

ADULTS  
2024



## SPORT & OUTDOOR PROGRAM

“ Learn French and stay in shape through a combination of dynamic sports training sessions with a French coach.  
An exclusive program including French classes, sport & outdoor activities and accommodation on the Côte d'Azur! ”

### FRENCH COURSE

20 morning lessons  
From Monday to Friday

+

### ACTIVITY PROGRAM

4 afternoons of sport & outdoor activities  
Between Monday and Friday

+

### ACCOMMODATION

Centrally located studios,  
Very close to the beaches



1 week minimum - 8 sessions per year

FROM **809€** / WEEK



## FRENCH LANGUAGE AND LEISURE PACKAGE FOR ADULTS



### PROGRAM COACH

A dedicated coach throughout your stay!

- A very personalized approach, the first meeting will allow you to discuss with the coach your individual goals and athletic abilities.
- The coach will monitor your progress and help you achieve your fitness goals while creating a friendly atmosphere.
- Finally, you will be able to work on your language skills outside the classroom by communicating in French with the coach and the group in a dynamic social setting.



### TYPES OF ACTIVITES

Workouts for all levels and abilities, each designed to challenge and inspire you!

- Tailored and customisable to allow you to go at the pace that suits you.
- A diverse programme including cross-training, outdoor jogging, trail running, orienteering, Nordic walking.

### WHY PARTICIPATE IN OUR PROGRAM

- Join a unique **French language and leisure package** in Antibes, the ultimate place to **improve your physical and mental well-being**.
- Meet individuals with a **shared interest** in well-being and fitness in an **international community**.
- All participants will be **accommodated in a calm residential area of Antibes** within a **walking distance to the lively town centres and beaches** of Antibes & Juan les Pins.





**SAMPLE OF SCHEDULE 4 activities per week**

**WEEK 1**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WELCOME EVENING AT THE RESIDENCE	French standard courses					FREE TIME (or departure)
	Break and lunch *					
	MEET & GREET + WALK IN CAP D'ANTIBES	CROSS TRAINING	RECUPERATION DAY	ANTIBES-NICE BIKE RIDE	ORIENTEERING CHALLENGE FOREST PARK	

**WEEK 2**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WELCOME EVENING AT THE RESIDENCE	French standard courses					FREE TIME (or departure)
	Break and lunch *					
	MEET & GREET + CROSS TRAINING	CYCLING FOREST PARK	RECUPERATION DAY	TRAIL RUNNING	NORDIC WALKING	

**NOTES**

- \* The meals are not included in this program.
- This timetable is given as a reference showing a sample of activity program, it may be subject to change due to operational reasons or according to weather forecast.





## FRENCH COURSE

### STANDARD COURSE

Lessons are taught through an interactive teaching method developed by the Centre International Antibes. Students will take part in a host of interactive and didactic activities in speaking and writing. With the use of various teaching aids students will actively participate in dynamic exercises involving real life situations and role-playing.

### CLASS STRUCTURE

- 20 lessons of 45 minutes per week
- From Monday to Friday
- From 9:00 a.m. to 12:20 p.m. (15-20 min break)
- 12 students maximum in a class

### WHERE DO CLASSES TAKE PLACE?

Lessons take place at the **Chateau School** or at the **Port School**.



## NOTES

- Special arrival dates apply for absolute beginners: 31.03 - 15.09 - 03.11





## ACCOMMODATION

Students are accommodated in our comfortable in our Residence Aragon\*.

Our ideally situated residence offers recently renovated studios in an inviting and friendly atmosphere. The private modern en suite bathrooms and fully equipped kitchenette will provide additional comfort during your stay as it will make you feel just like at home.

### HIGHLIGHTS

#### ■ RESIDENCE ARAGON

Located in a quiet area between Antibes and Juan-les-Pins :

- **10 minute walking distance** from the beaches and the center of Juan-les-Pins and Antibes.
- **On site** : lounge area and large terrace.
- **Accommodation in studios** with private bathroom, air-conditioning and kitchenette.

## NOTES

- Bed sheets are provided.
- **Towels are not provided.**
- \* According to availability, we can also offer a studio in our **residence Castel Arabel.**

## DESTINATION: ANTIBES



With 300 days of sunshine throughout the year and 25 kilometers of sandy beaches, Antibes is an exceptional destination on the French Riviera, between Cannes and Nice.

Learning French in Antibes allows you to enjoy the sunshine, the sea, and also to discover numerous picturesque attractions of the region.



## DATES &amp; PRICES 2024

Arrival Sunday → Departure Saturday

Dates	18/02 - 24/02	25/02 - 02/03	24/03 - 30/03	31/03 - 06/04	15/09 - 21/09	22/09 - 28/09	27/10 - 02/11	03/11 - 09/11
<b>PACKAGE (price / week / student)</b>								
In single studio	949 €	949 €	949 €	1089 €	1089 €	1089 €	949 €	949 €
In double studio (shared)	809 €	809 €	809 €	879 €	879 €	879 €	809 €	809 €
<b>ADDITIONAL SERVICES (price / week / student)</b>								
Transfer from/to Antibes railway station during the weekend (one way)	15 €							
Transfers from/to Nice airport during the weekend (one way)	60 €							
Supplement for guest in room (client does not participate in the package program)	100 €							

**NOTES**

No lessons are held on French national holidays.

Public holidays : 01.11

Lessons are neither refunded nor replaced but the missed activity/excursion is moved to an available afternoon.



# MAP OF THE CITY

## ANTIBES



FOR A DISTANCE ESTIMATE, PLEASE VISIT: <http://maps.google.fr/>

