

# Unsworth Academy

## SKI TRIP

Pal Arinsal, Andorra  
**14th February 2026**

- Where are we going?
- The hotel
- How will we get there?
- The ski sessions
- Clothing and kit
- Behaviour and expectations

Staff will be happy to answer your questions after the presentation

## Austria

Please complete the form below and bring to Miss Wilkinson or Mr Peacock. Alternative desk. Medication can be brought in any on the 17<sup>th</sup> February. We request that any medication and is placed with this form name on the front of the envelope.

*Any medication brought in on the day of staff on the trip, not handed in at reception.*

Name of Learner: \_\_\_\_\_

Prescription Medication 1: \_\_\_\_\_

Dosage: \_\_\_\_\_

Prescription Medication 2: \_\_\_\_\_

Dosage: \_\_\_\_\_

'Over the Counter' Medication: \_\_\_\_\_

I am happy for staff on the ski trip to: \_\_\_\_\_

Signed: (Parent/Carer signature): \_\_\_\_\_

Please use this space to give any further information relevant to the ski trip, and how staff can help for example: symptoms, potential triggers

## AUSTRIA 2023 – BEING

### NAME OF LEARNER \_\_\_\_\_

For this visit to be both beneficial and safe, we ask that you follow the following code of conduct.

In general, you will be expected to:

- Behave responsibly at all times.
- Always comply with staff instructions.
- Understand the rules concerning alcohol.
- Understand the rules concerning cigarettes and vapes.
- Understand that the possession of substances is strictly forbidden.
- Inform a member of staff of any equipment.
- Wear appropriate clothing for the weather.
- Return all borrowed/rented equipment.
- Safeguard your personal belongings.

### On the coach

- Remain in your seat, unless given permission.
- Wear your seat belt whilst travelling.
- Luggage should not block the aisle or seat.
- Litter should be put in the bags provided.
- Do not distract the driver – no shouting.
- If you begin to feel travel sick, inform a member of staff.
- No Bluetooth or portable speakers.
- No fizzy drinks.
- No aerosol spray deodorants.

### Motorway service stations

- Follow instructions from staff regarding where you may spend in the service station.
- Remain inside the service area for the duration of the stop.
- Walk carefully to the service station, being aware of traffic.

### On the ferry

- Remaining in a group at these busy locations.
- Ensure that you know the allocated meeting point.
- Follow instructions from crew members in the event of an emergency.
- Visit shops in groups - never alone.

## Austria 2023 Parent Evening Summary:

There will be a lot of information delivered tonight! We want you to enjoy the presentation, so here is a summary of the key 'to do' items for your future reference. **Blue highlights are recommended to make your child's day of departure a little less hectic!**

**Day of Departure: 17<sup>th</sup> February, 10.50am approx.**

- Learners to begin arriving from 7.45am at school, wearing comfortable travelling clothes and the ski trip hoodie. They will then go to form time and to period 1. **No school iPads please!**
- Enter through the Lecture Theatre side door. Drop off bags. (One large suitcase and a carry-on bag, plus carrier bag full of snacks, packed lunch, water, a pillow if desired).
- Waving coach off: Please can parents not park at the top of the school drive on Parr Lane as this is the intended pull in for the coach. It would be great help if parents could park elsewhere and walk a short distance to school to avoid traffic issues.

**Return: Saturday 25<sup>th</sup> February, 9.00pm approx. (learners or staff will contact parents with a more accurate ETA to Unsworth upon arrival in UK).**

