

LIVE THE DREAM

...EXPERIENCE AN EPIC CANADIAN SEASON; WORKING, LIVING AND PLAYING IN BANFF.

October is busy in Banff as enthusiastic, young and snow hungry skiers and boarders arrive from all over the world to settle in for a great winter. Imagine, 7 months (that's 200+ days) on the best snow in the world, in picturesque Banff for a true Canadian season...

Such a winter blast in Canada requires advance planning. Those from the UK 18-35 years of age interested in working a season need to apply early for a work visa, as they go quickly.


Beyond the great skiing and boarding, working abroad is a great experience. It proves you have initiative, and are an adventurous, outgoing and an organized person!

If you crave the mountains, you will find it in Banff. There are many more opportunities in Canada for on-mountain operational jobs than in

Europe (which usually offers chalet focused positions). With two days off work each week, and often time off during the day to sneak in the odd ride break, there is loads of time for skiing and riding.

Gap Year Canada coordinates all the little things that will make your winter in Banff a success: jobs, chalets, and help with visas.

Your job is to coordinate all the important stuff: which mountain to shred, which pub or club to hit at the end of the day and how to maximize your Banff experience.

Get ready for an authentic season in the pure Canadian Rockies, with real snow, real space, and an amazing group of people. 

 Live the dream at www.GapYearCanada.com.



a bit on the side

MOST CHALET COMPANIES WILL REQUEST THAT YOUR MAIN COURSE IS SERVED WITH A CARBOHYDRATE AND TWO VEGETABLES. THERE ARE LOTS OF OPTIONS BUT YOU WILL BE RESTRICTED BY AVAILABILITY IN THE SUPERMARKET. IT IS WORTH MAKING AN EFFORT AND NOT JUST SERVING PLAIN VEG.

Dauphinoise Potatoes

INGREDIENTS

(Serves 6)
1 kg/2lb 4oz baking potatoes, peeled and placed in a bowl of cold water to prevent them from browning (use floury potatoes such as Russet, King Edward, Maris Piper or Desiree)
3-4 cloves garlic
500ml/17 1/2fl oz double cream (you may need a bit extra)
salt and freshly ground black pepper
You will need a large gratin dish

METHOD

Preheat the oven to 160C/320F/Gas 2. Slice the potatoes into thin slices, about 2mm-3mm/0.13in thick. Place the slices into a bowl as you cut them. Trim the ends off the garlic cloves but don't peel. Grate the cloves on a grater. The flesh will go through the fine holes and the skins will be left behind. Scrape the grated garlic flesh into the bowl with the potatoes.

Season the potatoes, to taste, with salt and freshly ground black pepper and mix well.

Pour the cream over the potatoes and mix well again.

Place the potato slices into the gratin dish. They should come to just

below the top of the dish. Press the potato down with the back of a spoon or your hands so it forms a solid layer. The cream should come to just below the top layer of potato (top up with more double cream if necessary).

Place the potatoes in the oven and bake for 45-60 minutes, then check it. If the cream looks like it's splitting, your oven is too hot, so turn it down a bit. When cooked, the gratin should be golden on top and the potatoes tender. If necessary, give it another 15-20 minutes.

Glazed Baby Carrots

INGREDIENTS

(serves 4)
1/2 oz/15 g brown sugar
18oz/450g baby carrots or 9oz/225g normal carrots
10z/25g butter
Salt and Black pepper
Finely chopped parsley

METHOD

Scrub and top and tail the baby carrots if using. For larger carrots peel and cut them into batons. Place the carrots in a saucepan with the butter, sugar, salt and black pepper. Add enough cold water to almost cover the carrots.

Cook quickly until all the water has evaporated and carrots are just tender

and lightly coated in butter. Place in a hot serving dish, sprinkle with the parsley and serve at once.

Sautéed French Beans


INGREDIENTS

(serves 10)
1kg French beans
2 cloves garlic, finely chopped
2-3 tsp fresh chopped parsley
1 medium size onion, chopped
Salt and Pepper
2oz/50g butter
2 tbsp vegetable oil

METHOD

If you are using fresh beans top and tail them, then boil in salted water to half cooked consistency. If you are using frozen beans, thaw them, but do not boil them first.

In a very large frying pan or wok, fry the onion gently until slightly soft. Add the beans, garlic, salt and pepper and fry on medium heat for about 15-20 minutes, stirring frequently, until the beans are soft and browning on the outside. Add most of the chopped parsley and fry for a further 1-minute.

Transfer to a warm serving dish and sprinkle remaining parsley over the beans. 

BOOK NOW FOR 08/09 SEASON!