



HIGHER EDUCATION

it is class



**CURRICULUM-RICH TRIPS OF A LIFETIME
TAILORED TO TEACHERS**

SO... YOU THINK A SKI TRIP'S JUST A JOLLY?

"All students made outstanding progress and there was an obvious improvement in other areas such as confidence and independence".

M Capewell, Queen's Croft High School

LEARNING A NEW SKILL

Trying something new on a school ski trip means there will be lots of children learning at the same time, so everyone can enjoy the ups and downs together

THINK AGAIN

THE SKI SLOPE IS THE IDEAL 'OUTDOOR CLASSROOM'

In a nutshell, a snowsports trip is a chance for students to learn a new physical skill, acquire knowledge and participate in healthy exercise in an unfamiliar, but controlled, environment. It's often the first time a student has left home – an excellent opportunity for them to gain independence, self-discipline, confidence, as well as facing fears and pushing their own limits safely and successfully. It also presents numerous occasions to implement language and improve social skills. Links to the National Curriculum and educational objectives are numerous, as we'll go on to explain.

All in all, participating in a school snowsports trip is a unique opportunity to acquire important building blocks to create a rounded young person, in preparation for adult life.

SURELY, THAT'S WHAT EDUCATION IS ALL ABOUT, ISN'T IT?

ANY OBJECTIONS?

COME ON, IT'S JUST A HOLIDAY!

WRONG! They are having a great time because they're interacting with their peers and teaching staff, sharing new experiences and learning skills. Nothing wrong with that! Much more fun to learn 'hands on' than at a desk in a classroom.

A SKI TRIP IS ELITIST

WRONG! It doesn't need to be. We keep prices as low as possible, particularly during term-time, to ensure the ski trip is accessible to students of all backgrounds. Book early or travel every other year to give parents longer to save. Lots of schools run funding events throughout the year too!

WE OFTEN HEAR THEM

TEACHERS HAVE TO COVER FOR THOSE ON THE TRIP

Funds towards additional teaching cover can be included on request. Alternatively, many schools are now involving Teaching Assistants to keep costs and inconvenience down to a bare minimum.

OUR LEAGUE TABLES/SUBJECT PERFORMANCE WILL SUFFER IF STUDENTS ARE OUT OF THE CLASSROOM

WRONG! A ski course isn't restricted to one subject - it covers a wide spectrum of National Curriculum subjects but does so in a more practical, more interesting, 'hands on' fashion, an approach which a lot of less academically-able students find infinitely more inspiring.

IT HAS LITTLE RELEVANCE TO A STUDENT'S FUTURE

WRONG! There are excellent careers within the tourism industry. Snowsports have their own, clear career path and the financial rewards for those who attain the highest levels are substantial. There's even the chance to travel the world! We regularly find that students are in awe of their instructors and regard them as excellent role models, with the result that many who travelled with us as youngsters now work for us on a regular basis. The cycle is complete!

"This is a once in a lifetime experience for our students and it has been life changing".

H Lake, Outwood Academy



MUCH MORE THAN JUST A TRIP ABROAD!

UK NATIONAL CURRICULUM LINKS

The experiences gained through snowsports – physical, sporting, mental, social – are immense and to exclude these opportunities from school life would be misplaced. Snowsports fit well within, and can link to, just about any part of the curriculum through considered and informed planning.

Each Key Stage is designed to build upon the aims of its predecessor, so any opportunities to use and develop fluency in a noted National Curriculum aim, supports the purpose of the curriculum itself.

Key examples of the integration of snowsports into the curriculum are :

MATHEMATICS
CITIZENSHIP
ENGLISH
PHSE
HISTORY
GEOGRAPHY
PHYSICAL EDUCATION
ICT
ART & LANGUAGES
DESIGN
DESIGN & TECHNOLOGY
SCIENCE

“All the children and staff found the whole experience incredibly rewarding”.

E Essex, Netherfield Primary School

79% of students felt they were more confident to try things they wouldn't have tried before.

68% of students felt they were more able to join in discussions at school.