### Money

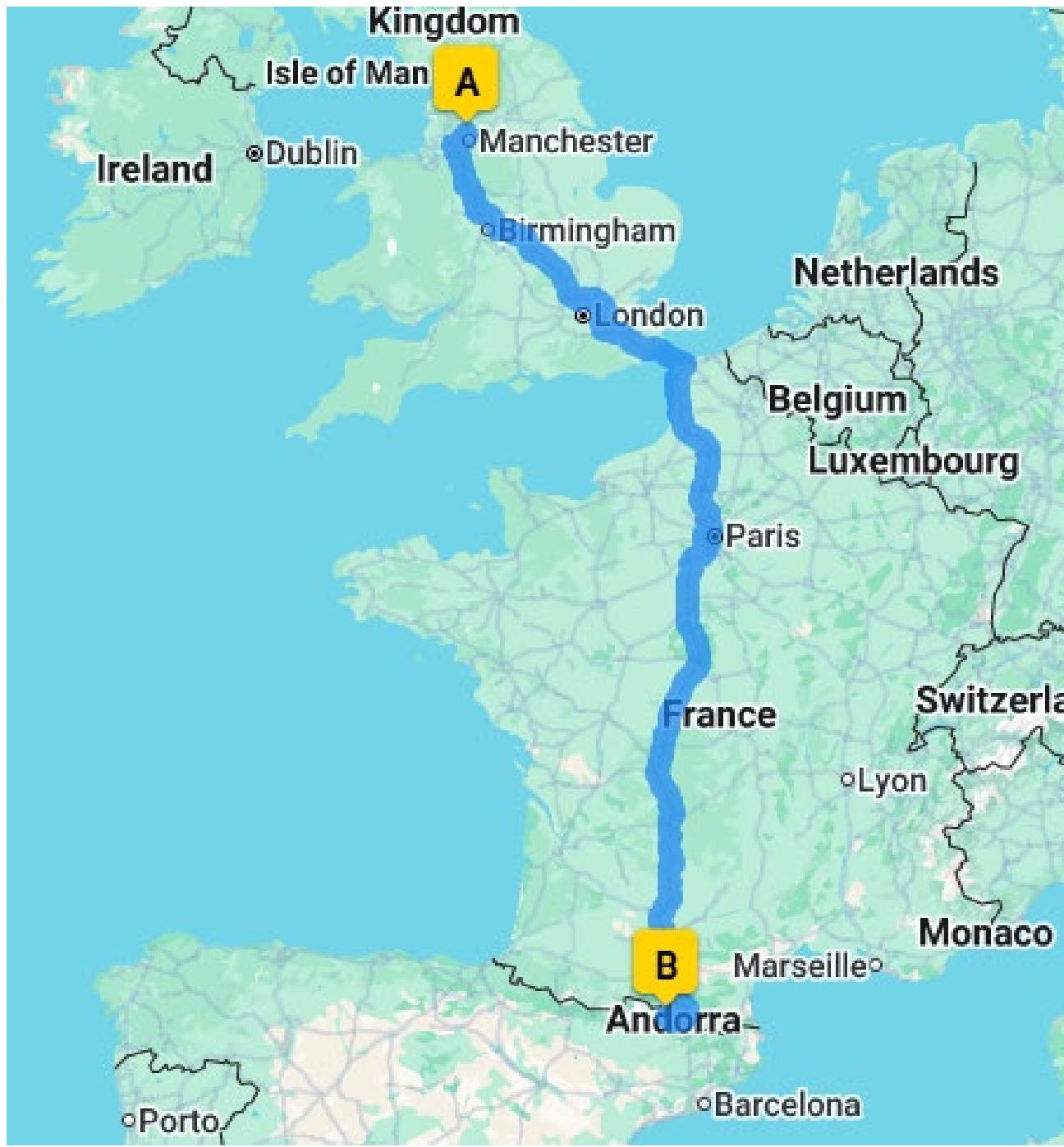
- If you want your child to hand in their spending money to a member of staff for safe keeping, please place it in a sealed envelope with their name and the amount (£ & EUROS) written on the front.
- **Learners can bring in money in the envelope in the days prior to the trip and hand it to Mr Peacock who will store it safely until the date of travel.**
- Alternatively, staff will collect the envelopes in the Lecture Theatre when learners drop off their bags on the day of departure.
- Handing in money is optional and some learners may want to be in charge of their own budget.

