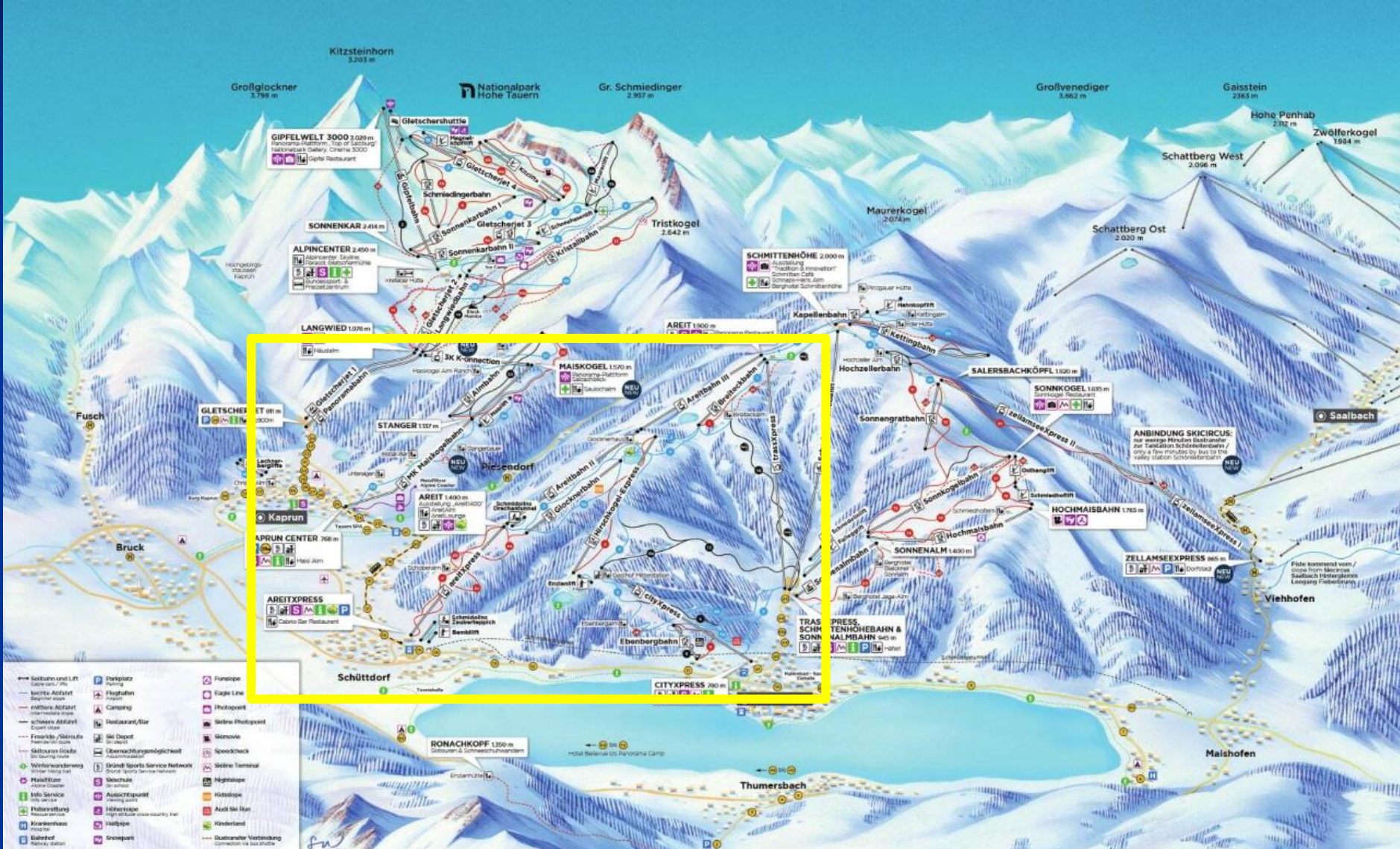


# Spalding High School Ski Trip

Zell am See, Austria  
Friday 14<sup>th</sup> – Friday 21<sup>st</sup> February  
2025



