

Semester
2



U-GLISSE

OPERATION

Teachers:

Dorian ALLEGRE

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Administrator:

Patrice MOUNIER

The card

Mandatory and NAMED

to take lessons et have the access to the transport by bus



<http://u-glisse.com/carte-uglisse/>

- U-Glisse card, usable all the season: **25,00 euros**
- Profitable from the first trip to les 2 Alpes.
- You have to order it online and come to U-Glisse committee room at MUSE (on monday, tuesday and wednesday from 12pm to 2pm and from 4pm to 6pm) or at the University Swimming-pool (on thursday and friday from 12pm to 2pm and from 4pm to 6pm) to collect it.

The card

<http://u-glisse.com/carte-uglisse/>



How can you get your card ?

You have to order and pay it online :

For the students who come from UGA Grenoble and Valence, INP & IEP Grenoble : choose the product carte U-Glisse in “mon compte SUAPS” <https://suaps-mon-compte.univ-grenoble-alpes.fr>

or flash the QR CODE below (just for the UGA students, INP & IEP)



For all the others students : <https://www.billetweb.fr/carte-u-glisse-hors-uga2> Box office open

or flash the QR CODE below (out of UGA)



S2 MONDAY OR TUESDAY TRIPS

LES **7** L'APPEL
DE LA MONTAGNE
LAUX

Afternoon

All Mountain Academy*
*freeride discovery for level 5
skiers



S2 THURSDAY TRIPS

LES **7** L'APPEL
DE LA MONTAGNE
LAUX

Morning

Freeride Mountain Academy *
*freeride discovery for level 5
skiers

Afternoon

Ski/ Snow Découverte 0-1-2
Ski / Snow Experience 3-4-5
+ Freestyle



S2 Tuesday trips

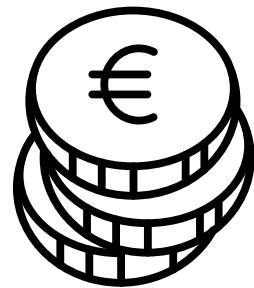
FQ mark

SKIPASS & LESSONS*

*Reserved for UGA students



Procedure for buying a skipass and booking a lesson via a BILLETWEB link



35 euros = 7 skipass
1/2 day

My suaps account



Book a lesson

Guaranteed place

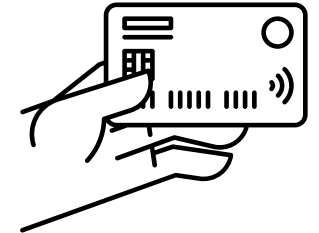
No registration at each session as **attendance** is mandatory

0

5



Indicate your level and practice



Skipass given at the start of the course and only valid while on the course.



I must inform my teacher of any absence. If you don't, you will not have a skipass for a retake.

S2 Thursday trips

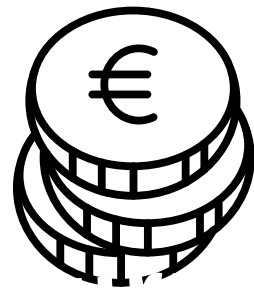
FP no mark

SKIPASS & LESSONS*

*Reserved for UGA students



Procedure for buying a skipass and booking a lesson via a BILLETWEB link



70euros = 7 skipass
1/2 day
My suaps account

OR

10 euros = 1 skipass
1/2 day
billetweb



Book a lesson

Guaranteed place

No registration at each session

Subject to availability.

Registration here

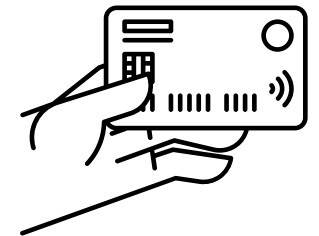


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5



Indicate your level and practice



Skipass given at the start of the course and only valid while on the course.

In case of absence, I inform the teacher in charge as soon as possible.

S2 SATURDAY TRIPS

See schedule for dates and
proposed levels for each outing

Day

Ski/ Snow Découverte 0-1-2
Ski / Snow Expérience 3-4-5
+ Freestyle



10/01

07/02, 28/02, 07/03, 14/03,
21/03, 28/03 et 18/04



17/01, 24/01,
31/01



S2 Saturday trips

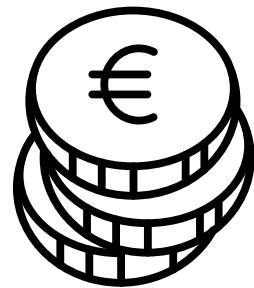
FQ Mark

SKIPASS & LESSONS*

*Reserved for UGA students



Procedure for buying a skipass and booking a lesson via a BILLETWEB link



40 euros = 4 skipass day

My suaps account



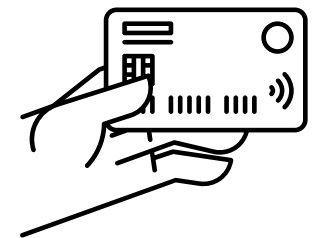
Book a lesson

Guaranteed place

No registration at each session as **attendance is mandatory**



Indicate your level and practice



Skipass given at the start of the course and only valid while on the course.