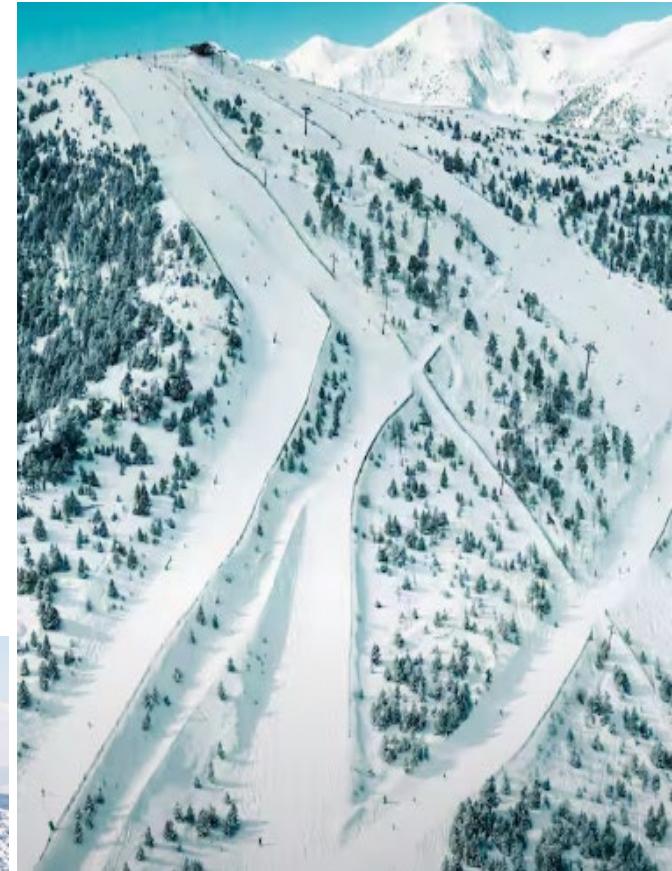
### Medication

- Please bring any medication in the A4 envelope provided along with any packaging and the dosage/information sheet filled in. These sheets can be collected tonight or can be collected from Mr Peacock/Miss Wilkinson at any date leading up to the trip.
- The envelope containing the medication needs to be handed in to Mr Peacock, Miss Wilkinson, or at school reception. **You can hand this in early. It will be safely stored until the date of travel.**
- If handing in medication on the day of departure, please hand it directly to Mr Peacock or Miss Wilkinson in the Lecture Theatre (not the reception desk!).

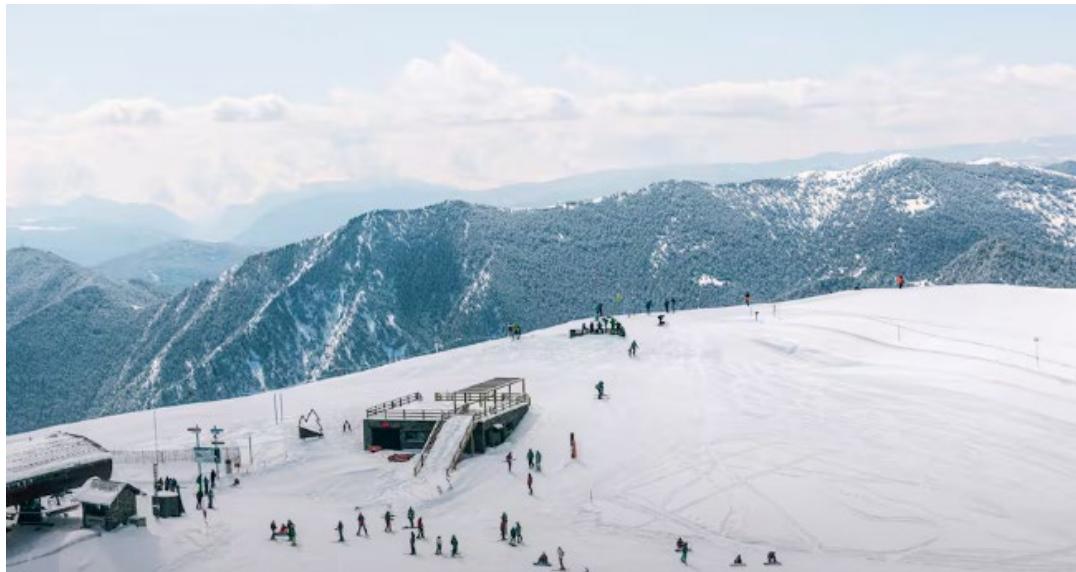
**GHIC (Global Health Insurance) or EHIC - Please disregard if you have already handed this in!**

- This card works as additional cover to the insurance already included in the trip. It entitles the holder to healthcare at a reduced rate or even free depending on the state where the treatment is taking place.
- The card is free to order – learners have already been issued a letter detailing how to order a GHIC card. Spare letters are available tonight.
- **You can bring these cards in early and hand in to Mr Peacock for safekeeping until we travel.**
- Alternatively, you can hand this card in on our day of departure in the lecture theatre.





