Semester 1

U-GLISSE OPERATION



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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 : Box office open

flash the QR CODE below (out of UGA)

HORAIRES
VOIR SITE
INTERNET
U-GLISSE.COM

U-GLISSE
UNIVERSITE GRENOBLE ALPES

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

JEUDI

À PARTIR
DU JEUDI
08
OCTOBRE

SUAPS
Université Grenoble Alpes

HORAIRES
VOIR SITE
INTERNET

VENDREDI

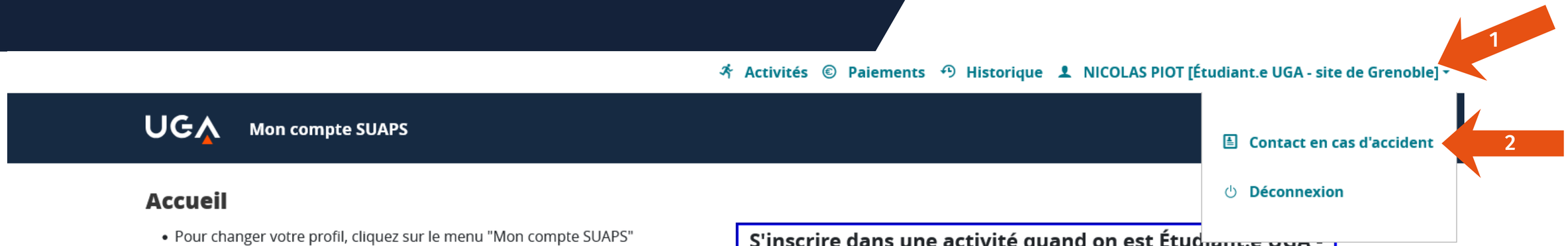
Emergency number

To be completed in ‘My SUAPS Account”



Emergency number

To be completed in 'My SUAPS Account"



Accueil

- Pour changer votre profil, cliquez sur le menu "Mon compte SUAPS"
- Pour effectuer ou modifier des voeux d'inscription à une activité, cliquez sur le menu "Activités"
- Pour gérer vos paiements, allez sur le menu "Paiements"
- Pour consulter votre historique, allez sur le menu "Historique"
- Pour vous déconnecter, allez sur le menu

S'inscrire dans une activité quand on est Étudiant.e UGA - site de Grenoble

Les inscriptions en sport noté sont closes.

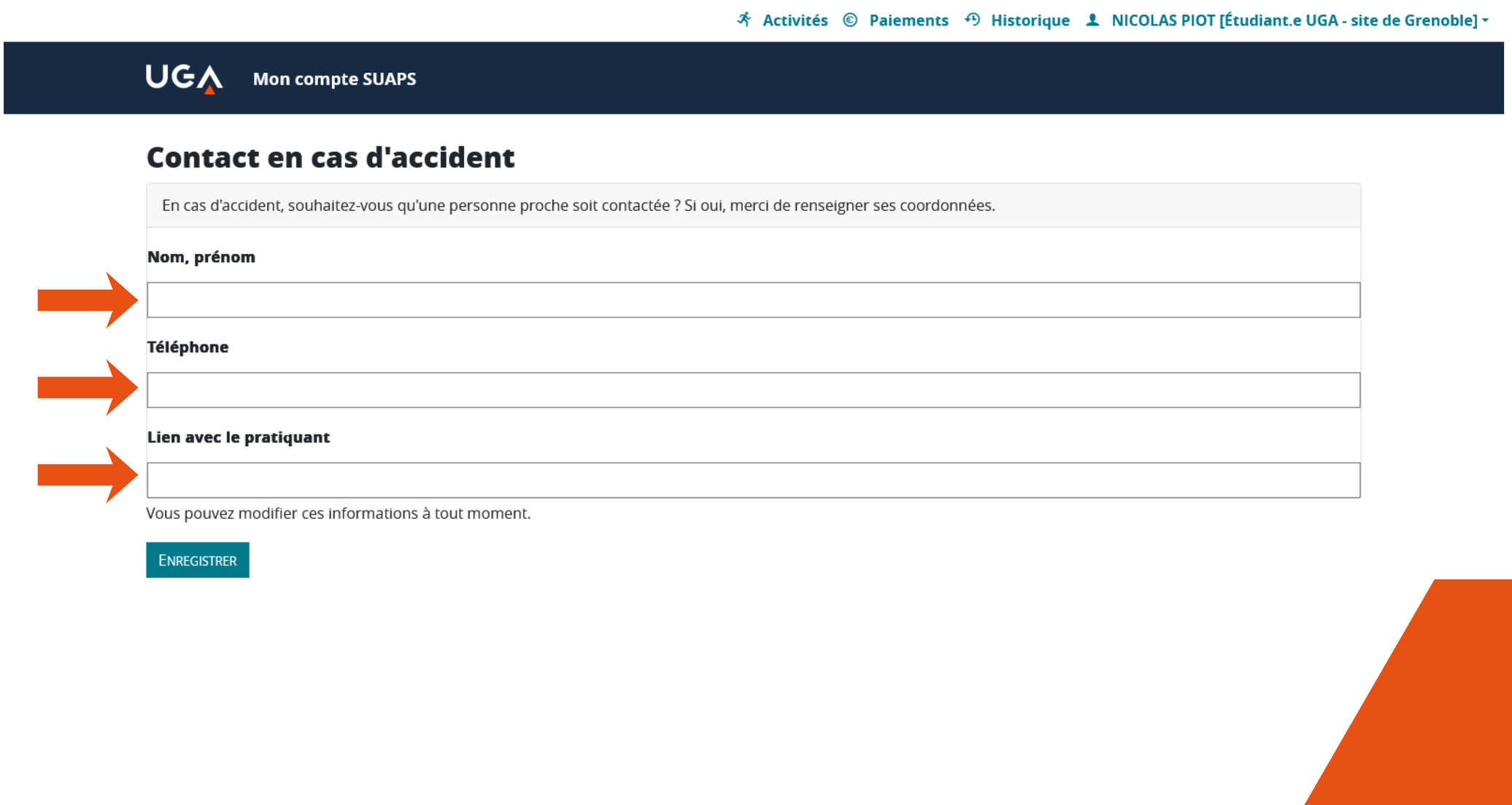
Les inscriptions en sport non noté sont encore possibles (dans la limite des places disponibles).

