

QUEEN ELIZABETH'S GRAMMAR SCHOOL

The Green Road, Ashbourne, Derbyshire DE6 1EP

Tel: 01335 343 685 Email: enquiries@qegs.email Twitter: @qegs_ashbourne

Web: www.queenelizabeths.derbyshire.sch.uk

Headteacher: Mr S Garrity

Chair of Governors: Mrs H Baker



QEGS Academy Sponsors:

J.C. Bamford Excavators Ltd. - The Woodroffe Benton Foundation
- The Old Ashburnian Society - The Old Trust (founders 1585)

March 2018

Dear Parents, Carers and Students

Morocco Trip – Final details

Not long to go before we will be enjoying copious amounts of couscous and mint tea and I wanted to provide some final information and 'to-do' lists to help you plan and get ready for departure.

Travel and accommodation details

Departure 16th March 2018:

- Meet on Ashbourne bus station at 2.15am for 2.30am departure. **DO NOT BE LATE!**
- Warrington Coach travel to Liverpool Airport
- RyanAir Flight Number FR3028 departs Liverpool at 6.25am and arrives Marrakech at 10.05am local time.
- Travel approx. 90 minutes by coach to Kasbah du Toubkal.

Return 23rd March 2018:

- RyanAir Flight Number FR3029 departs Marrakech Menara at 10.30am and arrives at Liverpool Airport at 2.15pm.
- Warrington Coach travel back to Ashbourne Bus Station, arriving approx. 5.30pm. Students will get in contact when we are 1 hour away.

Summary of accommodation itinerary:

| | |
|---------------------------------|---|
| Day 1 16 th March | Hotel Foucauld, Marrakech |
| Day 2 17 th March | Dar Imlil – Sleeping bags required |
| Day 3 18 th March | Dar Imlil – Sleeping bags required |
| Day 4 19 th March | Trekking Lodge |
| Day 5 20 th March | Dar Imlil – Sleeping bags required |
| Day 6 21 st March | Camels – Sleeping under the stars |
| Day 7 22 nd March | Hotel Foucauld, Marrakech |
| Day 8 23 rd March | Return flight home |

Emergency contact details

- Should we need to contact the parent/carer of any student whilst we are away, we will use the contact details provided on the school system – please ensure that these are accurate for the duration of the trip i.e. if you are on holiday, provide mobile telephone details and/or accommodation details.
- Should any parent/carer need to contact their child in an emergency whilst we are away, we would prefer you to use the school communication channels, so that we can manage any situation which may arise.
- During school hours between, please contact 01335 343685.
- Out of school hours, and for other dates, please contact Miss K Edwards on the school emergency mobile 07890319074
- As a secondary back up, the contact telephone number for the tour company ‘Discover’ (based in France, staffed 24/7) is +00 33 4 6645 8395.

Medication and dietary needs

Miss Robinson already has initial details from everyone. If any health, medication and dietary needs have changed since January 2018, please see Miss Robinson. Please inform Miss Robinson, via email, (Robinson@qegs.email) if your child has had any jabs and inoculations on the advice of your GP. Please ensure that any medication is clearly labelled and handed to Miss Robinson at Ashbourne bus station on day of departure. Miss Robinson must keep a written log of any medication taken: date, amount and time for emergency purposes. Students should not carry or take medication without informing Miss Robinson.

Money

Moroccan Dirhams are not available outside of Morocco. Therefore, we suggest students bring either cash in Sterling, US Dollars, or Euros, to exchange in Morocco. Students can also use ATMs upon arrival at the airport if they have an international cash/debit card (please make sure they know their PIN and that the card works!) Students will not need more than £10 per day – a maximum of £100 for the whole trip. Some money for travel in UK is also suggested.

Expedition Softshell Jacket

On previous trips, we have had expedition hoodies and/or T-shirts depending on the season and destination. Whilst the T-shirts and hoodies have been useful, they often have not reflected good value for money and are rarely used again. This year we have opted to have an Expedition Softshell Jacket, a very functional activity jacket, which suits our destination and changes in environments, as well as offering excellent value for money. The price of the jacket (in red and black), has been included as part of the trip and students will be given their individual jackets before we go. They are expected to wear the jackets when we are departing at Liverpool airport.

Information provided by ‘Discover’

Clothing and Equipment: As a guideline your total luggage (including hand luggage) should not exceed 20kgs (20kg hold luggage and small hand luggage to carry essentials for the flight) – most airlines have very strict baggage allowances, and you may well be charged if you exceed this. For the flight, bring a small ‘day sack’ as hand luggage, which will be used as a day bag and for short treks, and a soft holdall (**not** a suitcase) for the hold. A holdall is easier to pack than a suitcase on mules, in minibuses, etc). It is best to travel light. For short distances, you or a mule will have to carry what you bring! You are likely to buy souvenirs, adding to the weight.

