

WELCOME to the ENSA

Arrival

ENSA trainees are registered by the ENSA Training Department.

Arrival can be set on a Sunday evening due to organizational matters, this case given, the restaurant will be in service; Trainees can also be accommodated on Saturdays and Sundays on their demand, in this case without restaurant service.

Other external groups are invited to book with ENSA's front desk via the form available on the ENSA website:

<https://ensa.sports.gouv.fr>

In the rooms only sheets, pillows and covers are at your disposal, make sure to bring your own towels.

A cafeteria card, a ski pass (if booked) and a room key will be given to you at the reception desk on your arrival day. In case of loss of any of these items, you will be charged 21€.

Opening Hours

Reception: Monday to Friday from 7.30 am to 7.30 pm.

Financial Service: Monday to Friday from 8 am to 12 pm and from 1.30 pm to 6 pm.

Medical Center: opening hours vary depending on the period. Please ask the reception agents.

Documentation Center and Library: Monday to Friday from 2 pm to 5 pm.

Internet

Two computers are available at the documentation Center. Wi-Fi is available throughout the building, you can find the connection instructions at the reception desk.

Nighttime

A Guard is in charge at the front desk from 7.30 pm to

07.30 am. Entrance doors will be closed between 12.30 am and 5.30 am, to enter the building you need to call the Night guard:

+ 33 (0)6 24 80 36 91

Permanence on weekends

There is another person on-call in case of emergencies:

+33 (0)6 26 41 22 21

Departure

Close the windows, switch off the lights, put the sheets in the racks located on every floor. Cafeteria card, ski pass and room key must be returned to the reception before **4 pm**.

Restaurant Cafeteria

Full board from Monday noon to Friday noon.

Breakfast: from 7 am to 8 am during the week. From 7.30 am to 8.30 am on weekends.

Lunch: from 12.05 pm to 12.45 pm in summer. From 12.05 pm to 2 pm during the winter training period (end of service according to programs). No lunch on weekends.

Dinner: from 7 pm to 7.30 pm during the week and on Sundays when the trainees are asked to be present.

The Cafeteria card is required to access the restaurant. In case of loss of the card please contact the reception.

The menus are displayed at the entrance to the Cafeteria.

Cold meals

- bring a food box, a bag for dry fruits and nuts, a bottle and a bag or a backpack to contain all this.

- cold meals will be distributed from 7 am to 8.30 am, notify the Reception any difficulties to respect these hours.

Rules and Principles of Collective Life

It is forbidden to walk through the school in ski or mountain shoes; before returning from outdoor training, you have to change to normal footwear in the basement where each guest has a ski locker (to secure it, bring a padlock).

In the basement: ski room with waxing room, washing machine and dryer.

Be silent after 10:00 p.m.

No smoking or drinking inside the School.

Parking

The ENSA parking is reserved for school staff. Trainees and Guests are invited to use the communal car parking. You can get one free parking ticket per week at the reception desk.

Gymnasium

Access to the gymnasium depends from the time schedule of the different users and is possible only in company of a Guide or a climbing graduate. Guide trainees are allowed to accede after graduating at "Aspi 1". Please ask at the front desk.

**FIRE CALL
18 OR 112**

MANDATORY EVACUATION

In case of fire alarm

Evacuating the rooms: follow the signs to the stairs (**do not use the elevators**) then follow the signs indicating the emergency exits.

Collection point: in front of the ENSA at the collection point board.

Wait for instructions to return into the School.