## Vallnord Ski Area - Pal-Arinsal



# Resort Facts

- **Lowest slope = 1550 meters**
- **Highest = 2572 meters**
- **63km of ski slopes**
- **67 different ski runs**
- **32 ski lifts and cable cars**



# Hotel Sant Gothard



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# The Outward Journey

**(Saturday 14th Feb)**

**Come to school NO LATER THAN 6.45am!**

**We are due to depart school at 7.00am.**

# The Outward Journey

**Departure from school at 7.00am, Saturday 14<sup>th</sup> Feb**

**Ferry crossing from Dover (P+O Ferries) at 4.40pm**

***Sunday 15th* Arrive in resort at 13.10pm approx.**

# The Inbound Journey

**Depart resort at 8.00pm on Friday 20<sup>th</sup> Feb**

**Ferry crossing (Calais) at 3.00pm, 21st Feb**

***Saturday 21st* Arrive Unsworth Academy at 11.30pm approx.**

- Bring ONE large suitcase to go 'under' the coach



- Bring a carry on bag with everything you will need for the journey



- Bring a small pillow/blanket
- Charger lead & plug/battery pack

**Please DO NOT bring your school iPad with you!**

- Plenty of water and snacks/packed lunch
- Comfy, loose clothing (including hoodie) – trainers should be fine as we won't be hitting snow until we arrive in resort
- Some toiletries (toothbrush, ROLL ON deodorant, wipes, tissues, hand sanitiser etc)

**Bluetooth/portable speakers and spray deodorants are NOT permitted on the coach.**

# Spending Money



**Service Stations/Ferry (£ & Euros)**

**Shops at the resort**

**Cafes and restaurants  
on the slopes  
(remember lunches are  
provided)**

**Tuck shop at the hotel**

# What should I do with the money? (if you want to hand it in to staff)

- Put all money (Pounds and Euros) in an envelope. Leaner name and how much money is inside should be written on the front  
**A member of staff will collect the envelope containing the money off you on the coach for safe keeping.**
- 'Pocket money' will be given out daily by the teacher in charge of your ski group

**THIS WILL AVOID ANY MONEY BEING LOST,  
STOLEN or SPENT IN ONE DAY!**

## Clothing and Kit - SKIING

**Ski jacket and salopettes or ski/snowboarding pants**

**Ski gloves **not woolly** (, a spare pair is advisable)**

**Ski socks (two pairs minimum)**

**Hat and **snood****

**Ski Goggles – sunglasses optional for non skiing activities.**

**Suncream and lip protection (not lip balm)**

**Several ‘base’ layers—eg thermals, fine fleeces, sweatshirts etc**

**A (fairly waterproof) rucksack that can be worn whilst skiing**

## Clothing and Kit – NON SKIING (day to day)

Walking boots, wellies, snow boots, (that are resistant to water/snow)

Wash bag with toiletries and towel

Casual indoor clothing (the hotel is quite warm) – remember we will be wearing our ski kit for the majority of the day, so maybe double up??!

**Sliders, slippers, trainers etc – we expect footwear to be worn around the hotel.**

# Ski Lessons

- 4 groups = 2 'intermediate/can ski' group, 2 'beginner' groups
- Once skill level is established the instructors might decide to alter the groups
  - 2 hour morning lesson (per day)
  - 2 hour afternoon lesson (per day)

