



Q On my first visit to the beach last summer I looked like a burnt matchstick. Any late season advice on minimising the comedy tan effects?

A Ah yes, that dark golden t-shirt tan on top of white pasty body below. An effect known to induce uncontrollable laughter in unsuspecting partners, gym members or beach users. There are two methods of overcoming the comedy tan;

a) Take a bottle of fake tan and apply liberally before making an appearance only wearing swimming trunks. Problems include the 'you've been tango'd' look, very popular in the 90's with Gloria Hunniford and Christina Aguilera, but not so fierce now. Remember when applying fake tan not to miss any bits, and whatever you do don't buy the variety that washes off as you could be restored to matchstick looks very quickly after the first dip.

b) Wear a wetsuit with a turtleneck thereby revealing only the areas which are suitably browned. The disadvantages of this involve the questionable suitability of wearing a wetsuit to beach resorts such as Ayia Napa in August, but perhaps achievable blending in could be done on Brighton beach when windsurfing.

An alternative solution would be to just let them laugh – you're the one who's had the best winter!

Q I'm going to Austria for the summer and I have this awesome mountain bike, which I would love to take with me, but can I get it there?

A It is definitely worth taking your bike, although it is a pain and will involve some difficult manoeuvres in the airport once you get the box onto the trolley. Each carrier – whether airline, bus or railroad – will have specific rules, but most specify that bicycles must be boxed and shipped as baggage, with each charging amounts varying from zero to £20.

As far as packing your bike goes, many airlines will sell you a box at the terminal for about £15. Check a couple of

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Help! I'm going to Chamonix for the summer and I don't think you can snowboard there. What on earth can I do for entertainment and do I HAVE to wear Speedo style shorts to the pool?

Yes I am afraid that it's true – the wearing of Speedo style shorts is an essential part of the public swimming pool experience in France. To avoid the trunks of tightness, there is a wide variety of other summer sports that you can choose from.

Popular options are cycling, including both cross-country and the downhill variety for adrenalin junkies. Also a stunning way to spend your time in the mountains is hiking, which doesn't have to be 'mountaineering', simply walking at any level from 300m right up to 4807m, if you fancy a shot at Mont Blanc.

Speaking of heights, if you have a head for them, you could try paragliding or canyoning. The latter involves lots of water and jumping off waterfalls into natural pools. White water rafting or hydro-speeding (body boarding on the river) are also both options.

days before that there are boxes in stock. Using the carrier's bike box ensures that the carrier cannot claim that your box was too weak for holding a bicycle. However, a cheaper alternative is to visit your local bike shop and ask if you can have an unused box – most bikes shops have stacks of them out the back!

Once you have your box you'll need to turn the handlebars so they are in line with the frame and remove the pedals. Deflate the tyres as they can explode in the air and you may want to remove the front wheel. Don't forget to take your tools with you as well!

Q Help! Am I too cool for my friends? I've done my winter in Meribel and my steeze is now well book. Should I still hang out with my low-altitude mates?

A So you're totally stoked with your new crew are you? Well consider this, maybe your old 'friends' aren't entirely thrilled with the new you?

You left as someone who they knew and loved and could probably relate to and what do they get in return? A goggle-tanned dude with crazy hair, and drinking power beyond the comprehension of the average human with just two days off at the weekends.

Sad but true, when you return from your first season, all your friends from home are dying to hear your mad stories from resort, stories that make them laugh and cringe all at the same time and they all want to listen to your adventures and share your excitement. Hell, they may have even visited you on a cheap holiday and laid on the floor and listened to you horizontally tango with someone.

But, after the second, third and fourth season, your friends who have been watching you slowly morph into a slightly less well-honed version of your former self, may well end up losing interest in your tales.

At which point you have to decide if it is them or the snow? Well, before you rush into this one, remember that the snow one day will melt away, but true friends will be there forever.

Q Have you got any tips for the interview?

A If the company has sent you information prior to the interview make sure you read this thoroughly beforehand. They may ask you to bring various pieces of paper-work, and perhaps prepare a presentation. If you are asked to do this, make sure you put some effort in.

Check out where the interview is. Make sure you allow plenty of time to get there. If you are running late, due to completely unavoidable circumstances, call to let them know.

Don't fear wearing a suit. The ski industry is all about customer service and about your appearance to the customer. If you turn up wearing a suit, it will put you ahead straight away.

Do some research on the company. You should know which countries and resorts they cover and what services they offer. Do some research on the job you are applying for. What are the key skills they will be looking for?

Have some questions prepared to ask them. These could be as simple as where will my accommodation be? Where will the training course be? Will I receive an end of season bonus?

Help me I'm still confused!

If you find that you still don't know what to do, or if you have any questions about working a ski season please email jo@natives.co.uk

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