# The Ski Area



# The Ski Area

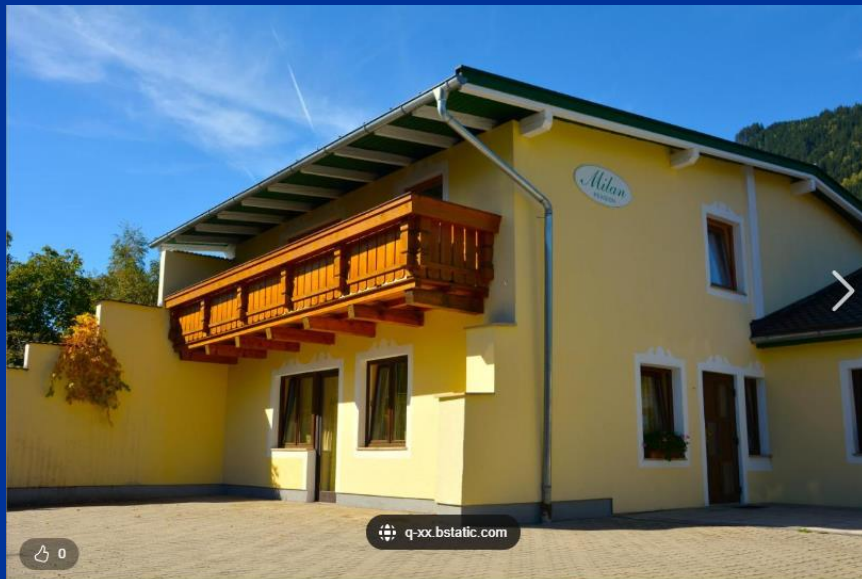


# Coach Travel

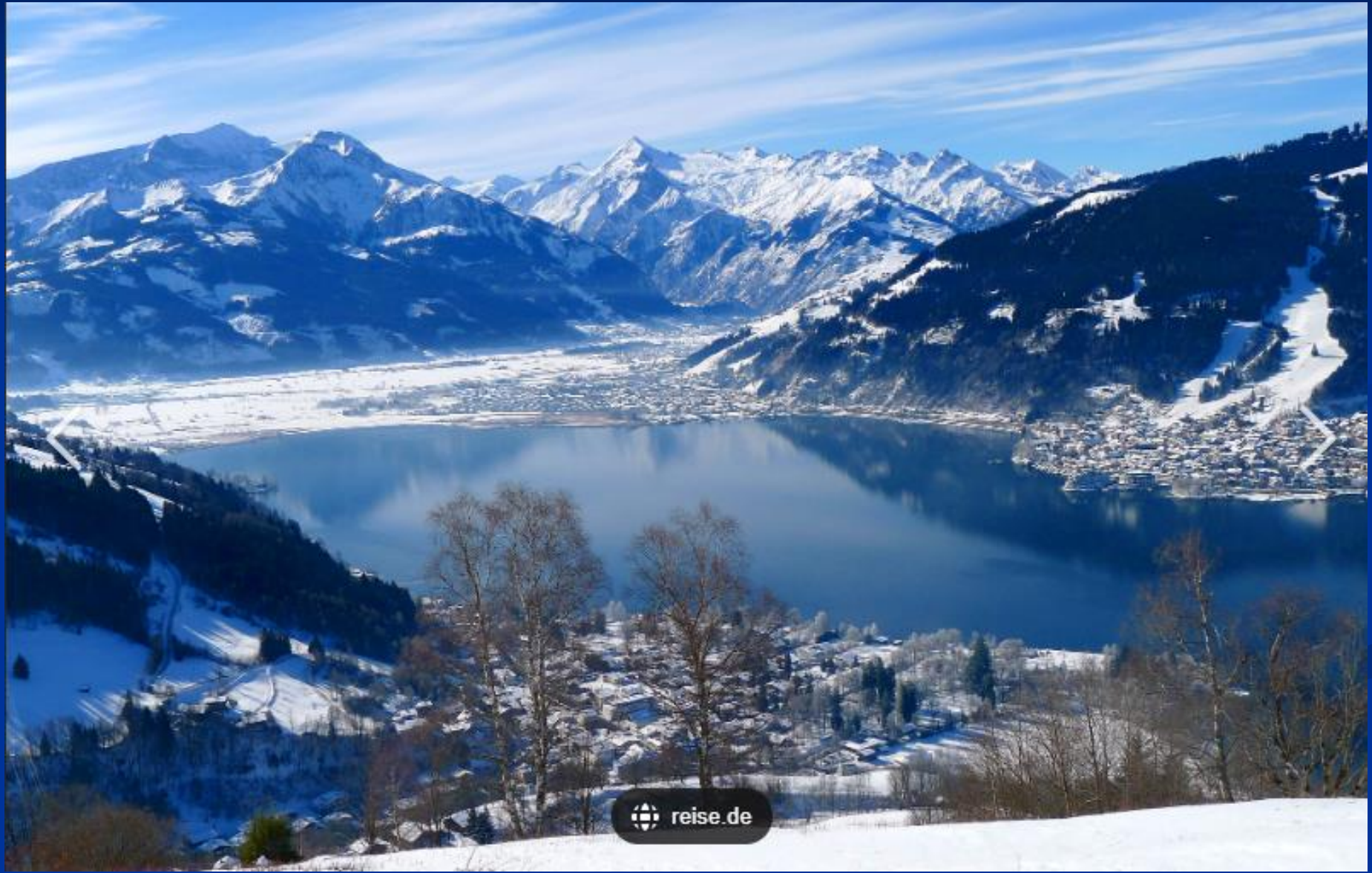
- Depart from school on Friday 14<sup>th</sup> Feb around 1.30-2.00pm. Normal school lessons in the morning-I recommend having lunch at school from canteen). Exact timings still to be confirmed.
- School access from 8.00am-8.55am. Please go to school hall. Enter via green gates.
- Evening ferry crossing-DFDS (21:30 Dover to Calais)
- Overnight journey
- Arrive following afternoon approximately 3.00-4.00pm-check in, ski hire & resort familiarisation