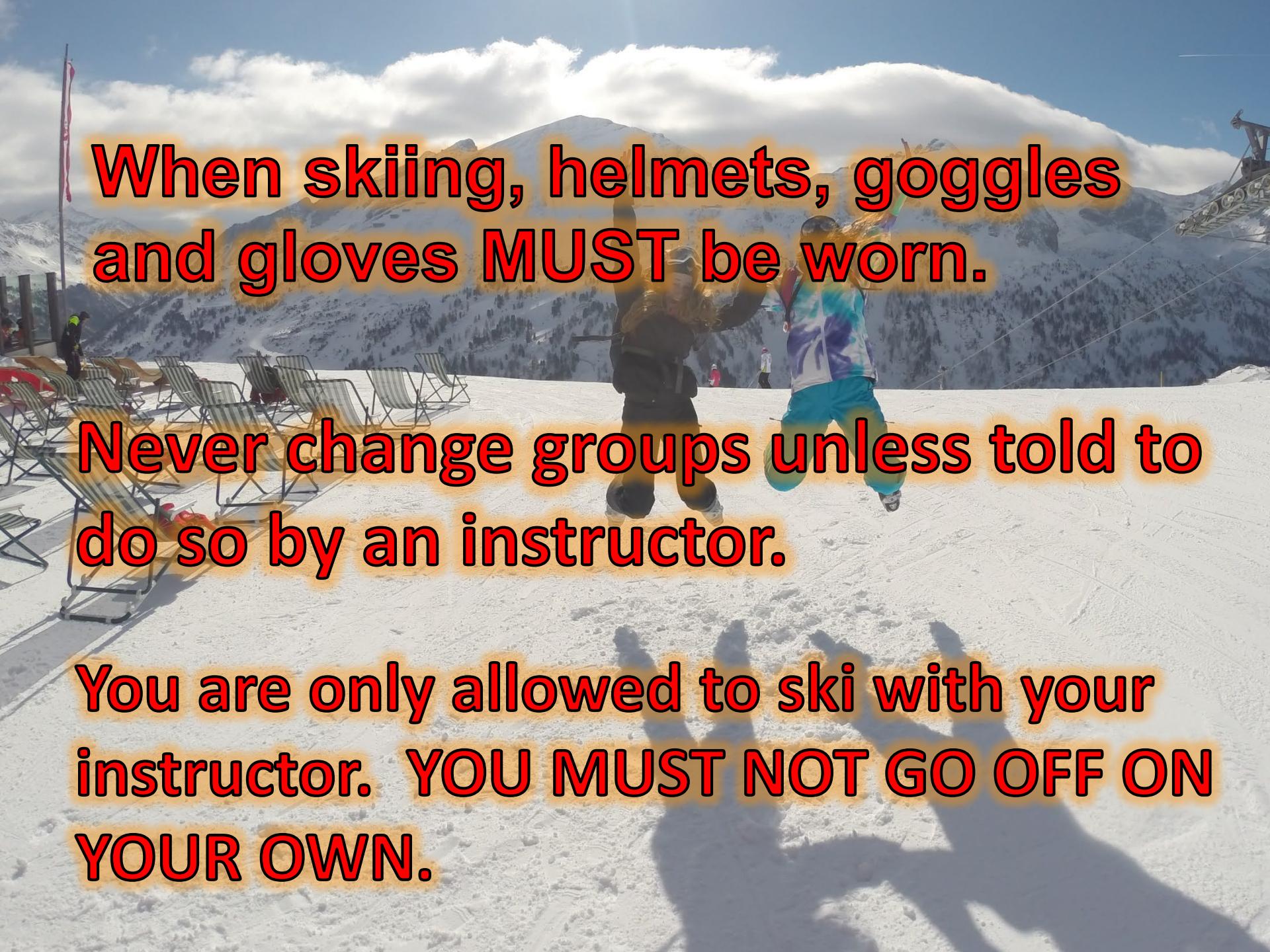


- 5 days of skiing!

# Ski Lessons

Skiing in the mountains will be an unforgettable experience.

