

£12.99

Adults' Snow Boots

- PU and textile upper • Warm lining
- Waterproof membrane • Memory foam insock • Available in taupe in sizes 4-7 or blue in sizes 7-11



£5.99

£3.99

Adults' Ski Gloves

- Waterproof • Thermal-resistant • Available in black, blue, purple or navy • Sizes S-XL

Aldi
currently
in store

Outbound journey

- One MEDIUM sized suitcase (you will have to carry it) containing kit list items
- One small hand luggage bag containing small amount of food, drink, passport, money, medication & EHIC or GHIC
- Travel pillow and blanket-it gets very cold on the bus late at night
- ONE pair of ski socks
- Portable power bank. Coach should have USB charging points but can never be guaranteed

Return Journey

- Suitcase to be mostly packed on Wednesday night
- Return ski equipment following Thursday afternoon ski lesson
- Shower and evening meal at hotel
- Begin coach journey home
- Sleep until breakfast stop
- Booked on DFDS 11.50am ferry crossing from Calais to Dover
- Telephone call once drivers can give an arrival time.
- Drop off will be at Spalding Bus Station-Estimated at around 6.30-7.30pm if everything goes to plan!

PLEASE CHECK /YOU MUST BRING

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FREE TIME & VISIT TO ZELL AM SEE

On the trip there will be a small amount of free time between ski lessons/evening meals as well as a visit into Zell am See town centre. During free time, we will allow students to walk to the local shops to buy souvenirs, snacks etc. unsupervised. Staff will be on duty at the hotel during free time (students must sign in and out of the hotel if they wish to go into the village). On the visit to Zell am See town centre staff will accompany students to Zell am See but they will be allowed a small amount of time unsupervised to go into shops. In all cases students must be in groups of three or more. Parents/carers need to let me know ASAP if they do not wish their child to go out unsupervised.



Approximately 10 mins walk to local supermarket



Staffing

- Mr Farrell-Ski trip leader
- Mrs Busfield-Deputy ski trip leader
- Miss Magnus
- Miss Jones
- Mr Blackburn
- Mrs Farrell

This is a very experienced group of staff. All have been on previous school ski trips.

Q & A

Over to you. Please type any questions in the chat that I haven't answered. If any questions are about a sensitive topic please email me at:

lee.farrell@spaldinghigh.lincs.sch.uk