

# Spalding High School Ski Trip

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



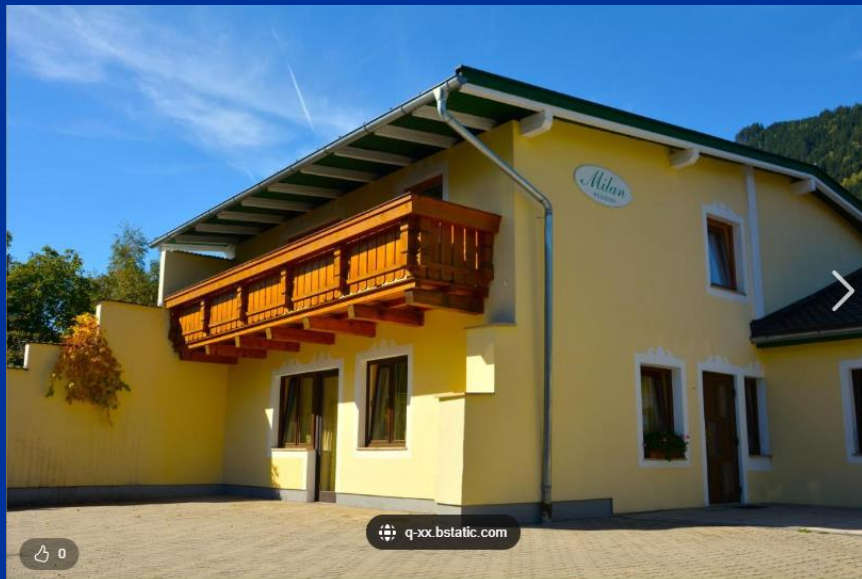


# Coach Travel

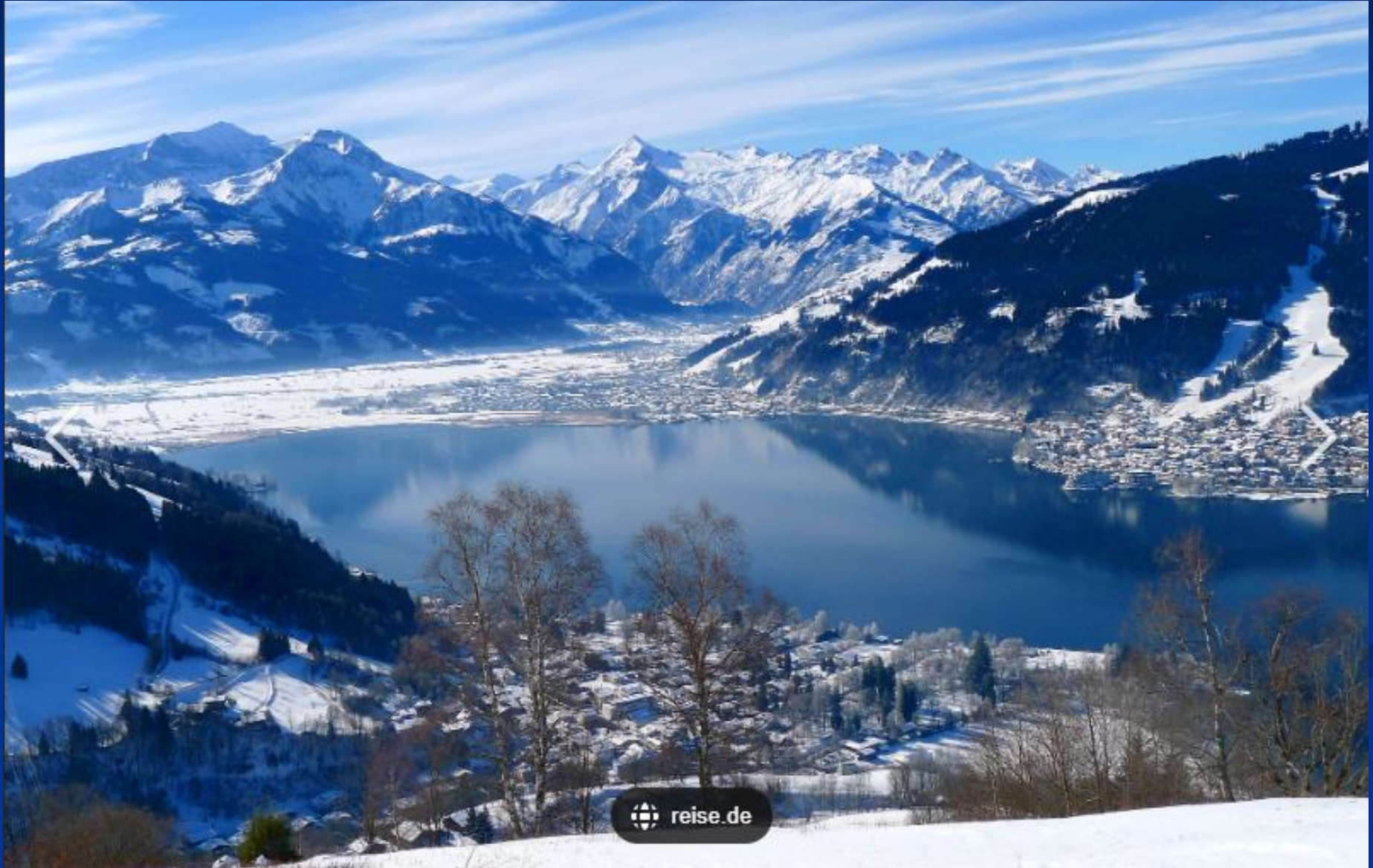
- Depart from school Friday 14<sup>th</sup> Feb (1.30pm-2.00pm normal school lessons in the morning- have lunch at school) TBC
- School access from 8.00am
- Evening ferry crossing
- Overnight journey
- Arrive following afternoon – ski hire & resort familiarisation

