

Barrhead High School  
Watersports Trip  
Mimosa and Ardeche, South  
of France  
PGL  
6<sup>th</sup> – 13<sup>th</sup> June 2019  
Information for Parents



## **Travel Details**

### **Departure**

**Thursday 6<sup>th</sup> June 2019**

Arrive at school for 2.30AM

All suitcases will be placed on the bus with carry on bags put where pupils will be sitting.

Coach departs school for 3AM

Arrive at Mimosa for 7AM Friday 7<sup>th</sup> June

### **Return Journey**

Coach departs Ardeche Wednesday 6PM

**Thursday 13<sup>th</sup> June 2019**

Arrives back at Barrhead for 8PM (pupils will be informed and twitter will be updated if the arrival time changes to keep parents updated).

**If you get travel sick please bring whatever makes you feel better. Also speak to a member of staff.**

## **Travel**

Our Journey will take approximately 26 hours! Pupils are advised to take a large packed lunch/dinner for the outward journey. Regular stops will be made but it is important that pupils have refreshments with them (no energy drinks please).

Pupils are advised to wear comfortable, appropriate clothing for the journey. In addition, pupils may wish to bring their sleeping bag, pillows, blankets and nightwear on the bus for the journey.

## **Passports**

Pupils will use their own passport to pass through passport control. At all other times, passports will be kept by staff for safe keeping. Closer to the departure date we will collect in passports.

## **Medical**

All pupils must have a health insurance card (EHIC). This gives your child access to medical facilities while in France. The party leader will retain all cards until the end of the trip. These cards will be collected closer to the departure date.

Link to card application:

<https://www.nhs.uk/NHSEngland/Healthcareabroad/EHIC/Pages/about-the-ehic.aspx>

You are required to complete a medical form. If your child does not require any medication, a completed/signed form is still required. Medicines should be handed to Mrs Morrison in a labelled envelope with instructions by

**Wednesday 29<sup>th</sup> May.**

# Sample Itinerary

Barrhead High School Watersports, South France 2018

## Sample Itinerary

	Morning (AM)	Afternoon (PM)	Evening
Day 1	Depart school 2:30AM	Travel	
Day 2	Arrive at Mimosa Activity: Splash Mimosa Beach	Catamaran sailing	Wacky Races and Disco
Day 3	Dinghy sailing	Ocean rider and sit on kayaks	Trip to Cap D'agde and disco
Day 4	Banana Boating	Stand up paddle and raft build	Scrap Heap Challenge
Day 5	River Talk - Begin Ardèche Descent		Vallon-Pont-d'Arc Visit and Disco
Day 6	Ardèche Descent - Day 2 Trois Eaux to Le Mas	Ardèche Descent - Day 2 Trois Eaux to Le Mas	Photo Challenge and Disco
Day 7	Ardèche Descent - Day 3 Le Mas to Sauze Plage	Ardèche Descent - Day 3 Le Mas to Sauze Plage	Depart for the UK
Day 8	Travel		Arrive 20:00

## **Some Useful Addresses and Phone Numbers**

Activity provider, PGL Group – 0333 321 2123

Barrhead High School – 0141 577 2100

Contact name; Mr Sinclair

### **Party Details**

The party will have 41 pupils and 5 members of staff:

- Mr Scott (Party Leader)
- Mrs Morrison
- Miss McArdle
- Mr Beaton
- A. Another

#### **Centre 1 Address**

PGL Mimosa  
Chemin des Montilles  
Grau des Vendres  
Languedoc-Rousillon  
France  
34350

#### **Centre 2 Address**

PGL Ardeche  
Tregoyd  
Brecon  
France  
LD3 OSP

## **About Mimosa**

Step outside your tented village at Mimosa watersports centre in France and you're practically straight onto the long, uncrowded sandy beach, where a thrilling range of watersports awaits you and your secondary school group.

Watch as your students sail a catamaran over the gentle waves in the sun; enjoy some beach games with their friends; test their skills on a sit-on kayak - school trips to the Mediterranean don't get much better than this!

