



Ysgol Pen-y-Bryn Ski Trip



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Why?

How much?

Who?

When?

Where?

What do we need?

Benefits & Experiences

- **First\Only flight**
- **Different\new languages**
- **Different\new food**
- **Different\new culture**
- **Life experience**
- **First\Only time skiing**
- **Different\new environment**
- **Health and wellbeing**
- **Mixing with foreign children**

Costs

All costs are approximate at the time of writing, and are £'s per person

- Flight – From £120
- Resort transfer - £60
- Ski & Hotel - £380
- Spending money - £??
- Passport - £49 (child)

- Total - £600 Max

Essential kit list and costs are on separate slides.

Costs

Funding

Looking at last years prices, and the current cost of flights, the cost of the trip should not exceed £600 per person.

£600 may seem a lot, but it is really cheap for an all-inclusive ski holiday.

I have been in touch with the company, and they said the new 2023 price list will be published around the end of April.

Barry Vale has already made several enquiries regarding funding for the trip.

We would also fundraise ourselves through various activities and events. I have a few contacts that I will be in touch with, to see if they can help

Planning on March 2023 leaves about 10 months to save for it. We can set up a saving account for staff/pupils so they can pay in instalments.

Staff and pupils

Who to take?

As it's the first trip of its kind in Pen-y-Bryn, we have agreed on a maximum of 12 pupils. There must also be a minimum of 6 pupils to make the trip viable.

Dosbarth Bluepool and Dosbarth Limeslade have been chosen as the pioneers!

They have been selected after some successful sessions at Pembrey Ski Centre.

When?

Be aware in mind that the snowfall varies each season, and that nothing is guaranteed when it comes to the weather

In my experience, early season and late season is hit and miss with the snow conditions. Too early and too late there is a chance of little snow. In January, the temperatures can be brutally cold and that won't be great for us.

So, March looks to be the best time for us to go. Should be plenty of snow, and not too cold. Prices are favourable at that time as well. All subject to availability.

How?

I've based the trip on flying from Heathrow to Geneva.

This will be a great experience for the pupils, as they may never get on a plane again. The choices of resorts are within about an hour and a half's drive from Geneva airport.

British Airways will give us a special assistance team to look after the group at the airport, their prices are set with no extra charges, and the flight times suit the trip.

At Geneva, we will have a coach\minibus to take us to the UCPA centre.

UCPA

Staying with UCPA

All the information about UCPA can be found here.

www.action-outdoors.co.uk/holiday-types/school-groups/

A brief outline:

"UCPA is a unique not-for-profit sports holiday company, originally set up more than 50 years ago by the French government to make adventure sports and quality coaching more affordable for young people. Today, more than 250,000 people travel with UCPA every year. The not-for-profit status means the prices are amongst the lowest on the market, which is why UCPA is the number one provider of school and college ski trips in France."



UCPA

Staying with UCPA

What is included:

- Skis, boots, poles and helmets are owned and provided by UCPA so no need to buy or go looking to rent in resort
- 20 hours of lessons
- All meals, including lunch (which costs a fortune on the slopes)
- Dormitory style accommodation
- Lift pass
- 3 early evening activities, 2 later evening activities per week

UCPA

Staying with UCPA

The savings on these inclusions is massive.

Approximately £150+ if renting equipment

Lessons – £162 per person for 6 mornings, groups of 10

Lunch on the mountain = £15-£20 for a burger and chips, £5 minimum for a can of coke

To give you some idea, a local lift pass costs around £200, and an area pass around £250

UCPA

Staying with UCPA

Where to go? There are 11 resorts that UCPA operate in France, but I've narrowed it down to 3 for us to look at: Flaine, Les Contamines and La Plagne, based on a number of factors:

- My experience
- Price
- Location
- Transfer times

After these considerations, Les Contamines is number one choice, Flaine second, La Plagne third. This is all subject to availability when booking.