# 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



**AUSTRIA**  
SPALDING HIGH SCHOOL  
SKI TRIP 2024

**CHARLIE**

# A typical day: part 1

- Wake up call at 7-7.30!!
- Breakfast – serve yourself with cereal, bread rolls, fruit, yogurt, cheese, cold meats etc. Drink some water!
- Collect helmet/gloves/goggles/phone
- 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 (5-10mins).

# 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 cafe) & shower!!!
- Evening meal (6.30pm-7pm ish)
- 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 (TBC)

- Saturday = No activity-catch up on lack of sleep!
- Sunday = Quiz or Karaoke
- Monday = Evening trip into Zell am See
- Tuesday = Bingo
- 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

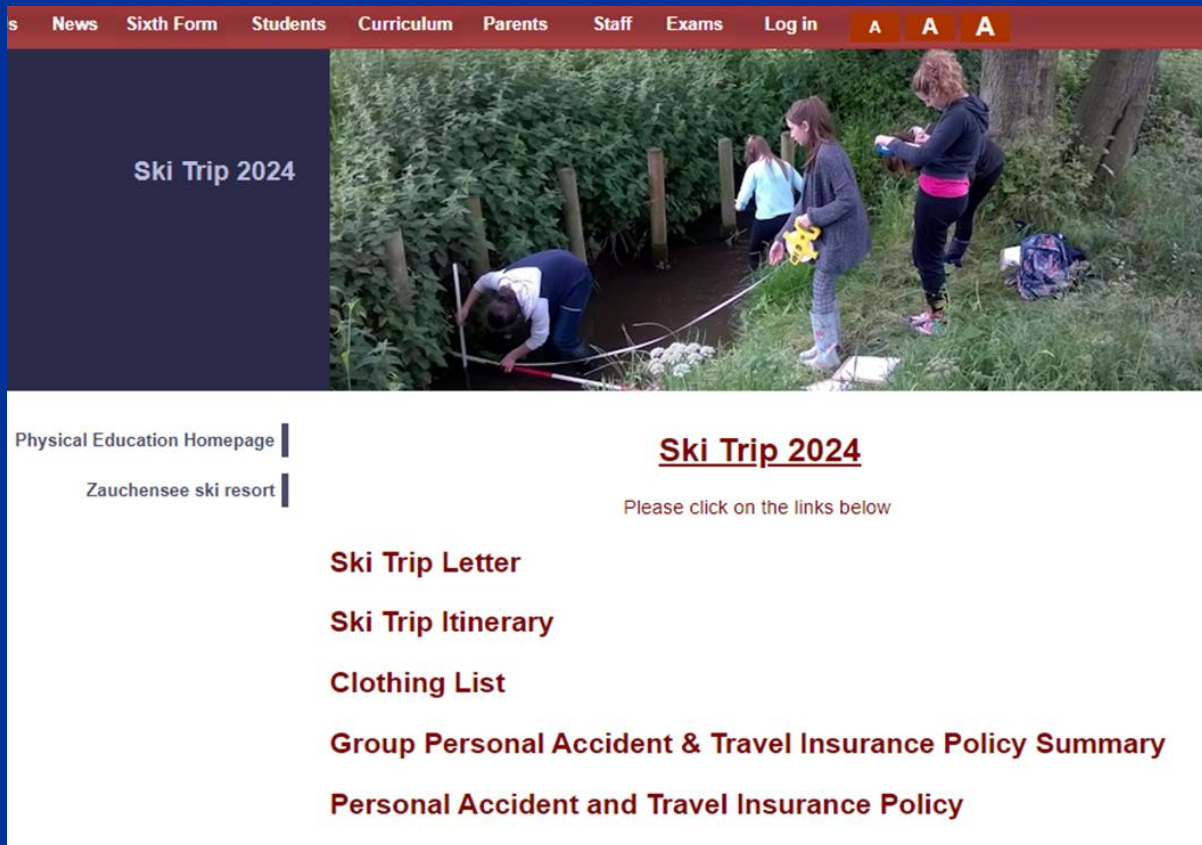
- Wear your hoodie during outbound & inbound coach journeys
- Wear your ski helmet when skiing (it is the law)
- Wear sun cream, goggles/glasses whenever the sun is out
- Carry your lift pass, E/GHIC & emergency card when skiing
- Sign out/in at the hotel reception whenever going out during free time
- 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
- Post any incidents/accidents on social media
- Go out during free time on your own (minimum group size is 3)
- Ski outside of ski lessons
- Allow pupils from other schools into your room or go into their rooms.
- Go near the freshwater lake in resort