INFORMATION IMPORTANTE : *Aucune note ne pourra être réclamée en fin de semestre.*

Pour savoir si vous pouvez intégrer une activité sportive non notée, veuillez contacter les enseignants. Retrouvez leurs contacts en bas de page de l'activité souhaitée sur le site internet du SUAPS.

Emergency number

To be completed in 'My SUAPS Account"



S1 TRIPS

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

les 2 alpes AEON

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

alpe*huez AEON

05 et 06 déc



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



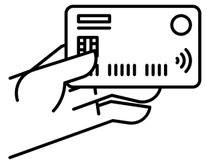
Register each time, subject to availability visible here

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

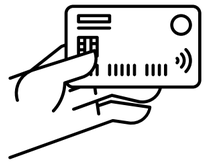
No registration to do because of the mandatory attendance

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



les 2 alpes AEON

alpe*huez AEON

18€
instead of 24,5€

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

Please ensure you present your U-Glisse card and online ticket when boarding the bus.
Bus seats are allocated by name and are non-transferable.

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 am on the Campus at the University Swimming-pool car park.**

Return around 6:30 pm - 7 pm

THE TRIPS

LESSONS

- **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

- 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

MATÉRIEL

- 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









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

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



MOUNTAIN METEOROLOGY

Knowledge = SECURITY

Why is the weather so important in the mountains?

Rapid changes: weather events are amplified.

Increased risks

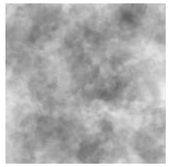
Extreme temperatures: Intense cold, icy winds (which accentuate the perceived cold) or, conversely, unexpected heat, can lead to hypothermia, frostbite or heatstroke. The temperature decreases on average by 0.5 to 0.6°C for every 100 metres of altitude.
Grenoble 212m - Summit of Les 2 Alpes 3600m, 17°C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



Précipitations



Wind



Fog
and poor visibility

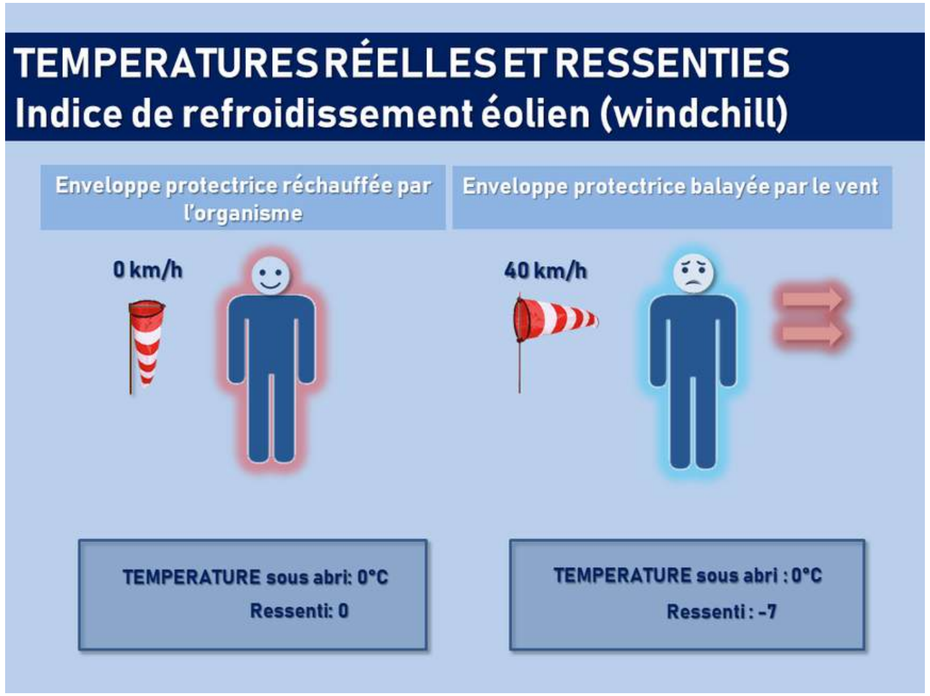


Thunderstorms



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

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 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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