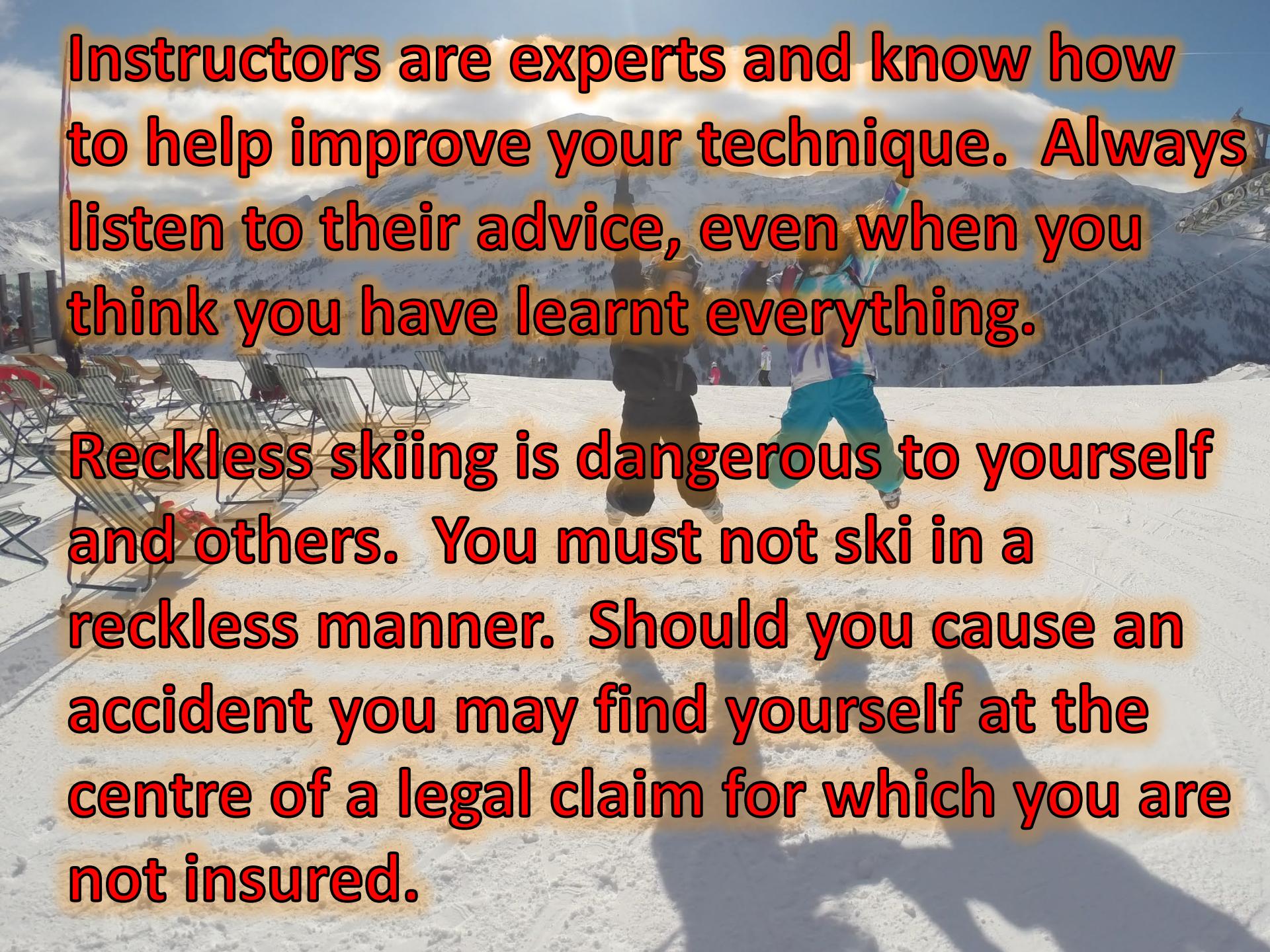
The safety of all members of the group is our no.1 priority. The following rules are non negotiable and they are set out to ensure your safety:



When skiing, helmets, goggles and gloves **MUST** be worn.

Never change groups unless told to do so by an instructor.

You are only allowed to ski with your instructor. **YOU MUST NOT GO OFF ON YOUR OWN.**

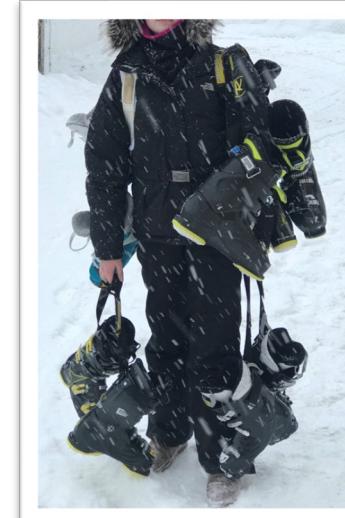
A scenic view of a snowy mountain range. In the foreground, several deck chairs are arranged on a snow-covered slope. A ski lift with gondolas is visible on the right side of the image. The sky is clear and blue.