# 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.



The screenshot shows a school website with a navigation bar at the top containing links for News, Sixth Form, Students, Curriculum, Parents, Staff, Exams, and Log in. There are also three 'A' icons for font size adjustment. The main content area features a dark grey box on the left with the text 'Ski Trip 2024' and a photograph on the right showing several people in a wooded area, possibly participating in an outdoor activity. Below the photograph, the text 'Physical Education Homepage' and 'Zauchensee ski resort' is visible. The main heading is 'Ski Trip 2024' with a red underline, followed by the instruction 'Please click on the links below'. A list of links is provided: 'Ski Trip Letter', 'Ski Trip Itinerary', 'Clothing List', 'Group Personal Accident & Travel Insurance Policy Summary', and 'Personal Accident and Travel Insurance Policy'.

News Sixth Form Students Curriculum Parents Staff Exams Log in A A A

Ski Trip 2024

Physical Education Homepage |  
Zauchensee ski resort |

**Ski Trip 2024**

Please click on the links below

**Ski Trip Letter**

**Ski Trip Itinerary**

**Clothing List**

**Group Personal Accident & Travel Insurance Policy Summary**

**Personal Accident and Travel Insurance Policy**

# Ski lessons before trip

- Recommended but not essential-there is no substitute for skiing on snow!



# Kit list

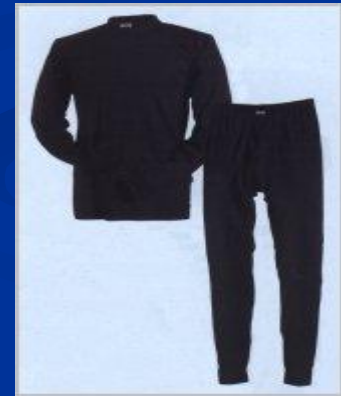
## Recommended kit list

- Small inflatable pillow for the journey/blanket
- Water bottle
- Wash bag & toiletries
- Night clothes
- A large towel
- Casual wear for travel and evenings-we won't be going far!
- A pair of trainers 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
- 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 into the village
- 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.**



# PRICES YOU'LL LOVE SNOW MUCH.

Hit the slopes in our quality ski wear that will keep you warm and dry without spending a fortune.

## BIONIC FINISH<sup>®</sup>ECO

BIONICFINISH<sup>®</sup>ECO is a fluorine-free water repellent agent to give your activewear the ultimate performance while keeping you comfortable and dry.

# ADULTS' BUNDLE

## £59.95

JACKET + TROUSERS + GLOVES  
+ SEAMLESS BASELAYER TOP  
+ SEAMLESS BASELAYER LEGGINGS

# 25% off<sup>+</sup> Ski-sons greetings!

Limited Offers

From Sunday  
19 November

## CRIVIT Adults' Ski Jacket

Water-repellent outer thanks to BIONIC-FINISH<sup>®</sup> ECO technology  
THERMOLITE<sup>®</sup> EcoMade technology keeps you comfortably warm with minimal material density and lightweight

£24.99



Lidl Plus price!  
**£18.74**

19/11/23 - 25/11/23

### FEATURES

Full zip with chin guard

Zippered lift pass pocket on the sleeve

Wind-resistant and water-repellent

Adjustable, elasticated snow guard with non-slip band

Cuffs with thumb holes and adjustable hook & loop fastener

Men's Sizes: S-XL



Ladies' Sizes: S-L



## CRIVIT Ski Gloves

Warm lining and 3M<sup>™</sup> Thinsulate<sup>™</sup> C40 insulation for superior heat retention

Water-repellent outer thanks to BIONIC-FINISH<sup>®</sup> ECO technology

Index finger and thumb with touchscreen function  
Size: 7-9.5

£11.99



Lidl Plus price!  
**£8.99**

19/11/23 - 25/11/23



## Hand Warmers - 2 pack

Soothing warmth in seconds lasting up to 60 minutes  
Can be reused by boiling in a water bath

Choose from Polar Bear, Hearts or Snowman

Multibuy

**2 for £3**  
or £1.99 each

# 25% off<sup>+</sup>

Crivit Skiwear

19.11.23 - 25.11.23



# 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

# Return Journey

- Suitcase to be mostly packed on Wednesday night
- Return ski equipment after Thursday afternoon ski lesson
- Shower and evening meal at hotel
- Begin coach journey
- Sleep until breakfast stop
- Booked on ? ferry crossing
- Telephone call once drivers can give an arrival time.
- Drop off will be at Spalding Bus Station-Estimated at around ? pm 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 must be in date

# Staffing

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

# 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

# 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)