

THE EAGLE'S NEST. MONT LOZÈRE, FRANCE

Teachers Information

LOCATION:

The Eagle's Nest is at an altitude of 1312m on the south side of Mont Lozère, in the Cévennes National Park in southern France. The nearest village with services is Le Pont de Montvert, about 8 km away. There is a small ski/summer resort 7km away and the nearest town is Florac, 25km away. The Eagles Nest is not a handsome building, but it is situated in a spectacular location! It offers basic accommodation, and we have addressed the aspects that are important for an enjoyable and successful field trip - good food, good field work and recreational areas and perhaps most importantly, our staff are friendly and adaptable people who will try to make your stay as enjoyable as possible. The location of the Centre within a valley where the rural community spirit can still be found reduces the security risks. The Centre is arranged so that the main building occupies three sides of a courtyard, with Centre staff quarters on the fourth. Entry to the building can only be gained from inside the courtyard. A member of the Centre staff is always "on call" every night.

At the beginning and end of the season, and during peak season, we may also use the ski station on Mont Lozere for accommodating groups. This would be at one of two places, either 'Mont Lo' or 'Le Refuge'. The ski station complex is also open to the general public, but we have allocated accommodation areas, dedicated classroom facilities and are well fed in their restaurants, which of course means food which is more 'French' in style. If we place you (through needs of numbers, or if the Eagles Nest is closed) this will be at no extra charge. However, you may also request to be at these locations preferentially, in which case there is an additional charge of **£30** per student.

CHECK LIST BEFORE DEPARTURE:

Passport: Make sure that your passport is current. Non-British passport holders must check visa requirements.

Information about your group: Make sure you have filled-in the contact sheet and medical/dietary information well in advance of your trip. With increasing numbers of our clients suffering from food allergies, it is essential that we have this information in good time (a month in advance of the trip) in order to prepare and purchase food as necessary. Remember that some foods are more difficult to get in this remote area of France, please encourage students to bring their own small supplies if they suffer from allergies (eg. nut-free snack bars and gluten-free bread are still difficult to get hold of here).

Inoculations/Medicine: Although it is not necessary to have any inoculations to enter France, we recommend you have a tetanus injection and also check that your polio inoculations are up to date. Enquire with your doctor about advisability of any other inoculations. It is also advisable to carry a European Health Insurance Card (EHIC) available from the DHSS/Post Office. The nearest doctor to the Centre is 8 km away in Le Pont de Montvert. If you are taking any medicine during your trip to France then please advise your lead teacher. The nearest hospital is in Mende, 40km from the Centre.

Clothing: The Centre is at 1312m and you must be prepared for the rapid changes in weather that a mountain environment can bring, this is particularly important early or late in the season. Whilst the summer climate is considered hot and dry, the mountains can experience bad weather even in July and August. Here is a suggested list of clothing and equipment (please circulate this to your students):

Clothing list for the Cevennes.

WATERPROOFS: Whatever time of the year you are coming please make sure that you bring waterproofs - BOTH A JACKET AND OVER-TROUSERS ARE ESSENTIAL. The centre has a small stock of waterproofs, fleece jackets, hats and gloves and wellies are available for hire.

FOOTWEAR: Walking boots are advisable and if owned should be brought. However good trainers with good soles are normally adequate (but not in foul weather), the more robust the better. If you are studying the peat bog or the river, wellington boots should be brought as well. You must wear something on your feet for **rafting**, NOT flip flops or wellingtons! Bring old trainers or strap-on sandals that you don't mind getting wet. Flip flops are useful for inside the centre and for a shower, but they can result in serious injuries when worn outside so we prefer that you have more robust, strap-on sandals. Due to the rough nature of the ground around the centre, bare feet are not acceptable.

WARM CLOTHING: A minimum of two sets of warm clothing should be brought in case one gets wet especially early or late in the year, however even in mid-August the weather can be poor.

HAT, GLOVES & SCARF: Should be brought especially if you are coming early or late in the season. For those that really feel the cold, or lack good quality outdoor equipment, thermal underwear is a useful and inexpensive form of warm clothing.

T-SHIRTS & SHORTS & SWIMMING COSTUME: Yes, especially in the summer. If intending to use public swimming pools, trunks are required for males as swimming shorts are forbidden!

SUN HAT & SUNGLASSES: Even in winter the clean air and high altitude can cause sunburn or even heat stroke. A wide brimmed hat is best, but a baseball cap is considered the minimum sunhat.

DAY-SACK & LUNCH BAG OR BOX: Useful for carrying your lunch etc. when away from the centre.

TOILETRIES: The Eagles Nest is a field centre, not a hotel so please bring towel, toothpaste, toothbrush, soap & shampoo, personal first aid kit, any prescription medication (enough to last your stay), sun cream - essential for everyone, a high factor is best (minimum factor 25).

WATER BOTTLE: You must bring a water bottle for your use only - sharing water bottles is the best way of spreading germs. Bottled water may be purchased from the tuck shop, but is uneconomic and wasteful. We also sell refillable water bottles to buy when you get here if you need one.

TORCH: Useful in the event of a powercut, and a good standard piece of safety equipment.

PENS, PENCILS, PAPER, NOTEBOOK, CLIPBOARD, CALCULATOR etc: You will be doing fieldwork whilst at the centre so these items are important. A clipboard is useful if you have one.

THE JOURNEY:

Whether your group is coming by air or coach, it is always best to be prepared for the journey through France to the Centre. The journey by coach will take approximately 15 hours from Calais to the Eagles Nest. Take the opportunity to stretch your legs when you can and exercise in your seat to avoid DVT. Make sure that you bring a packed meal, nibbles and drinks. It is possible to buy a meal on the ferry or at the airport. Most coach groups stop either at motorway services or at a hypermarket en route. The coach drivers will give you important safety information when you get on the coach (such as the location of emergency exits). In the event of an unscheduled stop or accident, follow the instructions of the driver.

As a guideline total luggage should not exceed 15 to 20 kg in weight. Soft holdalls are more suitable for packing into coach lockers. Luggage space is less of an issue on full-sized coaches, although lockers may be full at times. Most low cost airlines have very strict limits on the size, weight and amount of luggage you may carry. You will be charged extra if you exceed these limits. Remember there are also restrictions on items that you can carry in your hand luggage. Check before departure.

Please make sure that anything you may need on the journey - passport, money, food, warm clothing etc is kept with you in the vehicle and not packed away as you will not have access to your luggage until you reach the Centre.

Make sure that you have changed your spending money into Euros before you enter France (this is normally possible on the ferry or at the airport). Changing money during the trip takes time and is inconvenient due to our remote location. Most banks will charge commission/handling fees. A rough idea of how much money you will need is £50 plus any money you may need for presents and souvenirs. Check with your leader if you will need extra money for entrance fees and activities.

If your group is driving through the night it is also a good idea to bring a blanket/sleeping bag and a small pillow for the journey. Please check with your leader for availability of space.

If you know that you get travel sick then please bring tablets with you.

The coaches usually have a DVD/video on board but a good book and games help make the journey pass quicker. If any of you buy a newspaper/magazine please could you hang on to it and give it to the Centre's staff - we are always glad to read some current news!

THE EAGLES NEST:

The Eagle's Nest was originally built in the 1950's and renovated by ourselves in the 1980's. The building is not centrally heated but all classrooms and common room areas have space heating. Because of the altitude the temperature can fall below freezing at any time of the year. We consider that environmentally it is better to put on a warm layer than to try and heat the whole building.

Accommodation: Students – These are in two wings in the building, normally one occupied by girls, the other by boys. Accommodation is in bunk beds with 4-12 people in a room. Storage space is limited within the rooms. All bedding is provided with synthetic duvets and pillows. Please bring your own towels. Staff - there are single and double rooms. Again please bring your own towels.

Bathroom Facilities: There are large washrooms on each wing for the students. Clothes washing can be done in hand basins, please bring your own washing solution. There are separate staff bathrooms.

Drying Facilities: During good weather clothes should be dried outside on the washing lines provided. In bad weather there is a drying room.

Dining Room: Meal times are allocated to each group. There is a breakfast, packed lunch (or buffet) and a three course evening meal (or BBQ). Wine may be served with the evening meal at teacher's discretion. Vegetarian options are available for each meal. Any special dietary requirements (such as allergies) should be communicated to the centre well before arrival. Students are responsible for keeping the dining room tidy and ensure that tables are cleared and cleaned ready for the next meal.

Common Room: There is a communal room with drink-making facilities, DVD/video, UK satellite television & games.

Games Room: With ping pong table, table football and a pool table. There is a volley ball court and 5 a side football pitch (rough surface) outside.

Tuck Shop: There is a shop on site selling - drinks, water, sweets, postcards, stamps and various souvenirs. In line with our environmental and ethical policy many of these are Tradecraft products. The shop is open normally in the morning before departures for fieldwork and on request. All transactions are in Euros.

Classrooms/Resources for teachers , Field Equipment, Work Units: See separate sheet "Guidance Notes For Staff"

Bar/Disco: There is a bar, "Raymondo's" on site which sells beer and wine – purchase of these is at the discretion of your leader. A token system operates where the teachers in charge allocate tokens to students that entitle them to purchase a unit of wine or beer. A disco can also be arranged for groups on their last night. The bar also sells items available in the shop.

Telephone: A payphone is available for use by staff and students. It uses phonecards which are sold in the tuck shop and the bar. A mobile phone signal is usually obtainable at the centre, although some networks may have limited coverage. Internet access is NOT normally available to visiting students, although staff have access to a broadband connection. If you bring your own wireless-enabled laptop, you should be able to use this in most places in the centre.

Post: Post cards and stamps can be purchased in the bar and tuck shop. A letter box is on site from which post is collected daily during weekdays.

Arrival: On arrival at the Centre each group is allocated its accommodation, classroom, receives a tour of the centre, explanation of the centre rules, fire procedure and an introduction to the local area.

Departure: Before you leave the centre you will need to pack and tidy-up your rooms. Bedding should be taken down to the drying room.

Lost Property: Best if you take everything with you when you leave, but things do get left behind. Contact the centre to organise the return of any items left. Remember large and heavy items are expensive to post.

THE SKI STATION COMPLEX:

Skiing has been a winter activity on Mont Lozere since the beginning of the 1900's. The ski complex on Mont Lozere was developed initially in the 1930's and the two buildings we use, Mont Lo and Le Refuge were built in the late 1960's and 1980's respectively. Both offer an excellent standard of accommodation, and the opportunity for a more 'French' experience, hosted by their French managers. We try to offer most of the facilities which are available at the Eagles Nest (great food, good classroom space with computer, projector, etc), some recreational areas, etc. but as these are also open to the public, some things are not possible, such as the Eagles Nest last night disco!

MONT LO:

Accommodation: Students – These are in warm, comfortable rooms, which have a shower and wash basin. Toilets are on the corridor outside. Accommodation is in single and bunk beds with 5-10 people in a room. Storage space is limited within the rooms. All bedding is provided with synthetic duvets and pillows. Please bring your own towels. For staff there are twin rooms. Please bring your own towels.

Drying Facilities: During good weather clothes should be dried outside on the washing lines provided. In bad weather there is a drying room.

Dining Room: Meal times are allocated to each group. There is a breakfast, packed lunch (or buffet) and a three course evening meal (or BBQ). Any special dietary requirements (such as allergies and vegetarianism) should be communicated to Discover well before arrival. Students are responsible for keeping the dining room tidy and ensure that tables are cleared and cleaned ready for the next meal.

Tuck: Drinks, water and snacks are available for purchase on an 'honesty' system (these are left in the common room area with a cash float, which your group leader will check each day). In line with our environmental and ethical policy many of these are Tradecraft products. All transactions are in Euros.

Classrooms/Resources for teachers, Field Equipment, Work Units: There are classrooms available, which are equipped with computers, projectors, white board, stationery, maps, etc, as at the Eagles Nest. We also situate drink-making facilities, DVD/video, & games in this room for use during the students' free time.

Telephone: There is a public payphone on the car park, which is available for use by staff and students. It uses phonecards which are sold in the common room. A mobile phone signal is usually obtainable at the ski station, although some networks may have limited coverage. Internet access is NOT normally available to visiting students, although there is a limited wireless network best accessed in the bar, if you bring your own wireless-enabled laptop.

Arrival: On arrival at Le Mont Lo each group is allocated its accommodation, classroom, receives a tour of the centre, explanation of the centre rules, fire procedure and an introduction to the local area.

Departure: Before you leave the centre you will need to pack and tidy-up your rooms. Bedding should be removed and left tidily.

LE REFUGE:

Accommodation: Students – These are in warm, comfortable rooms, which have a shower, toilet and wash basin between two adjacent rooms (shared by students of the same sex). Accommodation is in bunk beds with 4-6 people in a room. Storage space is limited within the rooms. All bedding is

provided with sheets and blankets, and pillows. Please bring your own towels. Staff are accommodated in the same building in single rooms wherever possible. Again please bring your own towels. During busy periods, we may also use rooms in the hotel, in which case there will be single beds for students in small rooms of 2-5 people sharing. Most of the hotel rooms are en suite, and there is one room on the ground floor designed for people with limited mobility.

Drying Facilities: During good weather clothes should be dried outside on the washing lines provided. In bad weather there is a drying room.

Dining Room: Meal times are allocated to each group. There is a breakfast, packed lunch (or buffet) and a three course evening meal (or BBQ). Any special dietary requirements (such as allergies and vegetarianism) should be communicated to Discover well before arrival. Students are responsible for keeping the dining room tidy and ensure that tables are cleared and cleaned ready for the next meal.

Common Room: There is a communal room with drink-making facilities, DVD/video, & games within the main accommodation block.

Tuck: Drinks, water and snacks are available for purchase on an 'honesty' system (these are left in the common room area with a cash float, which your group leader will check each day). In line with our environmental and ethical policy many of these are Tradecraft products. All transactions are in Euros.

Classrooms/Resources for teachers, Field Equipment, Work Units: There are two classrooms available, which are equipped with computers, projectors, white board, stationery, maps, etc, as at the Eagles Nest.

Telephone: There is a public payphone on the car park, which is available for use by staff and students. It uses phonecards which are sold in the common room. A mobile phone signal is usually obtainable at the ski station, although some networks may have limited coverage. Internet access is currently only available through the orange network for which it is necessary to purchase a card. If you bring your own wireless-enabled laptop, you should be able to use this in the bar.

Arrival: On arrival at Le Refuge each group is allocated its accommodation, classroom, receives a tour of the centre, explanation of the centre rules, fire procedure and an introduction to the local area.

Departure: Before you leave the centre you will need to pack and tidy-up your rooms. Bedding should be removed and left tidily.

CENTRE RULES:

Please familiarise yourself with them. We aim to provide a relaxed and friendly atmosphere which is based on the principle of treating people as young adults. The rules set out below are a minimum and your own leader may have additional rules.

- 1 NO GOING OFF THE CENTRE GROUNDS WITHOUT PRIOR PERMISSION FROM YOUR LEADER - DAY OR NIGHT.
- 2 DON'T DO ANYTHING TO PUT YOURSELF AND/OR OTHERS AT RISK.
- 3 NO PERSON OF THE OPPOSITE SEX IN A SINGLE SEX DORMITORY.
- 4 QUIET BETWEEN THE HOURS OF 2330 AND 0700 HOURS.
- 5 NO SMOKING INSIDE THE CENTRE OR THE WOODS NEARBY.
- 6 ALL LITTER TO BE PUT IN THE BINS PROVIDED. GLASS TO BE PUT INTO THE GREEN BINS.
- 7 NO ALCOHOL/DUTY FREES TO BE CONSUMED ON SITE EXCEPT THOSE PURCHASED IN THE BAR.
- 8 NO LEANING OR SITTING ON ANY WINDOW LEDGES OR RAILINGS.
- 9 ALL BREAKAGES ARE TO BE REPORTED AND MAY BE CHARGED FOR.
- 10 ALL LOSSES AND DAMAGE TO FIELD EQUIPMENT WILL BE CHARGED FOR.
- 11 ANY HAZARDOUS OR ILLEGAL ITEMS (SUCH AS BB GUNS, KNIVES) WILL BE CONFISCATED AND NOT RETURNED.

CONTACT ADDRESS:

THE EAGLE'S NEST, COLONIE DE FINIELS,
48220 PONT DE MONTVERT, LOZÈRE , FRANCE

Any letters sent to visitors to the centre should clearly include the name and the group of that person. Remember we often have more than one group in residence.

CONTACT PHONE NUMBERS:

Tel: +33 (0)4 66 45 83 95 Fax: +33 (0)4 66 45 84 73
(both the above nos. for office & emergency use only)

Telephone number for payphone (student access): +33 (0)4 66 45 85 35

This phone will not be answered by Discover staff so don't always expect this number to be answered.

NOTE: If phoning in UK, add the "00 33" and delete the "0" before the "4"

UK OFFICE DETAILS:

KATE LOOSEMORE,
DISCOVER, TIMBERS, OXTED ROAD, GODSTONE, SURREY RH9 8AD.

[GUIDANCE NOTES FOR VISITING STAFF](#)

PREPARING FOR YOUR COURSE:

At the Eagle's Nest your Course will be either fully, partially or self tutored. Where a fully tutored course is selected, it will be lead by one of our staff each day. With a self tutored course the teaching is done by the school's own staff assisted by our academic group leaders. In both cases we provide extensive work units which have been specifically designed for the region and these will be sent to you after we have received your deposit. These are sent on a CD Rom in "Word format" which allows you to select the units which you wish to pursue – adapt them as you feel appropriate and produce sufficient copies for your group.

If you are at all unsure of the topics you wish to study or how best to fit them into a suitable itinerary – (taking into account travel times etc) our academic staff are here to assist you prior to your trip and are only an email (eagles.office@wanadoo.fr) or phone call (+33 (0)4 66 45 82 86) away.

PHOTOCOPYING FACILITIES:

The Centre is equipped with a photocopier which can enlarge and reduce. This is available only to visiting staff. The photocopier is found in the resources room which is always open. The log book must be filled out, as all copies over an allowance will be charged for. The invoice will be presented to the group leader at the end of the stay.

BAR / CONSUMPTION OF ALCOHOL:

The bar is open each evening and is open to students at the discretion of the staff. It sells wine, beer, soft drinks and sweets at reasonable prices (currently 1 euro). The bar operates a token system whereby the staff issue tokens which will enable the students to purchase an alcohol drink. This system has been very successful in the past at monitoring consumption. Wine can also be served to students with their evening meal at the teachers request. We would ask that teachers do all that is possible to ensure that students do not bring their own alcohol onto the premises. There is a tuck shop which opens before the day's fieldwork for the students to purchase sweets or drinks.

The following resources are available at the Centre and are regularly being added to:

In Each Classroom

Desktop Computer running Windows, Office and a selection of fieldwork related software.

BROADBAND INTERNET ACCESS

Digital Projector

Bluetooth Clever Pad

overhead projector

acetates and pens

whiteboard and pens

information files

extra information files

blackout facility

display material

In The Resource Room

Desktop Computers running Windows, Office and a selection of fieldwork related software. Staff

Broadband internet access.

Eagle's Nest Work Units

photocopier

DVD/video library

slide projector with slides

stationery cupboard

library with over 300 titles

student projects

tourist information

geographical journals:

microscopes and slides

Fieldwork Equipment (stocks sufficient for most groups activities)

hydroprop flow meters

oxygen meter

whirling hygrometers

full range of thermometers

infiltration cans

ranging poles

quadrats

maps: Mont Lozère 1:25 000

compasses

tally counters

plant identification sheets

micro ecology tubes

tape measures

metre rulers

test kits for ammonium, phosphates and nitrates

callipers

windwatches

light meters

rain gauges

soil augers

soil pH test kits

clinometers

maps: national park 1: 100 000

decibel meters

petri dishes

magnifiers (x5,x8,x10)

pooters

sample nets

chains

conductivity and pH meters

Computer Software Resources

Microsoft Office (word, excel, powerpoint etc)

Windows XP

Superstat – Statistics package

Amflow Rivers programme

Excel Based Programmes to draw Slope

Profiles and Kite Diagrams.

Excel Pollution programme.

AEGIS – geographical information system

Easy Stats – A Statistical analysis package

Powerpoints for Introduction and many units

The Eagle's Nest Units

Access to the Internet for staff