I must inform my teacher of any absence. If you don't, you will not have a skipass for a retake.

S2 Saturday trips

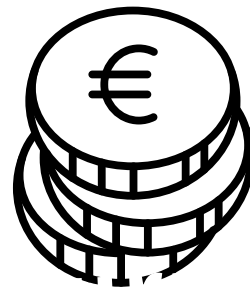
FP no mark

SKIPASS & LESSONS*

*Reserved for UGA students



Procedure for buying a skipass and booking a lesson via a BILLETWEB link



80 euros = 4 skipass day

My suaps account

OR

20,5 euros = 1 skipass day

billetweb



Book a lesson

Guaranteed place

No registration at each session

Subject to availability.

Registration here

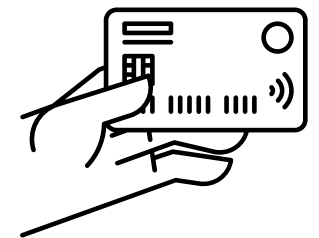


0

5



Indicate your level and practice



Skipass given at the start of the course and only valid while on the course.

In case of absence, I inform the teacher in charge as soon as possible.

S2 TRIPS

TRANSPORTATION

Thursday afternoon

LES 7 L'APPEL
DE LA MONTAGNE
LAUX

RÉGIE REMONTEES
MÉCANIQUES
CHAMROUSSE
ALPES-FRANCE 1700

*

10,00 euros

Saturday day

les 2 alpes
AEON

alpe*huez
AEON

*

17,50 euros

Book your place :

<http://u-glisse.com/transport/>

Tickets must be picked up on BilletWeb no later than:
Thursday 8 p.m. for Saturday,
Wednesday 8:30 a.m. for Thursday, subject to availability.

*selon planning

S2 TRIPS

TRANSPORTATION

Departure location :

The U-Glisse bus stays on site, you will be able to let your belongings (baskets, clothes ...), but the bus is not reachable during the day.

Booking here : <http://u-glisse.com/transport/>

SATURDAY START



7 am place de Verdun (in front of IUT GEA)
or 7:15 am on the Campus at the University Swimming-pool car park.

THURSDAY START



12:20 pm place de Sfax, tram stop “cité internationale”
or 12:45 pm on the Campus at the University Swimming-pool car park.

S2 TRIPS

TRANSPORTATION

Departure location :

Départ de Verdun

1 Place de Verdun

Devant l'IUT GEA

Pour les sorties 2 Alpes ou Alpe d'Huez

départ 7h



Départ de Minatec

Place de Sfax

arrêt tram cité internationale

Pour les sorties 7 laux ou Chamrousse

départ 12h20



Départ du campus

Parking en face de la piscine du CSU

Pour les sorties 2 Alpes ou Alpe d'Huez

départ 7h15

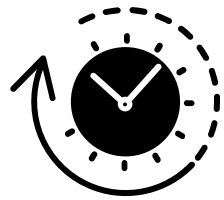
Pour les sorties 7 laux ou Chamrousse

départ 12h45



TRIPS

MEETING POINT



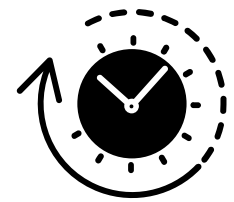
- Meeting : 8:50 am in front of the tourism office (city centre of 2 Alpes)



- When you arrive at the meeting point, you go to the banner corresponding to your practice (ski or snowboard) and your level (1 to 5) with your equipment. Then, you wait for the coach calling you.
- You are in class from 9 am to 12:15 pm, then from 1:45 pm to 5 pm (midday break free from 12:15 pm to 1:45 pm).

TRIPS

MEETING POINT



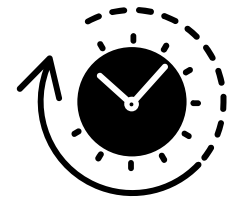
- Meeting : 8:50 am under the Alpe Express finishing station



- When you arrive at the meeting point, you go to the banner corresponding to your practice (ski or snowboard) and your level (1 to 5) with your equipment. Then, you wait for the coach calling you.
- You are in class from 9 am to 12:15 pm, then from 1:45 pm to 5 pm (midday break free from 12:15 pm to 1:45 pm).

TRIPS

MEETING POINT



- Meeting point: 1:50 p.m. at the Chamois chairlift departure point

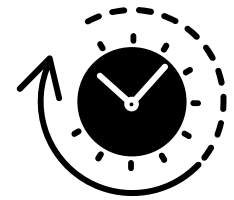


- When you arrive at the meeting point, take your equipment and head for the sign corresponding to your level (1 to 5) and type of skiing or snowboarding, and wait for the coach to call you.
- You're in class from 2pm to 5pm.

