

brentaski.com

Autumn 2016 newsletter

Welcome to our autumn newsletter. We really hope you had a great summer and are looking forward to the winter: not long now.

We hope you find these newsletters interesting (we send out two a year in Autumn and Spring), but of course if you'd rather not receive them just let us know and we'll remove your details immediately.

To unsubscribe from our news letter please go to: www.brentaski.com/mail

In this edition:

- Eating out in Italy, you'll get what you ask for - dinning out in Italy isn't the same as in the UK.
- EHIC - these are, and always have been free - regardless of what you read on "some" web sites.
- What's available for young kids? - there's loads of options to keep our youngest guests entertained
- Summertime First Aid courses - course held all over the UK

What do you do in the summer ?

That is (by far) the question we are asked most frequently. The answer is rather simple:

- 1 We work in the administration office of Brentaski
- 2 We run first aid courses all over the UK.

See page 5 for more details

It's easy to contact us



Phone
(01942) 826256



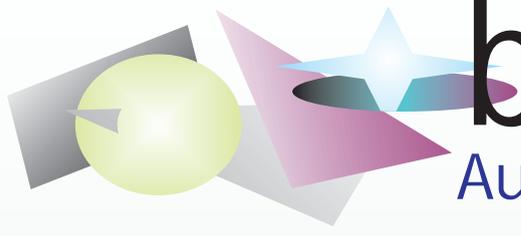
SMS Text
0740 120 9089



Email
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Following a spate of large group bookings **we are now fully booked from 26th Feb onwards.**
The availability shown below was correct on 2/9/16

Madonna Di C.	Dec 24th	Jan1st	Jan8th	Jan15th	Jan22nd	Jan29th	Feb 5th	Feb 12th	Feb 19th	Feb 26th	Mar 5th
St Raphael 4*	Green	Red	Red	Green	Green	Green	Green	Green	Green	Red	Red
Alpina 3*	Red	Red	Red	Green	Green	Green	Green	Green	Green	Red	Red
Folgarida											
Gran Biata 3*	Green	Red	Red	Green	Green	Green	Green	Green	Green	Red	Red
Renzi 3*	Green	Red	Red	Green	Green	Red	Green	Green	Green	Red	Red
AlpTaller 4*	Red	Red	Red	Green	Green	Green	Green	Red	Red	Red	Red
Caminetto 4*	Red	Red	Red	Green	Green	Green	Green	Red	Red	Red	Red

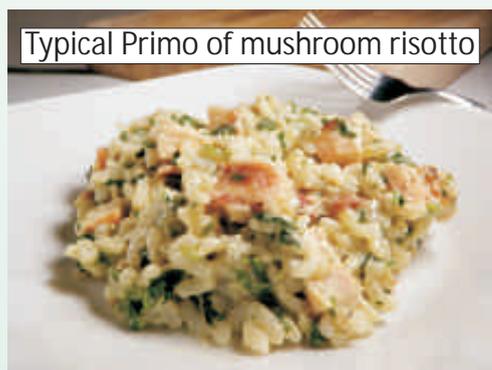


Eating Out in Italy, you'll get what you ask for.

First of all it must be emphasised that the phrase "Italian Restaurant" means a restaurant in Italy. This is an important distinction as the Italian restaurants in the UK, or anywhere else will, if they want to stay in business, cater for the wants of the locals, and this may not be a real Italian dining experience.

As an example, if you were to order some chicken in a high class Italian restaurant in London you would fully expect to receive your chicken accompanied by potatoes and other vegetables and maybe even a colorful side salad. This won't happen in Italy. If you order chicken, that's what you'll get. In fact that's all you get, with maybe a little sauce and a few bits of vegetables from the broth it was cooked in, if any. If you order a tomato salad in London you're really asking for a salad containing tomatoes, whereas in Italy you'll be asking for some sliced tomatoes, maybe with some oil and spices to liven them up. So remember, you get what you ask for.

The reason for the difference is that in Italy menus are, of course, arranged around the way Italians eat their meals and, to put it bluntly, they simply don't pile everything onto one plate as we do in the UK. You can still have your chicken, potatoes and veg all together, but only if you ask for them and you "really" want to look like a tourist.



