

Austria 2016



Ski leadership

Mr Poole

- Skied virtually every year since 1980!
- Qualified Ski Leader
- I have run family, Scout and School ski trips

Mr Slaughter, Mrs Prest, Miss Prest



- Passport
- EHIC
- Medicine
- DVD/Video
- Money €50 evening activities and £10 services
- Skiing
- Evening Entertainments
- Rules
- Contact Home
- Food
- Behaviour





Welcome to PGL Ski

- Over 20 years' experience in school ski
- School Travel Forum assured
- Fully risk assessed
- ABTA bonded & ATOL protected
- Awarded the Quality Badge by the Council for Learning Outside the Classroom



LEARNING OUTSIDE

A person in a red jacket and black pants is skiing down a snowy slope. The sky is bright blue with some light clouds. The skier is in the upper right quadrant of the image, moving towards the bottom left. The snow is white and appears to be blowing in the wind, creating a sense of motion.

Learning Outside the Classroom

- Personal development
- Communication
- New skills
- Team work
- Cross-curricular enrichment

A typical day!

- Breakfast around 0715 then get ready for slopes
- Travel to slopes, meet up with instructor 2 1/2 hours tuition
- meet for lunch
- Further 2 1/2 hours tuition
- Return to hotel around 1700hrs and the evening entertainment



Weekly Itinerary

FRIDAY	SATURDAY	SUNDAY	MONDAY - WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Breakfast	Breakfast	Breakfast	Vacate rooms & breakfast	
Depart school early afternoon	Arrival in resort early afternoon	Meet ski instructors divide into ski groups. Ski lessons AM	Ski lessons AM	Ski lessons AM	Ski lessons AM	Arrival at port for channel crossing AM
Arrive at port for channel crossing	Check into hotel	Meet with teachers and PGL rep for lunch	Meet with teachers and PGL rep for lunch	Meet with teachers and PGL rep for lunch	Meet with teachers and PGL rep for lunch	Arrival in UK
Arrive in Calais	Ski Fit & Welcome talk	Ski lessons PM	Ski lessons PM	Ski races & Lessons	Ski lessons PM	Travel back to school
	Dinner	Dinner	Dinner	Dinner	Dinner	
Overnight travel to resort	In house' Quiz organised by PGL rep	Bowling/Skittles night	Evening Entertainment which may include: Talent Show, Ice Hockey Match or Ice Skating	Pack Bags, Presentation Evening & Disco organised	Depart for UK late afternoon/early evening	Arrival at school late afternoon/early evening

Meals shown included as part of the package price, all other meals are to be purchased by individuals en route.



Tuition

- 5 hours daily tuition
- Maximum 12 per group for skiing and 8 for snowboarding (of same ability)
- English speaking, locally qualified instructors



Additional Evening Entertainment

- Tyrolean Evening
- Bowling
- Swimming
- Curling

Parental Approval

- Medical conditions
- Home contacts
- Helmet – is a legal requirement – no helmet no ski
- Skiing in lessons – no free skiing
- I undertake to reimburse Bishop Ramsey School for the full costs of sending my child home, if their behaviour is found to be unacceptable. This includes any possession or consumption of any alcoholic drinks
- Please do not test this rule it could cost you £500



Insurance



Key points to ski training

- Skiing is a physical sport
- You will be skiing for at least 5 hours per day
- Improve stamina
- Suppleness / joint flexibility
- Muscular endurance
- Mental preparation



Fitness Training

- Warm-up – pulse raising activity / joint mobility / stretching – 10/15 mins
- 20/30 mins exercise activity
- Cool down 10 mins slow jog / stretching
- 3 times a week





Travel

- Pick up from school
- Channel crossing (ferry or tunnel)
- Overnight journey
- Evening meal on arrival