Practical and conservative clothing is needed. Morocco is an Islamic country used to foreign tourists, but to avoid unwanted attention or giving offence, female students in particular must dress conservatively and avoid strappy and very tight fitting tops, short shorts and short skirts. Cut-off trousers and longer skirts are ideal for girls to wear, cap-sleeved t-shirts are good, and a head-scarf/wrap is a good piece of clothing to throw on if feeling uncomfortable. In the mountains you will be staying at around 2,000m (6,500 feet), so extremes of temperature

and climate can be experienced. Many hotels are not centrally heated and can feel cold in winter. Always come prepared for both hot and cold weather.

Typical temperatures

(Our trip is in the spring, so winter temperatures below are typical).

| | Marrakesh | | High Atlas | | Desert | |
|----------|-----------|--------|------------|--------|--------|--------|
| | Summer | Winter | Summer | Winter | Summer | Winter |
| Max (°C) | 45 | 32 | 35 | 22 | 45 | 32 |
| Min (°C) | 15 | 0 | 8 | -5 | 20 | 0 |

Clothing and Equipment List

LUGGAGE: Soft holdall rather than a suitcase. Bring a small ruck sack as hand luggage.

SLEEPING BAG: Essential: a *minimum* requirement is a 3-season bag.

WATERPROOFS: A good waterproof jacket and over trousers are essential for trekking trips.

FOOTWEAR: Good **walking boots with good grip and ankle support** are essential for day hikes, overnights and obviously the summit of Toubkal. *Also* bring good trainers with good soles, the more robust the better. Converse, Vans and similar street shoes are not adequate. Flip flops are useful for hotels and showers/hammam*, but can result in injuries if worn outside; strap-on sandals are more rugged.

TORCH: Useful in the event of a power cut, and an essential piece of safety equipment.

CLOTHING: Bring a mixture of clothing for warm and cold conditions. The mountains and the desert at night can be very cold at *any* time and a fleece jacket is essential. Many hotels are not centrally heated, so they can feel cold in the winter. Thermal clothing is a good idea for the summit of Toubkal. Remember to dress conservatively – Morocco is a Muslim country – short shorts, strappy tops anything which exposes the tummy may cause offence and attract unwelcome attention. Girls may consider bringing a light scarf to cover their head and shoulders. Light-weight long trousers/skirt, long sleeved shirt and pale colours will help avoid sunstroke. Remember something to wear at night.

HAT, GLOVES, SCARF: Essential for trekking trips.

SWIMMING GEAR: For hotel pools and hammams, A Hammam is a steam room, similar to a Turkish bath, where Moroccans habitually go each week to cleanse themselves.

SUN HAT and SUNGLASSES: Even in winter, the clean air and high altitude can cause sunburn and even heat stroke. A wide-brimmed hat is best, but a baseball cap should be considered the minimum requirement.

DAY SACK: Essential for carrying your gear when out and about.

PERSONAL: Hand and bath towel and personal toiletries, plus a small personal first aid kit (plasters, anti-septic wipes/gel, sanitary items, diarrhoea relief tablets, travel sickness tablets (if you suffer) and rehydration sachets), prescription medication and spares of things like ‘epipens’ and inhalers (sufficient for your trip and bring the prescription too) and sun cream (min factor 25).

WATER BOTTLE: Bring your own, personal water bottle. Do not share your bottle with anyone; it is one of the fastest ways to spread an infection! Minimum size: one litre capacity. Mostly we will be using bottled water, but a water bottle is good to have to decant into.

OTHER “STUFF”: You may also want to bring a watch and camera, an alarm clock, a note book and stationery, and an iPod, playing cards, e-reader, book, etc. for the journeys, and a mobile phone. **This is at your own risk.** Bear in mind it may not be treated gently by luggage handlers and you may spend more time worrying about it than it is worth! You may wish to keep this with you in your hand luggage. You may want to bring some snacks that you like – this is especially the case if you suffer from any food allergies or intolerances and you may like to bring some comfort/snack food that you can eat.

Finally – a check list

| | |
|---|---|
| Sleeping bag | Waterproof jacket & trousers |
| QEGS Expedition jacket | Walking boots and approach shoes/good trainers |
| Warm trousers x2 | Warm top layer x2 |
| Thermal base layer | Warm hat |
| Gloves | Scarf/snood |
| Shorts x1 (not too short!) | T-shirts x3 |
| Long-sleeved shirt | Long cool trousers or crop-trousers x2 |
| Warm jumper x2 | Nightwear |
| Sun hat/baseball cap | Sun glasses |
| Prescription glasses, if used (maybe also a spare set!) | Socks (mixture of thick and thin) and underwear |
| Swimming gear | Head scarf |
| Towel(s) | Toiletries |
| Personal medication plus spares and prescription | Small personal first aid kit |
| One litre water bottle (minimum size) | Day pack |
| Several large clear plastic bags | Stationery – pens, pencils |
| Notebook and paper | Money and wallet/purse |
| Alarm clock/phone/watch | Torch and spare batteries |
| Camera | Snacks |
| Spare batteries and chargers | |

I think that covers everything, but if you have any other questions please do not hesitate to ask any of the staff involved in this trip.

Yours faithfully

Miss Edwards
Curriculum Leader of Geography