TRIPS

MEETING POINT

CHAMROUSSE
Alpes - France 1700



- Meeting point: 1:50 p.m. at the start of the La Bérangère chairlift

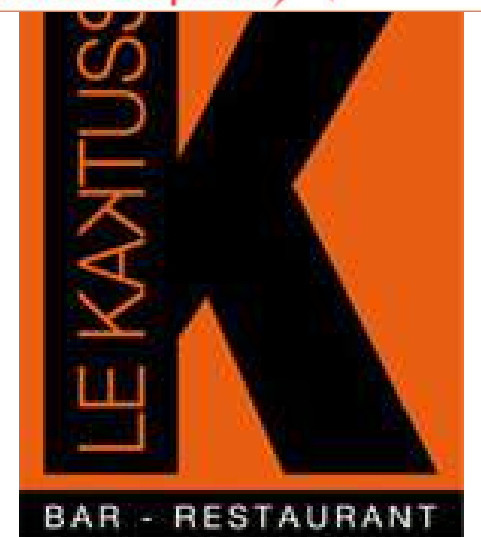


- When you arrive at the meeting point, take your equipment and head for the sign corresponding to your level (1 to 5) and type of skiing or snowboarding, and wait for the coach to call you.
- You're in class from 2pm to 5pm.

TRIPS

- You are in charge of your own equipment. If you need to rent ski (or snowboard) equipment, you have some discount at our partner's shop : Horizon montagne (near to Neyrpic) and Adrenaline (city centre of Grenoble), SkiTruck (101 cours Jean Jaurès)
- u-glisse.com/partenaires/#Matos
- If you come by our Bus, you don't have the time to rent in the ski resort.
- Make sure you have a snack and water in a backpack, or a meal at Kaktuss (7 Laux)
- **Helmet must be worn at all the times**
- **Back protection very much recommended and mandatory in freestyle**

EQUIPMENT



METEOROLOGIE EN MONTAGNE

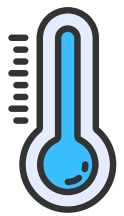
Connaissances = SECURITE



Pourquoi la météo est-elle si importante en montagne ?

➔ **Changements rapides:** les phénomènes météorologiques sont amplifiés.

➔ **Risques accrus:**



Températures extrêmes: Le froid intense, le vent glacial (qui accentue le froid ressenti) ou, à l'inverse, des chaleurs inattendues, peuvent entraîner hypothermie, engelures ou coups de chaleur. La température diminue en moyenne de 0,5 à 0,6°C tous les 100 mètres d'altitude.

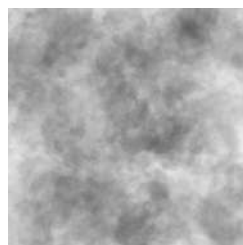
Grenoble 212m - Sommet des 2 Alpes 3600m soit 17°C en moins



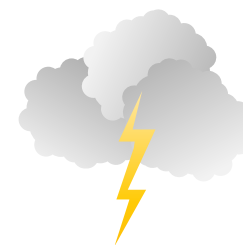
Précipitations



Vent



**Brouillard
et faible visibilité**



Orages



**Avalanche,
chutes de pierres/rochers**



METEOROLOGIE EN MONTAGNE



TEMPERATURES RÉELLES ET RESSENTIES Indice de refroidissement éolien (windchill)

Enveloppe protectrice réchauffée par l'organisme

0 km/h



TEMPERATURE sous abri : 0°C
Ressenti : 0

Enveloppe protectrice balayée par le vent

40 km/h



TEMPERATURE sous abri : 0°C
Ressenti : -7

Refroidissement éolien

Le froid intense et le vent peuvent devenir meurtriers

VITESSE DU VENT | TEMPÉRATURE (°C)

	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
Refroidissement éolien (°C)										
10 km/h	-3	-9	-15	-21	-27	-33	-39	-45	-51	-57
20 km/h	-5	-12	-18	-24	-30	-37	-43	-49	-56	-62
30 km/h	-6	-13	-20	-26	-33	-39	-45	-52	-59	-65
40 km/h	-7	-14	-21	-27	-34	-41	-48	-54	-61	-68
50 km/h	-8	-15	-22	-29	-35	-42	-49	-56	-63	-69
60 km/h	-9	-16	-23	-30	-36	-43	-50	-57	-64	-71

0 à -9 °C

Risque faible d'engelure

-10 à -27 °C

Risque d'engelures et d'hypothermie pas très élevé si on se trouve à l'extérieur pendant une longue période sans être vêtu adéquatement.

-28 à -39 °C

La peau met entre 10 et 30 minutes à geler; il y a risque d'engelures et d'hypothermie.

-40 à -47 °C

La peau met entre 5 à 10 minutes à geler; les risques d'engelures et d'hypothermie est élevé.

-48 à -54 °C

La peau met entre 2 et 5 minutes à geler; les risques d'engelures et d'hypothermie très sévère sont très élevés.

-55 °C & moins

Demeurez à l'intérieur

Comment s'informer et anticiper ?

- ➡ Consulter les prévisions spécifiques à la montagne: ex météo france montagne
- ➡ Avoir un équipement adapté





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DON'T MISS ANYTHING

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