Instructors are experts and know how to help improve your technique. Always listen to their advice, even when you think you have learnt everything.

Reckless skiing is dangerous to yourself and others. You must not ski in a reckless manner. Should you cause an accident you may find yourself at the centre of a legal claim for which you are not insured.

# BEHAVIOUR

- This trip will be an amazing experience.
- The Ski Trip is NOT the right time to miss behave or push boundaries with staff – this is not what your parents/carers have paid for



# BEHAVIOUR



# BEHAVIOUR

We expect you to be in rooms by 10.00pm and lights out at 11.00pm. A member of staff will be on duty outside rooms each night.

Statistics show that most accidents on school ski trips happen in the hotel.

Bunk beds are the No1 cause of injuries.

Other schools (who may not be from the UK) will share the hotel. If you have any issues with other students...let us know!

## AUSTRIA 2023 – BEHAVIOUR CONTRACT (CODE OF CONDUCT)

NAME OF LEARNER \_\_\_\_\_

For this visit to be both beneficial and enjoyable for all, you will be expected to comply with the following code of conduct.

In general, you will be expected to:

- Behave responsibly at all times and show consideration for others.
- Always comply with staff and instructors' instructions.
- Understand the rules concerning the purchase, possession and consumption of alcohol.
- Understand the rules concerning the purchase, possession and use of tobacco.
- Understand the rules concerning the purchase, possession and use of e-cigarettes and vapes.
- Understand that the possession and use of non-prescribed drugs and/or illegal substances is strictly forbidden.
- Inform a member of staff of any hazards and report any damaged or unsafe equipment.
- Wear appropriate clothing for the specific activity.
- Return all borrowed/rented equipment in the same condition in which you received it.
- Safeguard your personal belongings and borrowed/rented equipment.

### On the coach

- Remain in your seat, unless given permission to do otherwise.
- Wear your seat belt whilst travelling on the coach.
- Luggage should not block the aisle and be kept on the luggage rack or under the seat.
- Litter should be put in the bags provided.
- Do not distract the driver – no shouting out, no flash photography, loud music etc.
- If you begin to feel travel sick, inform a member of staff.
- When disembarking, be aware of traffic movement and direction.
- No Bluetooth or portable speakers
- No fizzy drinks
- No aerosol spray deodorants



### Motorway service stations

- Follow instructions from staff regarding where you are allowed go and how long you may spend in the service station.
- Remain inside the service area for the duration of the stop and ensure that you are back on the coach at the given time.
- Walk carefully to the service station, being aware of traffic.

### On the ferry

- Remaining in a group at these busy locations – don't go off on your own.
- Ensure that you know the allocated meeting point.
- Follow instructions from crew members in the event of an emergency.
- Follow all instructions regarding being on boat decks.
- Visit shops in groups - never alone.

**Med**

**Austria 2024 Medication**

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Please complete the details in the form below and bring any medication in the envelope provided to Miss Wilkinson or Mr Peacock. Medication can be brought in any time before we travel, or on the day of departure on the 16<sup>th</sup> of February. Alternatively, it can be dropped off at the school reception desk. We request that any packaging and information is included with the form into the envelope.