Typical Primo of mushroom risotto

Italian menus are arranged into categories: Antipasto (appetizer), Primo (first course), Secondo (second course), Contorno (vegetables and side dishes) and Dolce (sweet or fruit). Of course you don't have to have something from each category, and as I said above you could, if you really want, ask for your Secondo and Contorno "insieme - together".

Antipasto (appetizer) :- typically this is taken before the meal with, maybe, a small glass of prosecco or spumante and may be a small plate of cheese and/or charcuterie (cold meat platter) or maybe even a small slice of pizza or fried polenta.

Primo (first course) :- this is often mistranslated as the "starter" but this can be misleading and is another difference between dining in Italy and the UK. The

Primo is, if not the largest, almost certainly the most filling, part of the meal. On the menu there "will" be many types of pasta. You may also see rice dishes such as risotto, gnocchi (soft dough dumplings) or frutti di mare (shell fish cooked in sauce such as mussels, clams, and scallops or calamari/squid).

Secondo (second course) :- this is also often mistranslated as the Main course but it can't be equated to what that means in the UK. You should rather think of it as the Protein course which will include items such as fish and meat. Vegetarian options are available in many restaurants, but check the menu beforehand. Again, you get what you ask for and with the Secondo this is very apparent. If you ask for steak or trout that's what you'll get. It will be extremely tasty, but it will be just a steak or trout!

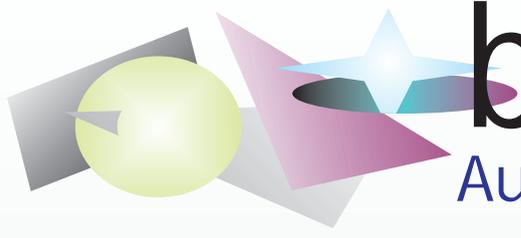


Tiramisu a favorite desert in Italy

Contorno (vegetables and side dishes) :- literally this translates as Garnish, so you should think of this as an extra course of side dishes. If you like boiled potatoes, patate fritte (that's chips to you and me), baked asparagus, polenta cakes or insalata mista (mixed salad), this is the course for you. But remember in Italy it is normally served after the Secondo.

Dolce (sweet or fruit) :- My favourite course. What's not to like. Tiramisu, gelato (ice cream), fruit salad, Panna cotta (cooked cream cake), Panforte (fruit cake).... it's a Long list.

Top Tip. After your meal, if you order a coffee traditionally this should only be either un caffè (a small black coffee) or un caffè macchiato (a small coffee with a dash of milk).



How much does an EHIC cost?

There's a simple answer to this - The EHIC card is free, in fact it always has been and it still is.

To the majority of people who travel with BrentaSki the above statement would seem obvious, so why are we emphasising this point?

There are now a number of websites which will charge you to "process" your application, although we're not really sure what type of "processing" they actually do. These websites look very official, they'll ask you, seemingly, the right questions and are specifically designed to give a user the feeling that they are in some way enhancing the process of applying for an EHIC.

The sites which are based in the UK and run by UK Limited Companies do have disclaimers which point out the fact that they are not connected with the UK Government or the NHS. These disclaimers are in often quite hard to find and in all cases, which we found, are in dimmed out (light grey) text. Of course the sites which are based abroad don't even bother to mention these facts.

This is the correct website to obtain your free EHIC card. <https://www.gov.uk/european-health-insurance-card>

From this address you can click to either login to your NHS account or, if you don't already have an account, you can create one. For this you will need:

- A valid email address.
- Once at the application form you will need:
 - Your full name
 - Your address
 - Your date of birth
 - If you live in:
 - England/Wales, your National Insurance or NHS No.
 - Scotland, your CHI number
 - Northern Ireland, your Health and Care number
 - **You do NOT need a debit or credit card number.**

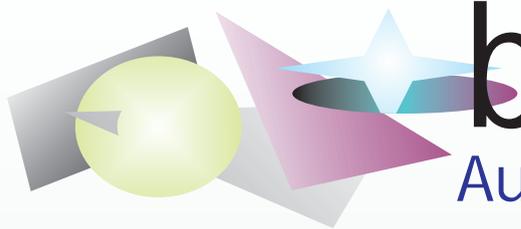


What is an EHIC?

Firstly it is NOT a replacement for a holiday insurance policy. A valid European Health Insurance Card gives you the right to access state-provided healthcare during a temporary stay in another European Economic Area (EEA) country or Switzerland.