# Milan Hotel \*\*\*

- Large modern property
- Comfortable alpine interior
- All rooms with private facilities, TV, shower.
- Recently modernised
- Family run
- We will be the only school at the hotel



# Zell am See, Austria





# 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 (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.
- Evening entertainment (7.30-9.00pm approximately)
- In bedrooms at 9.30pm, lights out 10.00pm. Trust me you will need the sleep!
- Repeat

# Planned Evening Activities

- Saturday = No activity-catch up on lack of sleep!
- Sunday = Quiz night
- 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
- Wednesday = Room tidying with a twist!

# ROOMINGS

I won't be able to tell you the room allocations until 1-2 weeks before the trip. However, I will do my best to ensure pupils are roomed with their friends



# 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)
- 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.



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!

# Kit list

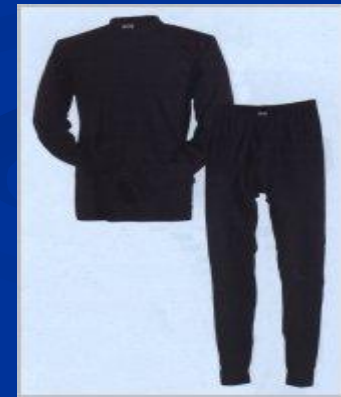
## Recommended kit list

- 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!)
- Warm hat and snood
- Walking boots or heavy shoes for the evening if you want to go to supermarket
- High factor sun lotion/block and ski 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





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



## 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



**CRIVIT**



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  
14<sup>th</sup>-20<sup>th</sup>  
November

# 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
- 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

- A valid passport-passport expiry date needs to be at least 3 months after the last day of the trip (so 21<sup>st</sup> May 2025)
- A valid EHIC or GHIC which must be in date

# 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 into the local village 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 you do not wish your child to go out unsupervised.





Approximately 10-15mins walk to local supermarket



# Staffing

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

# 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](mailto:lee.farrell@spaldinghigh.lincs.sch.uk)