

Semester 1



U-GLISSE OPERATION

Teachers:

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Master SEST:

The card

Mandatory and NAMED

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



The image shows a template for the U-GLISSE card. It features a QR code in the top left corner with the text 'Suivez-nous / Follow us' below it. To the right of the QR code is the U-GLISSE logo, which includes a mountain peak, a pair of goggles, and a ski. Below the QR code are two input fields for 'Nom' and 'Prénom'. In the top right corner, there is the SUAPS logo (Université Grenoble Alpes) and a red-bordered box containing the text 'photo d'identité récente obligatoire'. At the bottom left, there are social media icons for a website (u-glisse.com), Instagram (u_glisse), and Facebook (UGlisse.Grenoble). At the bottom right, there is the UGA logo (Université Grenoble Alpes).

25,00 euros

- U-Glisse card, usable all the season:
- 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.

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

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)





ACHAT CARTE SUR
MON COMPTE SUAPS



RETRAIT CARTE GLISSE & GRIMPE
E-TICKET, CARTE D'ÉTUDIANT ET PHOTO D'IDENTITÉ

MUSE-SUAPS

12H
14H

LUNDI

16H

MARDI

18H

MERCREDI

PISCINE-CSU

12H
14H

JEUDI

16H

18H



VENDREDI

S1 TRIPS

les 2 alpes
AEON

28 et 29 nov
12 et 13 déc
jeudis 03-10-17 déc

alpe*huez
AEON

05 et 06 déc

SATURDAY

28 nov-05-12 déc

Ski Experience 3-4-5
Snow Découverte 0-1-2

SUNDAY

29 nov-06-13 déc

Ski Découverte 0-1-2
Snow expérience 3-4-5
Freestyle

THURSDAY
03-10-17 déc

2-3-4-5
No level 0 and 1

Send an e-mail
for the ones who
have marks



THE TRIPS

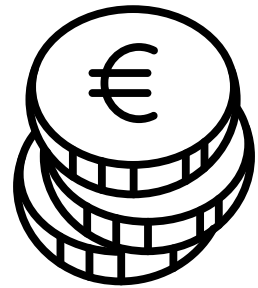
FP no mark

SKIPASS & LESSONS*

*Reserved for UGA students



Procedure for buying a skipass and booking a lesson



60 euros = 3 skipass
to pay in "mon compte suaps"

OR

21 euros = 1 skipass
on billeweb link



Book a lesson

Guaranteed place



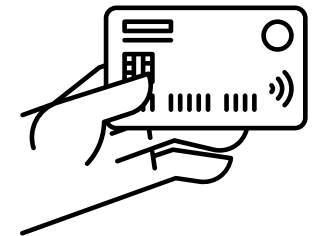
Register each time,
subject to availability
visible [here](#)

0

5



Indicate your
level and practice



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

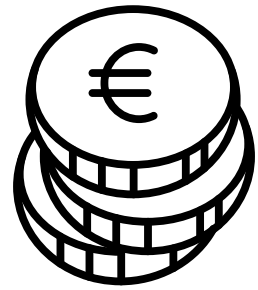
In the event of absence, I will inform the teacher in charge as soon as possible.

THE TRIPS

FQ mark

SKIPASS & LESSONS*

*Reserved for UGA students



30 euros = 3 skipass
to pay in "mon compte suaps"



Book a lesson

Guaranteed place

No registration to do
because

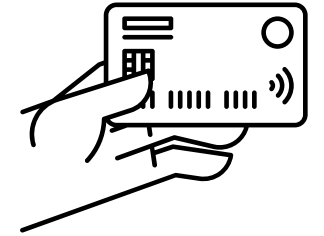
of **the mandatory attendance**

0

5



Fill the shared
document in
order to indicate
the practice (ski
or snowboard)
and the level



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



**I inform compulsory my teacher if I'm absent.
If it's not done, you will not have a skipass for a retake.**

S1 TRIPS

TRANSPORT



13,50 euros

**DES TRANSPORTS
À PRIX MINI**



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

Tickets must be purchased via BilletWeb no later than :
Thursday 8pm for Saturday and Sunday, subject to availability,
Wednesday 8:30am for Thursday

THE TRIPS

TRANSPORT

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/>

There are 2 starts for the U-Glisse bus (be careful to not get the wrong start while you're booking your bus) :

 7 am place de Verdun (in front of IUT GEA)

 or 7:15 am on the Campus at the University Swimming-pool car park.

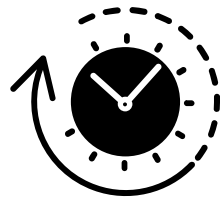
Return around 6:30 pm - 7 pm

**DES TRANSPORTS
À PRIX MINI**



THE TRIPS

MEETING



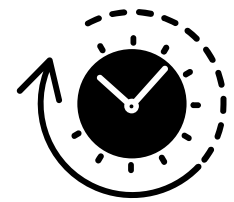
- Meeting : 9 am in front of the tourism office (city centre of 2 Alpes)



- 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).

THE TRIPS

MEETING



- Meeting : 9 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).

THE TRIPS

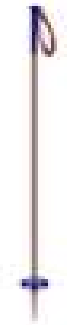
- You are in charge of your own equipment. If you need to rent ski (or snowboard) equipment, you have some discount at our partner's shop : Horizon montagne (near to Neyrpic) or Ski Truck
- u-glisse.com/partenaires/#Matos
- If you come by our Bus, you don't have the time to rent in the ski resort.
- adapt your clothing to suit the weather conditions



- **Helmet must be worn at all the times**
- **Back protection very much recommended and mandatory in freestyle**



MATÉRIEL



Ski mask rather than goggles, warm and waterproof clothing, ski gloves (no woollen gloves), sun cream.



MOUNTAIN METEOROLOGY


Knowledge = SECURITY



Why is the weather so important in the mountains?

 **Rapid changes:** weather events are amplified.

 **Increased risks**

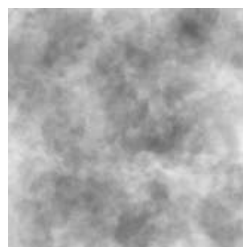
 **Extreme temperatures:** Intense cold, icy winds (which accentuate the perceived cold) or, conversely, unexpected heat, can lead to hypothermia, frostbite or heatstroke. The temperature decreases on average by 0.5 to 0.6°C for every 100 metres of altitude.
Grenoble 212m - Summit of Les 2 Alpes 3600m, 17°C less.



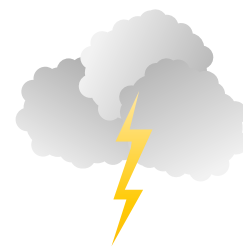
Précipitations



Wind



**Fog
and poor visibility**



Thunderstorms



**Avalanche,
rock/stone falls**



MOUNTAIN METEOROLOGY



WIND COOLING

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

TEMPÉRATURES RÉELLES ET RESENTIES Indice de refroidissement éolien (windchill)

Enveloppe protectrice réchauffée par l'organisme

Enveloppe protectrice balayée par le vent

0 km/h



TEMPÉRATURE sous abri: 0°C
Ressenti: 0

40 km/h



TEMPÉRATURE sous abri: 0°C
Ressenti: -7

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; le risque 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

How can you stay informed and anticipate?


- ➔ Check specific mountain forecasts: ex. Météo France Montagne
- ➔ Have the right equipment





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