GETTING OUTDOORS AND ACTIVE

Snowsports are a great way to inspire children to experience the outdoors and get them away from mobile phones, games consoles and TVs!



86% of students felt they now get on better with their teachers.

PSHE RISK TAKERS - KNOWLEDGEABLE - SKILFUL THINKERS



The PSHE programme is expected to equip pupils with a sound understanding of risk and the knowledge and skills necessary to make safe and informed decisions. It is also required to build on statutory guidance on financial education, and the importance of physical activity and diet for a healthy lifestyle.



A snowsports instructor will demonstrate and teach the importance of safety on the slopes (Ski Way Code) and the risks involved. These are of huge importance in a mountain environment where conditions can change unexpectedly and instant decisions/change of course may need to be made. An instructor will also explain the importance of a good diet to fuel the high activity levels required on the course. Lessons will take place under qualified supervision of snowsports professionals and students placed in ability groups which will push them to reach their maximum potential. Pre-trip exercises are another way students can get involved prior to the course. Après-ski may also present additional physical activities - dancing, ice-skating, swimming, snow tubing, bum boarding etc. All contribute to the uptake of an active lifestyle, meeting the government agenda to combat inactivity and obesity.



Financial education? Saving for the trip, paying for the trip, budgeting spending money, using an unfamiliar currency in a foreign environment - lots to learn!

CITIZENSHIP PLAYING A FULL & ACTIVE PART IN SOCIETY



KS3-4 - The different environment, with the residential aspects, helps develop independence, and provides pupils with knowledge, skills and understanding to help prepare them to play a full and active part in society as responsible citizens. This covers a wide range of activities across and beyond the curriculum.



Students will share new experiences with their peers and develop relationships with not only their own teachers, but also instructors, drivers, hotel reps etc. On the coach, the hotel, the slopes, the après-ski events, there may also be a chance to interact with students from other schools. There's also the opportunity to have direct contact with foreign nationals (hotel staff, local shops, mountain restaurants etc).

Students will gain the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active and responsible citizens.

IMPROVING CONFIDENCE

As well as learning new skills, a ski trip is a great opportunity for children to experience staying away from home, becoming more independent, confident and self-reliant

ENGLISH

LET THE IMAGINATION RUN WILD!



The overarching aim for English in the National Curriculum is to promote high standards of language and literacy by equipping students with a strong command of the spoken and written word.



KS2 – Gives practice in reading reference/research material in the build up to the trip. With its level and variety of new experiences, the snowsports trip also presents the opportunity to use the visit as a vehicle for further study. This may include follow up of the trip by encouraging the students to write about their experience (stories, poems, schools newsletter articles etc), or prepare a presentation for other students. This in turn develops into an opportunity to practise grammar, punctuation, vocabulary and writing skills, relating them to a real event. Presenting this concisely to peers uses spoken English to support the written word.



KS 3 & 4 – Being in close proximity to peers, instructors and teachers, provides practice in communication skills at varying levels, developing vocabulary, confidence and competence in spoken languages. Students learn to speak 'confidently, audibly and effectively', as outlined by the National Curriculum.

71% of students felt they had more confidence in explaining things to others.



MATHEMATICS

BRINGING FIGURES TO LIFE!



The National Curriculum aims to ensure that all pupils become increasingly fluent in the fundamentals of mathematics, so that they develop a conceptual understanding and an ability to recall and apply knowledge rapidly and accurately. A snowsports trip provides a 'real world' application for these aims. This may involve measuring, handling data (tables, charts and graphs and their interpretation), calculations and solving problems before, during and after the course.



KS 2 – Travelling to a European country requires the use and understanding of different currencies and metric units, some of which are not routinely used at home. For example, a student gains practice in metric units and measurement conversions (eg, distances travelled on journey [km rather than miles], ski fittings [metric rather than imperial] etc).

