

Semester 1



U-GLISSE OPERATION

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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 and the text 'U-GLISSE / UNIVERSITE GRENOBLE ALPES'. Below the QR code are two input fields for 'Nom' (Last Name) and 'Prénom' (First Name). To the right of these fields is a box labeled 'photo d'identité récente obligatoire' (recent mandatory identification photo). In the top right corner is the SUAPS logo with 'Université Grenoble Alpes' below it. In the bottom left corner are social media links for 'u-glisse.com', 'u_glisse' on Instagram, and 'UGlisse.Grenoble' on Facebook. In the bottom right corner is the UGA logo with 'Université Grenoble Alpes' below it.

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 :

Box office open

flash the QR CODE below (out of UGA)



**HORAIRES
VOIR SITE
INTERNET
U-GLISSE.COM**



**ACHAT CARTE SUR
MON COMPTE SUAPS**

RETRAIT CARTE GLISSE
E-TICKET, CARTE D'ÉTUDIANT, PIÈCE D'IDENTITÉ
PHOTO D'IDENTITÉ IMPRIMÉE

MUSE-SUAPS

**LUNDI
MARDI
MERCREDI**

**À PARTIR
DU LUNDI
12
OCTOBRE**

PISCINE-CSU

**À PARTIR
DU JEUDI
08
OCTOBRE**

JEUDI



**HORAIRES
VOIR SITE
INTERNET**

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

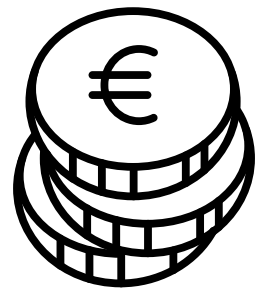
FP no mark

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



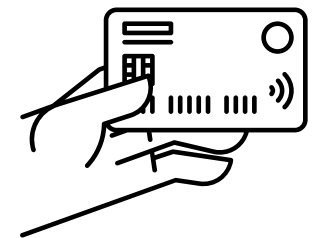
Register each time,
subject to availability
visible [here](#)

0

5



Indicate your
level and practice



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

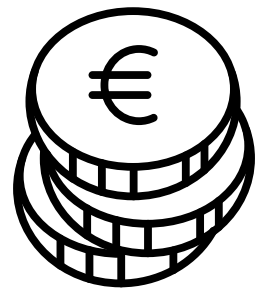
In the event of absence, I will inform the teacher in charge as soon as possible.

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

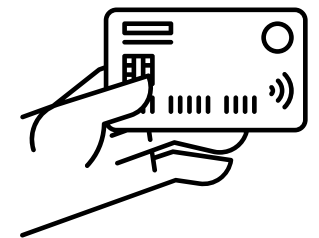
No registration to do
because
of **the mandatory attendance**

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



? euros

Pending rates 26-27

**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)

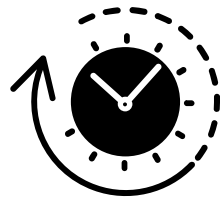


or 7:15 am on the Campus at the University Swimming-pool car park.

Return around 6:30 pm - 7 pm



THE TRIPS



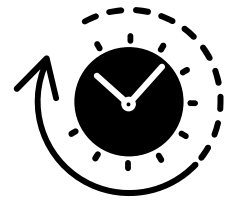
- Meeting : 9 am in front of the tourism office (city centre of 2 Alpes)



- 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

LESSONS
alpe*huez
AEON



- 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

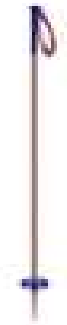
- You are in charge of your own equipment. If you need to rent ski (or snowboard) equipment, you have some discount at our partner's shop : Horizon montagne (near to Neyrpic) or Ski Truck
- u-glisse.com/partenaires/#Matos
- If you come by our Bus, you don't have the time to rent in the ski resort.
-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

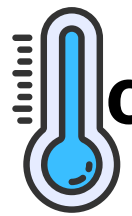
Knowledge = SECURITY



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.



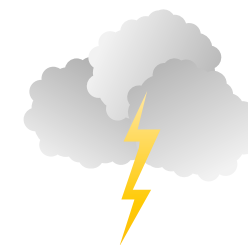
Précipitations



Wind



**Fog
and poor visibility**



Thunderstorms



**Avalanche,
rock/stone falls**



MOUNTAIN METEOROLOGY



WIND COOLING

TEMPERATURES RÉELLES ET RESSENTIES Indice de refroidissement éolien (windchill)

Enveloppe protectrice réchauffée par l'organisme

Enveloppe protectrice balayée par le vent

0 km/h



TEMPERATURE sous abri : 0°C
Ressenti : 0

40 km/h



TEMPERATURE sous abri : 0°C
Ressenti : -7

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

How can you stay informed and anticipate?

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





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