At Mimosa, our thrilling watersports sessions led by our professional team of RYA approved Instructors are the reason school groups like yours keep coming back. Our first class team will inspire your students on the sea and back on dry land too. There's plenty to discover within the grounds - your students will benefit from the additional land-based adventure activities we have available – why not try some climbing or abseiling?

The challenge that comes with trying something new is a great way to challenge and motivate your students.

## **About Ardeche**

As you paddle through crystal clear waters and take in the full impact of this beautiful part of France, it's an awe-inspiring experience that takes learning to a whole new level. It's a chance for secondary school students to discover, explore and gain new skills.

But beyond that, it's the invaluable confidence; the renewed self-belief; the passion to succeed. Because navigating the rapids along the twists and turns of the beautiful Ardèche Gorge, under the watchful eye of our highly experienced river teams, is truly a life-changing experience



# Kit List

## Southern France & Spain

### What to bring

Your clothes are likely to suffer wear and tear and also get dirty and wet. Please bring several changes of old clothes for activities - not jeans. During activities you should wear long shorts and tops which protect you from the sun. Footwear must be worn during all activities including on the beach.

#### General

- ☐ Suitable nightwear
- ☐ Underwear
- ☐ Long and short-sleeved T-shirts
- ☐ 1 pair trainers / shoes suitable for walking
- ☐ 1 or 2 sets of clothes for evenings

#### For activities

- ☐ 1 pair old trainers / canvas or plastic shoes (may get very wet / muddy) (must be closed toe - no crocs)
- ☐ Old clothes - long-sleeved T-shirts, leggings, sports clothing
- ☐ Fleece / sweatshirts
- ☐ Swimming costume / trunks
- ☐ Rash vest
- ☐ Shorts - knee length, no hot pants or denim
- ☐ Sun hat / Baseball hat
- ☐ Waterproof jacket / cagoule
- ☐ Glasses retainer strap, suitable for watersports (if required)

#### Other essentials

- ☐ Sleeping bag, pillow and optional bed sheet
- ☐ Torch
- ☐ Wash bag inc. soap and shampoo
- ☐ Towel for showering
- ☐ Old towel for wet activities
- ☐ High factor sun cream (min. SPF 30)
- ☐ Insect repellent & bite cream
- ☐ Labelled plastic bags for wet/dirty/ spare clothes
- ☐ Small rucksack for days out
- ☐ Drinks bottle

#### You will also need

- ☐ A passport (unless the Party Leader is organising a collective passport)
- ☐ European Health Insurance Card (EHIC) (This is available free of charge. Apply online or pick up a form from the post office.)
- ☐ Food and a drink for your journey
- ☐ Pocket money
- ☐ Any personal medication

### Please don't bring

Electronic computer games, jewellery/valuables etc. We realise students will want to bring their mobile phones. This is at your discretion, but please be aware that mobile phones are not covered by our insurance.

### Lost property

**Please label everything your child brings.** Children are responsible for their own belongings - it may be useful to provide a list of items packed. Lost property is hard to track down after a visit and there is a charge for returning items.

## **Kit**

No specialist kit is required as this will be provided by PGL.

All pupils **MUST** bring a sleeping bag, pillow and pillowcase. These items can be brought on to the bus for comfort.

Pupils are allowed to bring electrical items, such as a hair dryer, but we would ask that these items be kept to a minimum.

Please refer to the kit list at the back of the booklet for a more detailed list. Pupils are advised that, although we are expecting warm weather during the day, temperatures can drop at night and warm clothes are therefore necessary.

## **Essential Items**

There are some items that are essential for the trip. Please ensure that your child has the following:

- Protection from the sun:

Your child should bring a high factor sun block, hat, lip protection and sunglasses! We can expect hot weather and it is vital pupils are protected. Due to the nature of the activities, waterproof protection is vital.

- Water shoes:

These are required for all of the activities; they can be trainers that will get wet.

- Insect repellent:

There may be mosquitoes, depending on weather conditions.



## **Spending/Travel Money**

The price you have paid includes full-board accommodation and drinks during meals. Spending money will therefore only be required for refreshments at night, plus any gifts and other incidentals that pupils may wish to purchase.

We anticipate that pupils will need no more than €100 (Euros). Spending money will be held safely in the resort and issued to pupils on a daily basis at an allocated time.