KS 3 – Daily shopping in a foreign country requires students to recall and apply knowledge of unit pricing and exchange rates, developing mathematical fluency and supports an interest in personal finances. This is developed further in KS4, where ability to convert units, such as prices, is a specific National Curriculum aim. It also brings in a link to Geography, and requires students to understand compass bearings which are practised in a mountain environment.

75% of students felt they have a better understanding of what they're trying to learn.

GETTING VALUE FOR MONEY

School ski trips are a great value way of enabling children to try a snowsport, especially if a family ski holiday isn't a possibility

PHYSICAL EDUCATION

LET'S GET MOVING!



Snowsports are not difficult sports to learn, relying on technique rather than strength or fitness and can be a great leveller among students and their peer group. Students who have previously shown little or no enthusiasm in sport often discover an unexpected aptitude and skill. Snowsports are accessible to everyone, including those with disabilities or special needs.



KS2 – The aim is for students to take part in an outdoor, adventurous activity, with review, demonstrating improvement to achieve their personal best. It is possible to include swimming as an après-ski activity. Other activities could include ice skating and a range of other après-ski events. Snowsport lessons are available for all skill levels, with on-the-move teaching provided by qualified professionals using the latest teaching techniques



KS3 & 4 – 4 hours a day on-the-move ski instruction, to a recognised BASI programme, with constant assessment, encouragement and confidence building, followed by a certificate of achievement at the end, is a perfect



way to see improvements made in the 'outdoor and adventurous activity'. It also enables pupils to 'analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best'. They are physically active for sustained periods of time and are leading 'healthy, active lives'. KS4 of the National Curriculum also requires that students 'continue to take part regularly in competitive sports and activities outside school'. This can be achieved by visits to a nearby ski slope, family ski trips or booking again for the next school ski trip!

KS5 – For A Level PE & Sport, candidates will find that there is something for each of the six content areas laid down by the AQA examination board in the actual skiing activity itself. Interski may be able to provide filming to support GCSE and A Level courses and/or provide snowsport career-orientated talks.

82% of students felt they were more confident because of the experiences they had.

79% of students felt their school work is more important to them and their future.

SCIENCE

REAL WORLD SCIENCE



A snowsports trip provides a wide range of opportunities to explain things in scientific terms and see the 'real world' applications.



KS 2 – A snowsports trip perfectly demonstrates the effects of exercise on body systems, such as circulatory and respiratory systems, as well as the impact of diet, exercise and lifestyle on the way bodies function.



KS3 – Energy transfers, forces, motion, speed, physical changes (such as freezing and melting), measurements, bio-mechanics, the skeleton and muscular system, and general health – snowsports present a variety of scientific concepts. Even the sound waves involved in echoes! All require scientific explanation, which can be further explored in the classroom or used as an example of a concept studied.

KS4 – 'Curiosity about the natural world' is further developed. A student's day-to-day presence in a mountain environment provides an excellent opportunity to note and discuss important key aspects of the earth (rocks, soil etc), atmospheric science, weather, global warming effects (habitats and adaptations), common atmospheric pollutants and Earth's resources (including the water cycle). Again, these can be followed up on return to school.

"All instructors were top notch. We have the full ability and experience range on this trip. Everyone made good progress, including some particularly timid beginners, right through to some very experienced high flyers".

N Evans, Comberton Village College

GEOGRAPHY

TEXT BOOK PICTURES COME TO LIFE!



The National Curriculum requires a knowledge and understanding of places, patterns and processes, environmental change and sustainable development. Forget pictures and diagrams in text books – geography takes on a whole new meaning in a mountainous environment. Even en route, there's the drive down through regions of the UK, the Channel crossing as well as the changing scenery between Calais and resort to witness. For many, this may be their very first experience of travel beyond their immediate locality.



KS2 – Practises location of countries in Europe as part of the build up to the trip.

KS3 – Travel abroad into Europe helps 'consolidate and extend knowledge of the World's major countries and their physical and human features'. Being on the mountain exposes students directly to the formation of landscapes and environments, particularly scale and unique weather conditions. The reading of piste maps involves some basic map skills and orientation. An après-ski activity which includes a tour, walking trail or time in the local town involves some map reading and teamwork, as well as developing an appreciation of the location.