Les Contamines



Les Contamines

Pro's

- Looks like a typical alpine village
- A quieter resort, so lift queues should be shorter
- Only an hour and half transfer time from Geneva
- Great snow record
- Beginner slopes are at the top of the mountain, so from day 1 we will be actually in the mountains
- Quite a lot to do after skiing : dog sledding, snowshoeing, ice climbing. ****Extra cost for these****
- Centre has a jacuzzi, steam room and sauna, also has an indoor climbing wall
- I went there over the Christmas holidays – it's a stunning mountain and town

Les Contamines

Les Contamines

Cons

- Short bus ride to ski area from the village, every day, there and back
- Mainly 4 person rooms

Les Contamines

Les Contamines



Flaine

Flaine

Pro's

- I've been to Flaine twice.
- Really good ski area, views of Mont Blanc from the top of the chairlifts.
- Great beginner slopes
- Only an hour and half transfer time from Geneva.
- Great snow record
- UCPA centre is in a great location, short walk to slopes
- Apparently one of the nicest UCPA centres



Flaine

Flaine

Cons

- Not the prettiest of resorts, lots of concrete hotels and apartment blocks, rather than "Swiss chalet" style buildings
- Fairly busy at peak times



Flaine

Flaine



La Plagne

La Plagne

Pro's

- We've been there quite a few times
- Plenty of skiing
- Has a glacier
- Not super busy
- Centre is in a great location
- "Centre has been recently renovated and is now one of the most luxurious UCPA centres"



La Plagne

La Plagne

Cons

- Resort is quite spread out
- In resort centre, which can be loud at night
- Purpose built resort



La Plagne

La Plagne



Pre trip

We need a level of fitness and skill to enjoy skiing at its best. There is also a lot of equipment that is unique to skiing. I plan to create a ski club before going. The club will have fitness days to increase body strength, to improve muscle groups that are used in skiing.

We have already had technical days, where we visited Pembrey dry slope for basic lessons and to get used to wearing the skis and boots. We will carry on going to Pembrey, but maybe just once a half term or so.

Also hoping to have at least one trip to an indoor snowdome. These are the next best thing to being on the mountain slopes, and will get everyone used to being cold, wearing skiwear and equipment, and have lessons on "snow" rather than the plastic used at dry ski slopes. The closest one is in Tamworth, East Midlands.

Kit List Essentials

I've put together a list of what I know to be essential items to take skiing.

These items are essential for various reasons, and not that expensive. I would say get the best that can be afforded. This might be a once in a lifetime experience for most of the pupils or staff, but buying too cheap may result in not enjoying the whole experience.

Ski kit is like anything else – it costs as much or as little as you want. With a planned date in March, the temperature shouldn't be ridiculously cold, so we will get away without having to buy high end, extreme cold weather gear.

Also include clothes, toiletries, gadgets etc. for when we are not skiing.

Kit List Essentials

- Jacket
(school provided)
 - Ski pants\salopettes
(school provided)
 - Goggles
(school provided)
 - Ski Gloves\mittens
 - Sunglasses
 - Ski Socks
 - Thermal top & bottoms
- Toiletries\wash kit
 - Spare clothes
 - Sunscreen
 - Chapstick
 - Neck warmer\balaclava
 - Hat
 - Long bootlace

Kit List Essentials

All costs are approximate at the time of writing, and are lowest £ per item

- | | |
|-------------------------|--------------|
| • Jacket | • £30 - £999 |
| • Ski pants\salopettes | • £30 |
| • Goggles | • £10 |
| • Ski Gloves\mittens | • £10 |
| • Sunglasses | • £10 |
| • Ski Socks x 2 | • £4 |
| • Thermal top & bottoms | • £8 a set |
| • Toiletries\wash kit | • £??? |
| • Spare clothes | • £??? |
| • Sunscreen | • £3 |
| • Chapstick | • £1 |
| • Neck warmer\balaclava | • £5 |
| • Hat | • £5 |
| • Long bootlace | • £1 |

Kit List Essentials

Where to buy from

The cheapest places to get decent kit from are below:

- Decathlon – online, but we can set up a school account, and get invoice payments and free returns
- Go Outdoors – we have a DofE discount card in school
- Sports Direct – great skiwear bargains
- Sports Pursuit – more expensive, but better brands
- Aldi – surprisingly good skiwear
- Amazon – very cheap gear here

I also cannot stress enough how much more expensive skiwear is in resort. You can pick up a pair of half decent mittens\gloves here for less than £20, whereas in resort it'll be at least double for the same items. The list is based on 30+ years skiing experience.

Finally.....

I am planning on getting every trip member a hoody and small backpack for the trip. Hopefully I can get funding or sponsorship for this. I have a few contacts that may be able to help in sorting this out.

I plan to make a video diary of the whole trip, and will post regularly on Facebook, Twitter, Instagram, school website and Class Dojo

Just to reiterate:

This is a fantastic opportunity for the pupils to experience something that they may never do again, and is something they will always remember.