The EHIC covers treatment that is medically necessary until your planned return home. Treatment should be provided on the same basis as it would to a resident of that country, either at a reduced cost or, in many cases, for free. For example, in some countries, patients are expected to directly contribute a percentage towards the cost of their state-provided treatment. This is known as a patient co-payment. If you receive treatment under this type of healthcare system, you are expected to pay the same co-payment charge as a patient from that country.

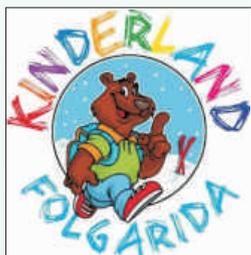
The EHIC also covers the treatment of pre-existing medical conditions and routine maternity care, provided the reason for your visit is not specifically to give birth or seek treatment.



What's available for young kids?

Kids love being in the snow; fun, snowballs, new friends, slide around. What's not to like?

For more details please visit www.brentaski.com/pages/skiing-children-school.html



2 to 8 year

The only purpose built, on-piste, children's center in the Dolomites.

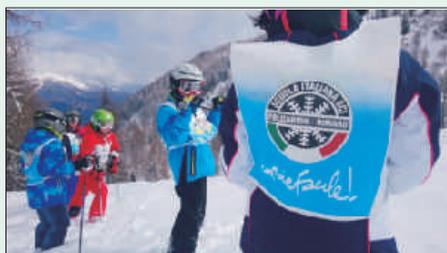
The Kinderland is situated at the top of the cable car from Folgarida next to the Albasini hotel/restaurant. Kinderland is an indoor and outdoor recreational ski center for our youngest clients and is always available (in all weather conditions). From 10am until 4pm each day your child can be entrusted into the care of our nannies and ski instructors for a day of play, sport and fun. Lunch can be included if the parents wish. Enrolment is normally for 6 days, including ski lessons, although the Kinderland crèche is available also either by the hour, half day, full day, etc.



4 to 8 years

A ski course specifically designed for our youngest clients with safety, fun and learning (in that order) as the primary aims of their time with us.

Young children who are new to skiing are our specialty. In Folgarida there is an area called Family Park, where kids can move in total safety, and it's the best place for your child to gain their initial experiences in the snow. We always remember that for your child this may be a totally new experience, without their parents - maybe for the first time... We guarantee that after the initial moments our ski instructors will gain your child's trust and they'll start loving their new world in the snow!



4+ Ski Group Classes (10am to 1pm)

Group or private lessons taught by specially trained instructors with other children of a similar age and skiing ability.

The skill and efforts of our ski and snowboard instructors simply make the classes relaxed and fun. Your kids will feel great as they learn how to relate not only in our mountainous and snowy environment, but (just as importantly) they and their newfound ski-buddies will have simply a wonderful time.

"Orsetto Bimbo Club"

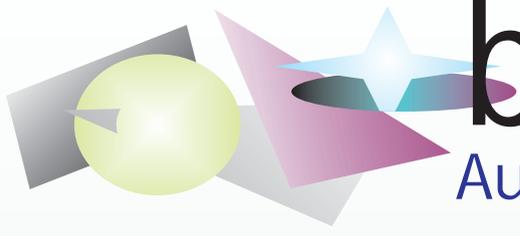


The 4 star hotel Alp Taller in Folgarida has recently opened a brand new "Bimbo" club for our youngest guests. ("Orsetto Bimbo" means Teddy bear)

AlpTaller guests may safely leave their kids in the charge with fully qualified nannies and child minders.

The club is available by the hour or half day. So if your child isn't up to a full day on the slopes this provides the best of both worlds.





What do we do in the summer ?

As well as running the very busy administration office here at Brentaski, we also run First Aid Courses all over the UK.

For full details of our summer course please visit www.brentaski.com/firstaid

Welcome to Insight 1st Aid Training which is part of the Brentaski group..

We specialise in running three specific types of first aid courses at venues throughout the UK.

Activity First Aid at Work - £90

A two day course for anyone participating in outdoor pursuits as a professional or for recreation. The certificate is accepted by all awarding bodies such as MT (MTLB), RYA, BASI, BMG, BHPA, etc.