EXPERIENCING A NEW COUNTRY

Ski trips introduce children to new countries, cultures and customs. It's a great opportunity to try out a few local phrases and sample the local cuisine.

HISTORY

BETTER THAN READING A STUFFY HISTORY BOOK!



Knowledge and understanding of events, people and changes in the past comes to life when witnessed first-hand.



From the spectacular Roman ruins, beautiful churches and fascinating archaeological sites of Aosta town, to the ancient castles which dot the region and the numerous festivals which take place throughout the year, the Aosta Valley is brimming with history and culture.

KS2 – A visit to the Roman ruins in Aosta provides a direct viewpoint on the history of the Roman Empire.

KS3 – The Roman ruins in Aosta show an insight into significant aspects of the history of the wider world such as the nature of ancient civilisation and the expansion and dissolution of empires. What better way to bring to life the statutory 'Roman Empire' study topic?

71% of students felt more strongly motivated to learn.

82% of students felt they were more confident because of the experiences they've had.

73% of students felt they had a better understanding of their strengths and weaknesses.



ART & DESIGN INCL PHOTOGRAPHY PERFECT INSPIRATION!



KS2-5 – There's no greater inspiration for those with a leaning towards Art than the stunning scenery of the Alps. Photography tends to be practised routinely on a snowsports trip – it's a great way of creating memories, showing friends and family back home, and posting on social media. Filters can be applied and stunning artworks produced. Students could also be encouraged to record observations in a sketch book too, and the imagination can be fired for future art projects at school. Students could also put presentations together of the trip upon return to school.



BEING INSPIRED

The alpine environment is breathtaking. The scenery never fails to inspire.



DESIGN & TECHNOLOGY TRADITIONAL VERSUS MODERN!



KS3-4 – A snowsports trip can present the opportunity to evaluate past and present design and technology. This could involve studying the blend of Roman ruins, modern offices, traditional houses etc within the resorts. It could also cover the ski lifts, their design, how they operate and how they remain firm in often very inclement conditions. There's also the ski equipment itself which can be studied – how it is designed to give maximum performance to the skier or snowboarder (we can even arrange evening talks and demonstrations on the subject, and instructors will explain on a daily basis how to get maximum performance from the skis/snowboards).



71% of students felt more strongly motivated to learn.

ICT AUDIO-VISUAL CONTENT



KS2-4 – Students could follow up the ski trip with a Powerpoint, or similar, presentation for other students, using a range of audio and visual content. Again, they could use social media to post photos, stories and videos of their time on the slopes.



Taking a phone or tablet with them on the trip allows students to understand their safe use, as well as using it to enhance their trip as a camera or entertainment source.



LANGUAGES COMMUNICATION IN AN AUTHENTIC ENVIRONMENT



KS2-5 – As a snowsports trip is usually residential in a foreign country, students studying languages get an opportunity to ‘communicate for practical purposes’, listening to, and speaking, the language in an ‘authentic’ environment. There’s the breakfast stop in France en route – often a student’s first step on foreign soil – and the excitement of that first practice of the foreign word outside the classroom. In resort, students will come into daily contact with native speakers (hotel staff, mountain restaurants, shops and supermarkets). This results in broadening their vocabulary and developing confidence. The Aosta Valley is a bi-lingual area with both French and Italian spoken.



71% of students felt they had developed their listening skills.

ADDITIONALLY...

Filming is also available to support GCSE and A Level courses.

LOOKING BEYOND ACADEMIC SUCCESS

A LEARNER PROFILE

In addition to the National Curriculum benefits, a great number of schools choose to present a Learner Profile for their students, along the lines of the International Baccalaureate, which aims to develop a broad range of human capacities and responsibilities which go beyond just academic success. It's a commitment to help all members of the school community learn to respect themselves, others and the world around them.

