



February 9 2018

Ski Trip – Mont Tremblant, Canada Sunday 1st April – Monday 9th April 2018



Dear Parent/ Carer,

As mentioned at the Parent's Meeting on Monday 5th February please find below further details for the trip as per the presentation.

Tour Company – Rayburn Tours

Tour Itinerary

Outbound Journey Sunday 1st April 2018

06.30 Meet at QEGS on Meadway

09.00 Check in opens at Gatwick

12.00 Trans-Atlantic Flight TS623 (Air Transat) departs for Toronto Airport, Canada (a meal will be provided on this flight)

15.15 (local time) Flight arrives at Toronto Airport

Students should have time to buy food between flights at Toronto Airport

18.10 (local time) Internal Flight TS473 (Air Transat) departs for Montreal Airport

Coach drives to Mont Tremblant Ski Resort

22.00 (local time) Arrive at Mont Tremblant Ski Resort

Check In to **Tour Des Voyageurs** Hotel – students will be in rooms of four

Daily Ski Itinerary Monday 2nd April – Friday 6th April

07.30 Breakfast – American buffet breakfast is served at Casey's Restaurant opposite the hotel

08.45 Students collect their boots, skis and poles from the boot room

09.15 Make way to Ski School meeting point

09.45 Morning ski Lessons begin

12.00 Finish morning ski lessons

12.00 – 13.00 Lunch – Students will need to pay for lunch \$10 (CAD) should be more than enough

13.00 Afternoon Ski Lessons begin

15.14 Finish Ski Lessons for the day

15.30 Return to the Hotel and get ready for dinner

17.00 Evening meal is served at Casey's Restaurant

22.00 Lights out

Saturday 7th April

Check out of Tour Des Voyageurs Hotel

Coach to Montreal

Check in to Alt Hotel Montreal

Spend the day exploring Montreal on foot

Students will need to buy lunch

Evening meal

Inbound Journey Sunday 8th April

Breakfast

Sightseeing in the morning and lunch in Montreal (students will need to buy lunch)

15.00 Check out of Alt Hotel and coach to Montreal Airport

17.30 Check in opens at Montreal Airport

19.30 Flight TS472 (Air Transat) departs for Toronto Airport

20.50 Flight arrive at Toronto Airport

21.55 Flight TS722 (Air Transat) departs for London Gatwick (a meal will be provided on this flight)

Monday 9th April

10.05 Flight arrives at London Gatwick

Travel by coach to QEGS – student will call when they are within 30 minutes of Barnet

13.00 Arrive at QEGS parents to pick up students promptly

What to bring/Kit List

You have the following luggage allowance:

1 hand luggage/carry on no bigger than 50 cm x 40 cm x 20 cm, this bag must not have any liquids over 100ml inside. If you do have liquids less than 100ml then you must place them into plastic bags before you leave NOT at the airport. This bag must not exceed **10kg in weight**.

1 suitcase/bag for the hold it must not exceed **23kg in weight**.

Kit List: (in **bold** is what is essential for skiing)

- Ski gloves**
- Ski socks (x2 max)**
- Sports Bra
- Vest (extra layer)
- Thermals – bottoms and long sleeved tops (x2)**
- Mid layer e.g. fleece**
- Ski Jacket**
- Salopettes (Ski trousers)**
- Neck warmer/snood/scarf/turtle**
- Goggles** (not sunglasses for skiing)
- Warm hat**
- Snow boots** (waterproof – no wellies)
- Sun block and Lip Block** (at least factor 30) – this needs to be worn everyday even if it doesn't look sunny. Lip block should be carried with you in your jacket.
- Clothes for evening meals – **warm** – jeans, jumpers, long sleeved tops – we will be walking across the road for dinner so you will need to wrap up warm.
- Toiletries
- Underwear (10+days)
- Pyjamas
- Canadian Adaptor if you want to charge appliances
- Canadian Dollars – we recommend no more than \$200 CAD for spending money this includes \$90 for lunch every day
- Medication – to be given to staff unless needed on your person at all times. All medication needs to be disclosed to a member of staff – this includes paracetamol and other pain relief.

Ski Fit

Skiing is a high intensity sport and the students will need to be fit in order to make the most of the trip. Miss Hendlesby is running 'Ski Fit' every Monday and Wednesday lunchtime from 1.20pm – 1.50pm for ALL students to ensure that they are ready to hit the slopes. Students will need to come straight to the Sports Hall and bring their trainers.

Passports

On **Thursday 28th March** all students need to come to the canteen at 8.00 in the morning to hand in their passport and any spare medication. If you have ordered a hoodie you will also be able to pick it up at this time.

eTA visa waiver

Citizens from countries outside of Canada will need to obtain an eTA before flying to Canada. Applying for an eTA is a simple online process that takes just a few minutes. You will need your passport, a credit or debit card and an email address. It costs CAD \$7 to get an eTA and it is valid for up to five years. You will receive an email explaining that your visa has been approved and it will also provide an eTA number. This email must be printed and returned to Miss Southwell ASAP.

For more information and to apply online please visit <http://www.cic.gc.ca/english/visit/eta-start.asp>

Hoodies

If you would like to order a hoodie for the trip then you will need to give your details to Miss Hendlesby (PE). The Wisepay will be in place after February Half Term and the price is £16.00. These will then be ready to pick up on Thursday 28th March.

Dry Ski Slope Training

Dry ski slope training has been organised for girls who have little or no previous skiing experience. This will take place at Gosling Ski Centre in Welwyn Garden City. The course consists of three lessons, each lasting two hours and taking place on the following evenings: **Monday 5th, 12th and 19th March 2018** from 4pm - 6pm. We will be traveling to the Ski Centre in the school minibus.

By the end of the course all the girls will be able to move freely on skis, making controlled 'snowplough' turns over a 20-30 metre run, and be able to stop. In addition they will learn some essential skills on the long draglift. This will really help the girls to progress quicker when in Canada.

The cost of the three lessons and travel will be £39.00 and this should be paid via Wisepay by Friday 9th February 2018.

Contact while we are away

We will be setting up a locked Twitter account which only parents of students on the trip will be able to access. This will enable you to keep up to date with what we have been doing each day. There will be a school phone on the trip but this is for emergencies only. The two school contacts in the UK while we are away are Mrs Walker and Mr Haines. Students will not have their phones on at meal times or during ski lessons so please do not try to contact them at this time. If there is an emergency please contact the school mobile and speak to a member of staff in the first instance.

Code of Conduct and Trip Expectations


All parents and students must sign the Code of Conduct in order to travel on the trip. Please return this as a matter of urgency.

Expectations

- ✓ Follow **all** teacher instructions
- ✓ Arrive at meeting points on time or early
- ✓ Lights out at 10.00pm and this means go to sleep – you will be very tired after skiing all day
- ✓ During ski instruction you must follow exactly what the instructor tells you – you are taking part in an extreme sport and you must be safe at all times
- ✓ You are skiing everyday unless a medical professional tells you otherwise
- ✓ You are representing the school at all times and you must therefore act accordingly.

If you do require any further information then please do not hesitate to contact me.

Kind regards



Miss L Southwell

Trip Leader