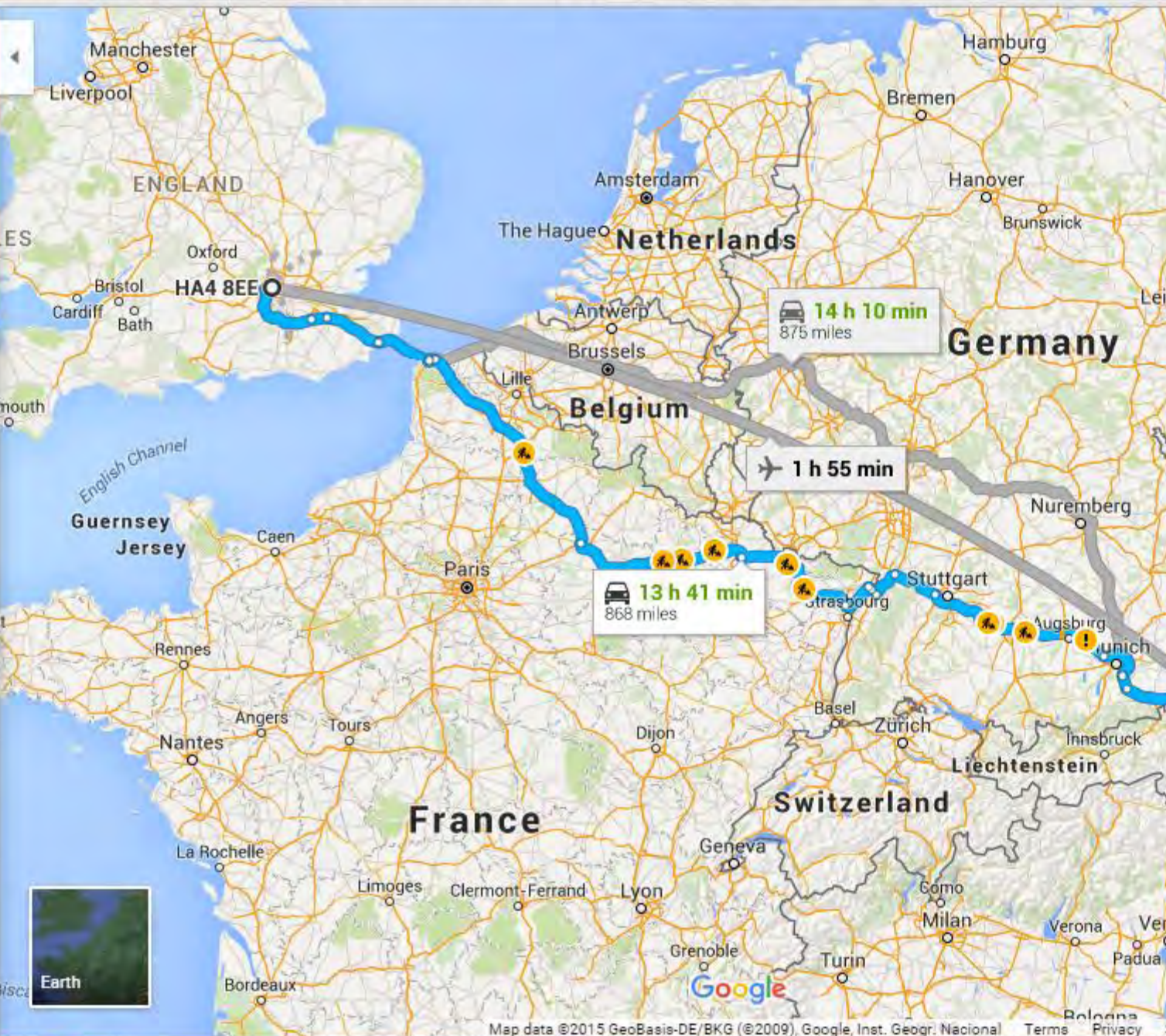
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Saringgut, Kirchbod

OPTIONS

- 13 h 41 min
868 miles
- 14 h 10 min
875 miles
- 1 h 55 min

Earth





Jugendhotel Saringgut

- Wonderful for school groups
- Perfectly situated in Wagrain, 500m from the Flying Mozart lift
- Skibus stop directly in front of the hotel
- games rooms, disco, TV/DVD, ski room, internet access



Equipment & Lift Passes

- 6 day ski and boot hire
- 6 day helmet hire
- 6 day lift pass

Clothes – Keeping Warm and Dry!

- Essential items to pack
- Ski jacket
- Salopettes / Ski trousers
- 2 pairs thick socks – no seams
- 1 pair ski gloves
- Sun glasses and goggles
- Thick pullover /fleece plus shirts or polo necks
- Scarf and warm hat
- Après ski boots or heavy shoes
- High factor suntan lotion / block



Other suggested items to pack

- Pillow and pillow case for the coach journey
- Wash bags and towels
- Night clothes
- Several changes of socks and underwear
- Casual wear for evenings including warm fleece
- Pair of trainers
- Warm waterproof jacket
- Labelled strong plastic bags for spare clothes
- Water bottle
- Toiletries
- Small rucksac for packed lunch etc.
- We strongly suggest that all items are labelled with your name

A full kit list can be found in MyPGL:
www.pgl.co.uk



A skier in a red jacket and black pants is skiing down a snowy slope. The skier is wearing a backpack and holding ski poles. The sky is bright blue with a lens flare effect. The snow is white and textured.

What not to bring

Please do not bring valuable items, your own ski equipment or mobile phones – these are not covered under our insurance.

Luggage Allowance

Please note that there are weight restrictions on the coach as storage space is limited. We kindly ask that all party members limit their luggage size according to the dimensions shown.



Awards

- Local ski awards available in most resorts
- PGL Ski or Snowboard certificate for every pupil
- 'Skier' or 'Boarder of the Week' t-shirt
- Presentation evening on last night





Looking after you

- Comprehensive Winter Sports Insurance policy
- 24 hour medical emergency assistance
- 24 hour PGL emergency helpline while you are away
- Snow guarantee



Checklist

- Passport & EHIC card
- Hat and gloves
- Goggles / sunglasses
- Salopettes
- Ski Jacket
- Sun cream
- Ski socks
- Pocket money

A full kit list can be found in MyPGL: www.pgl.co.uk

A person wearing a red jacket and black pants is skiing down a snowy slope. The skier is positioned on the right side of the frame, leaning forward and using ski poles. The background is a clear, bright blue sky with some light clouds. The snow on the slope is white and appears to be in motion, creating a sense of speed.

Any Questions?

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