A residential ski trip lends itself perfectly to support these aims, taking students outside their comfort zones and creating the necessity for interaction with people from a wide variety of backgrounds and experiences. This allows them to assess risk, develop their knowledge, natural curiosity and communication skills, think critically and open their minds to these new experiences and relationships. Ski lessons and après-ski activities also help develop these aims, as students will often need to work as a team, interact with others, develop new skills and increase their confidence.

“A great selection of instructors who our kids warmed to straight away and felt comfortable with. Their good nature just enabled our kids to push themselves at their own pace and progress quickly as the week went on”.

R Hayter, Ferndown Upper School

SHARING SUCCESS

Confidence comes from conquering the mountain and experiencing success with friends – children learn so much in a week and will enjoy celebrating their achievements together.

71% of students felt they get on better with other pupils in their class.

OPEN MINDED **INQUIRERS**
KNOWLEDGEABLE
COMMUNICATORS **PRINCIPLED**
CARING **BALANCED &**
THINKERS **REFLECTIVE**
RISK TAKERS

67% of students felt they were less likely to give up when they find things hard at school.

WHO ARE WE?

We're Interski. We have 35 years' worth of experience of providing ski courses for young people. We're a tour operator with a conscience; we're not just about profits. Our aim is to introduce youngsters to the exhilaration of snowsports, recognising their achievements at a special award ceremony with badges and certificates. In addition, we offer subsidised prices for term-time travel, an annual Scholarship programme for 10 students to undergo BASI training at our expense and we reward good behaviour. We encourage party leaders to gain professional awards, to help enhance their students' experience on the slopes, and will do whatever we can to ensure that students get the maximum benefit from their time on the slopes. We are 100% committed to promoting the relevance of snowsports within the National Curriculum.

MAKING NEW FRIENDS

The social side of things is important too. Sharing new experiences is a great way to make new friends and reinforce existing friendships.

"It was great to ski. Their patience and enthusiasm in bringing on the pupils and a lot of development was evident in our skiers, through from novice to advanced groups".

F Ogilvie, Giggleswick School

SO A SNOWSPORT TRIP IS MORE THAN JUST A JOLLY. AGREED?

We're constantly hearing from party leaders that their trip was 'life-changing' for many of their students. We're delighted that we have been able to help provide inspiration. To have opened up a student's eyes to a wider world, to a range of new experiences and increased confidence is incredibly rewarding.

A school has the right to choose who they travel with, but it's important to go with the right company. We'd like to think that's Interski - here are just a few reasons why...

- A tried and tested model - 35 years' experience of running school/college ski courses
 - Snowsports school - English-speaking, professionally qualified instructors (minimum BASI Level 2 or national equivalent) implementing the very latest teaching techniques. 4 hours lessons x 6 days + lunchtime supervision. Filming often available for GCSE or AS/A2 level students
 - Security - STF members, LOTC badge holders, ABTA members (V6114) and ATOL holders (1409).
 - Heavily subsidised term-time prices with generous free place ratios for staff. Take to the slopes when they (and lift pass queues!) are at their quietest to build maximum confidence. Cheaper prices make the packages more affordable to a wider range of students.
 - Achievements rewarded - not only do we reward snowsport school success with badges and certificates, but each student will also come away with an Interski 'Higher Education' personal achievement certificate
 - No financial penalties for small groups - we want to encourage as many students to take to the slopes as possible
 - Inclusive package - no nasty hidden extras
 - Après-ski - included in all our packages - even more new skills to acquire!
 - The Interski Scholarship - an opportunity for talented students aged 16+ to be put forward for a funded programme with a BASI Level 2 qualification upon successful completion
 - Group of the Season - £1000 awarded to one lucky school per season to reward exemplary behaviour on the trip
 - Curriculum-linked presentations - a 'real life' and tangible insight into the roles, management and organisation of ski resort in full operation.
 - Special needs? We're here to help. Our aim is to make our courses as inclusive as possible.
- If you'd like to know more about Interski and the packages we offer, visit www.interski.co.uk/Schools. Alternatively, give our friendly team a call and discuss your learning objectives and requirements.

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