Spending money in an envelope (clearly labelled with pupils name and amount) should be handed to Miss McArdle on the morning of the trip before boarding the bus.

In addition to the pocket money outlined above, pupils are advised to bring a suitable amount of travel money to cover the costs of food and any refreshments they may wish to purchase during both the outward and return journey. We advise that pupils will require no more than £40 (in Sterling) and €40 (in euros) for travelling.

## **Valuables**

Pupils are advised that any valuable items they choose to bring with them will remain their own responsibility for the duration of the trip.

## **Supervision**

Pupils will be under the supervision of school staff while on the trip. During the watersports activities, the pupils will be supervised and instructed by the PGL instructors.

Each day at the end of the afternoon session, pupils will have some 'free time'. During these occasions pupils will be asked to stay in groups of no less than three. They will also be shown a meeting point and given times as appropriate.

## **Behaviour**

Good behaviour is crucial in ensuring the safety and enjoyment of your child while under the supervision of staff. It is the aim of all staff accompanying this trip to help your child have a memorable, safe and enjoyable experience. We will work very hard to achieve this and would ask you to support us in our efforts by discussing with your child, prior to departure, the necessity for good conduct at all times.

## CODE OF BEHAVIOUR

This code of behaviour consists of a number of points, many of which are self-evident.

Adhering to it will ensure that everyone has a safe and enjoyable time.

1. Show respect and consideration for other students and staff at all times. This includes all instructors, coach drivers and centre staff.
2. Sit at all times when you are on the coach and keep your seat belt fastened.
3. Do your best to keep the coach tidy. Place rubbish etc in the bin bags provided.
  - a) NO chewing gum/bubble gum on the coach.
  - b) Do not use ashtrays at back of seats for sweet papers etc.
  - d) Do use rubbish bags available on the coach.
4. Do your best to get on with everyone on the trip. We have to operate as a community for the time we are away. Serious arguments, disputes and backbiting will make the trip less enjoyable for everyone. Try to get to know people and don't stick to the ones you already know. Make everyone feel included and be courteous.
5. Be safe at all times. Do as requested from a safety point of view on the coach, in the bedrooms, during activities, crossing roads and moving about the centre. Co-operate with the Fire Drill we shall carry out shortly after arriving at the centre.
6. Be on time for meals, meetings and where specific times are given for returning to any meeting point.
7. Do not leave the centre without permission **under any circumstances.**

8. In exceptional circumstances we assume that we have parental permission to check bags if we have any concerns about the safety or security of your child or of the group. If you are unhappy with this arrangement please notify staff. In the past we have never had to do this, nor would we want to.
9. Do not enter another pupil's rooms.  
There are communal areas in the centre where pupils can meet and socialise.
10. Any breakages must be reported immediately to a member of staff.
- 11. Advise the party leader, in advance of any medication being taken. This includes travel pills.**
12. Don't expect that all food will be the same as you get at home or will be presented in the same way.  
Make an effort to try things, which may be different.
  - a) You've paid for it.
  - b) It is discourteous to turn your nose up at things, which are presented to you.
- Mealtimes are an opportunity to get together as a community and a chance to relax and swap stories from the day's activities.
13. In an extreme case, where a pupil refuses to accept the instructions of staff designed to ensure the safety of members of the group, parents will be contacted.
14. No 'High Energy' drinks are allowed at any time. Please do not bring large amounts of sweets or drinks. These are available from the onsite shop.
15. At various times over the week there will be room inspections. All rooms should be kept tidy and organised as this saves any items being lost in a guddle!
16. Lights out each night will be 10.30pm.

We hope that this will answer any of the questions you may have. If you have any concerns or queries please contact a member of the watersports staff team.

Please ensure you have;

- Completed parental consent form
- Paid £550 for the total cost of the trip
- All spending money.
- Completed medication form handed in (as well as administration instructions)
- **All medication** should be handed in to **Mrs Morrison** by **Wednesday 29<sup>th</sup> May**. Where possible, or on the day of departure if it is required at home, along with very clear instructions on administration. We shall have paracetamol with us, to save everyone taking this, and will be given out when required on your instruction on medical form.
- Any child who has asthma should have a spare inhaler.