**Name of Learner:** \_\_\_\_\_

**Prescription Medication 1:** \_\_\_\_\_ **for (name of condition):** \_\_\_\_\_

**Dosage:** \_\_\_\_\_

**Prescription Medication 2:** \_\_\_\_\_ **for (name of condition):** \_\_\_\_\_

**Dosage:** \_\_\_\_\_

**'Over the Counter' Medication** \_\_\_\_\_

**I am happy for staff on the ski trip to administer and supervise the medication detailed above.**

**Signed: (Parent/Carer signature):** \_\_\_\_\_

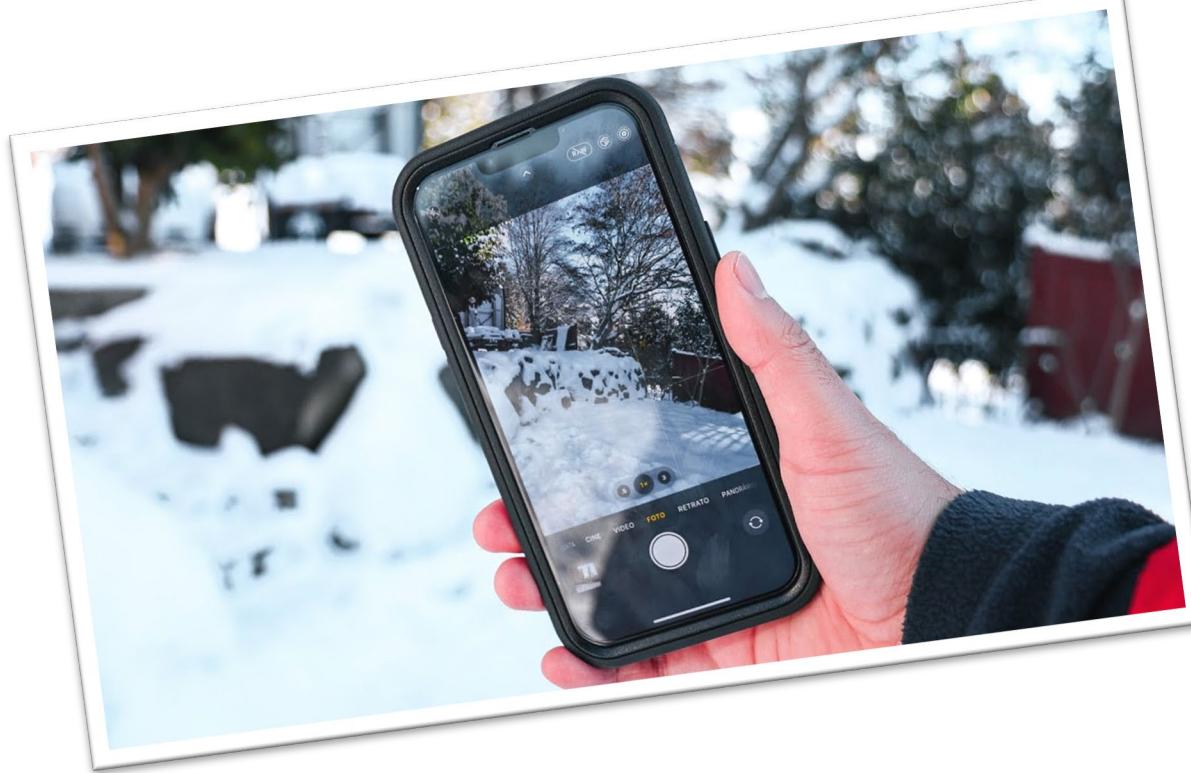
# Contacting Staff on the Trip

Once we set off, a ski trip email address will appear as a link on the school website.

The best way to contact us in a non-emergency or urgent situation is by email. These emails will be replied to on the same day in the evening.

You can contact us in an emergency/urgent situation through the school mobile (text or phone call), however a member of staff may not be able to answer or respond immediately.

Full details of contacts will be sent out by email on the week of the trip. (wb: 9th Feb)



**All pupils will be given a contact number for the school trip mobile phone - to be used in emergencies only. This number will be shared with learners when we are on the coach, and they must add it to their contacts. It will also be issued on a 'business card' that is to be carried at all times.**

# Staff Contacting home

**Under normal circumstances, we will only contact you at home for one of the following reasons:**

- Your child has a medical issue
- Your child has misbehaved (serious)
- Your child has no reception/credit/roaming and wants to contact home.

**We will be using your phone number saved on the school database**

# EHIC Cards and Passports

**Please DO NOT leave here this evening without handing your Passport to a members of staff at the 'Passport Control desk'**

**(And your GHIC/EHIC if you have it this evening).**



And Finally.....

Thank you