First Aid at Work - £110

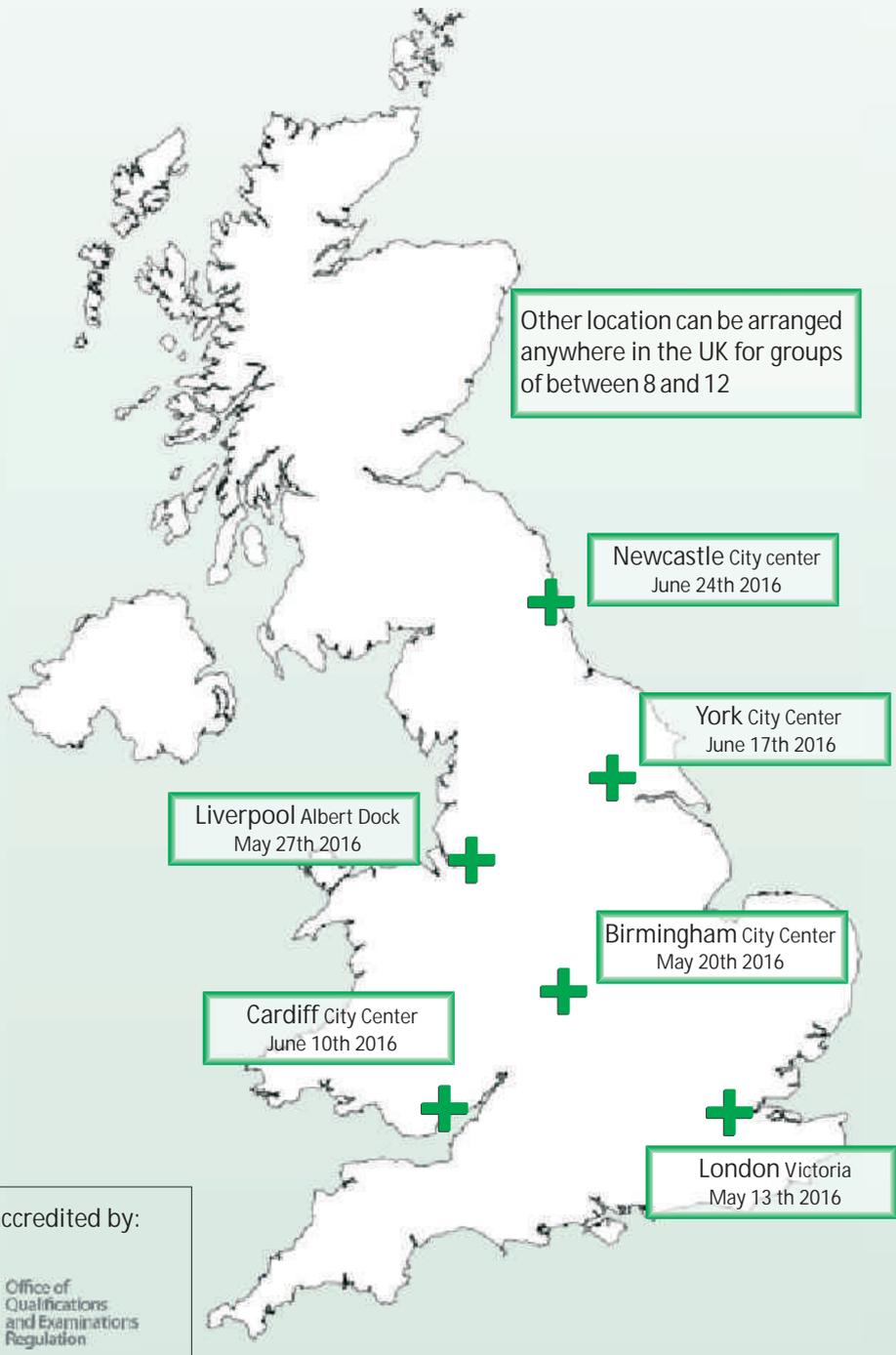
This is three day course for those designated as a work place first aider. This course starts on the same day as the Activity First Aid at Work and continues for the third day.

Emergency First Aid at Work - £60.

A one day course suitable for anyone working in low hazard environments such as an office or shop.

Group / Corporate bookings

You may either book a number of people on to a scheduled course at one of our venues or, if you have a group of people (max 12) who need training, please contact us about a group booking at a location of your choice, either one of our venues or somewhere you arrange yourself.



All certificates are valid for 3 years and accredited by:

