



I SPEAK ENGLISH!

Across all 210 **esf** ski schools, instructors speak fluent English and are able to welcome and teach international visitors.

When booking your lessons, please do not hesitate to mention that you require an English-speaking instructor.

IK SPREEK NEDERLANDS!

Visitors from the Netherlands can also find Dutch-speaking **esf** “red jackets” at the following **34 ski schools**:

SAVOIE (73)

- Aime-la-Plagne
- Belle-Plagne
- Courchevel 1550
- Courchevel 1650
- La Plagne Bellecôte
- La Norma
- La Toussuire
- Les Karellis
- Les Menuires
- Les Saisies
- Peisey-Vallandry
- Tignes le Lac
- Tignes Val Claret
- Val Cenis
- Val d'Isère
- Valloire
- Val Thorens

HAUTE-SAVOIE (74)

- Argentière
- Avoriaz
- Châtel
- Flaine
- La Clusaz
- Les Gets
- Megève

ISÈRE (38)

- L'Alpe d'Huez
- Oz 3300
- Villard-de-Lans

ARIÈGE (09)

- Guzet Neige

HAUTES-ALPES (05)

- Les Orres-Crévoux
- Orcières Merlette
- Puy-Saint-Vincent
- Risoul 1850
- SuperDévoluy
- Vars

About École du Ski Français

Since it was founded in 1945, École du Ski Français has been a major player in the French mountain sector. Pioneering and committed, **esf**'s “red jackets” have continued to evolve alongside new practices while preserving the unique **esf** spirit that has built its strength and reputation.

With the École Française de la Montagne, they embody the future of the profession and of mountain communities by diversifying the activities available to holidaymakers. **Present across five French mountain ranges, the 210 **esf** ski schools now bring together no fewer than 16,500 instructors**, who teach and share their technical expertise while promoting mountain culture, both in summer and winter.

esf

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ESF WINTER ACTIVITIES
FOR THE 2026-2027 SEASON

esf THE NEXT SKI SEASON STARTS HERE.



For 80 years, **esf has relied on a network of 210 ski schools across all of France's mountain ranges to help holidaymakers discover and enjoy the mountains.**

Following a 2025-2026 winter season that confirmed the continued enthusiasm for skiing and snow sports lessons, **esf** is pursuing its goal of making high-quality instruction accessible to everyone. **From the age of 3, beginners and experienced skiers alike can benefit from lessons tailored to their level and expectations.** New features for the coming season will be unveiled in a press kit at the end of the autumn.

At the heart of this network are **16,500 **esf** ski instructors**, instantly recognisable by their red uniforms. They pass on their expertise and in-depth knowledge of the local mountain environment. As key members of resort life, they also help their students understand how to enjoy the mountains responsibly and respect the natural environment.

WINTER ACTIVITIES FOR ALL AGES

AGES
3 TO 5



Club Piou-Piou

Designed as a **gentle introduction to snow and skiing**, Club Piou-Piou helps young children take their very first steps in the mountains. In a safe, specially designed environment that makes learning fun, children discover their equipment, gradually learn the basic techniques and experience their first glides on snow.

Club Piou-Piou Nordique

With lighter equipment and a free heel, Nordic skiing, also known as cross-country skiing, is particularly well suited to young children who want to become independent quickly. In a safe learning area, **young cross-country skiers discover the basics through games and fun activities**: gliding, turning, stopping using a snowplough technique and moving independently.

Club Piou-Piou Nordique is available at the following **esf** ski schools: L'Alpe d'Huez, Les Carroz Grand-Massif, Autrans, Ax, Chamrousse, Grand Bornand, La Bresse, Les Rousses, Les Saisies, Megève, Mijoux, Nevache, Peisey Nancroix and Villard-de-Lans.

AGES
6 TO 12

Children's Lessons

Through a **fun and progressive learning approach**, children discover the fundamentals of skiing: safety rules, controlling their movement and speed, as well as the technical skills involved in several snow sports, including alpine skiing, Nordic skiing and snowboarding.



RÊVE D'ÉTOILES

- OURSON
- FLOCON
- 1^{RE} ÉTOILE
- 2^E ÉTOILE
- 3^E ÉTOILE



TEAM ÉTOILES

- ÉTOILE DE BRONZE
- ÉTOILE D'ARGENT
- ÉTOILE D'OR

From Ourson to Étoile d'Or!

Every stage of learning deserves to be rewarded. To monitor each child's progress in alpine skiing, **esf** has developed a **step-by-step assessment programme based on the technical skills they acquire**. For the most accomplished young skiers, **Team Étoiles** takes them even further, towards a complete and varied approach to alpine skiing in all its forms.

MAKING THE MOUNTAINS ACCES- SIBLE TO EVERYONE

How lessons work

To meet everyone's individual needs, **esf** offers a variety of complementary lesson formats:

GROUP LESSONS

Enjoy a **friendly, relaxed atmosphere** alongside people of a similar age and ability level, whether beginner, intermediate or advanced.

PRIVATE LESSONS

Enjoy a **more personalised experience**, individually or in a small group with the people of your choice.

TRAINING COURSES

Refine your technique and improve your performance in a discipline you already practise, over the course of several days.

How to book?

To make things easier for holidaymakers, every **esf** ski school has its own online booking website, tailored to the activities and disciplines offered by its instructors.



The right attitude at altitude!

Whatever lesson format they choose, **esf** instructors are committed to **combining winter sports tuition with raising awareness of the importance of protecting the mountain environment**.

Through the **Culture Montagne** programme, **esf**'s "red jackets" encourage conversations about mountain life, biodiversity, the water cycle, mountain infrastructure, landscapes and waste. Using card games and large illustrated panels, these topics are naturally incorporated into lessons. It is another opportunity for instructors to go even further in sharing their knowledge and passion for the mountains.



More information:
esf.net/a-propos/culture-montagne/

FROM
AGE 13

Learning every discipline

Because it is never too late to discover the thrill of snow sports, teenagers and adults of all abilities **can try a wide range of winter activities**: alpine skiing, snowboarding, nordic skiing, freestyle, freeride, ski touring, snowshoeing and adaptive skiing.

Race your way to the podium!

For those with a passion for competition, **esf** offers a **wide range of timed tests**: Flèche, Chamois, Fusée, Record, Skiercross and Saut. On technical courses that demand both speed and precision, everyone has the opportunity to test themselves against the best and aim for a medal.

