



WEEKLY ACTIVITY PROGRAM

1 HALF DAY "ADRENALINE" ACTIVITY

Laser Quest: Exiting infrared pursuit indoor game where several players compete, individually or as a team, to score a maximum of points.

OR

Jump XL: 1400m² indoor multi-activity park: Trampoline, Foam pool for crazy jumps, Dodgeball field, a 3m high Jump Tower, Ninja course and many other play and Fun zones!

OR

Tree Top Climbing: An afternoon in one adventure park located in Villeneuve-Loubet or Grasse. Teens will challenge themselves and enjoy a wide variety of elements, such as rope climbing exercises, obstacle courses and zip-lines.

1 HALF DAY "FUN" ACTIVITY

Private beach: Students will spend one afternoon at a private beach, where they can relax on a deckchair, topping up their tan and sipping a cold drink.

OR

Snorkeling: Equipped with palms, mask and snorkel, teens will enjoy discovering the Mediterranean treasures and take a nice swim then tan on the boat.

OR

Seaside: A sailing session of 1h30 accompanied by an instructor from the FFV (French Sailing Federation) or Stand Up Paddle Board or Kayak

1 FULL DAY "DISCOVERY" ACTIVITY on Saturday to discover the region

Monaco: The Principality of Monaco is a city of luxury and beauty which has many specific characteristics and it is specially known for its Casino. The tour lasts around 1 hour and includes the visit of the royal palaces, the cathedral, the Gardens and the Casino.

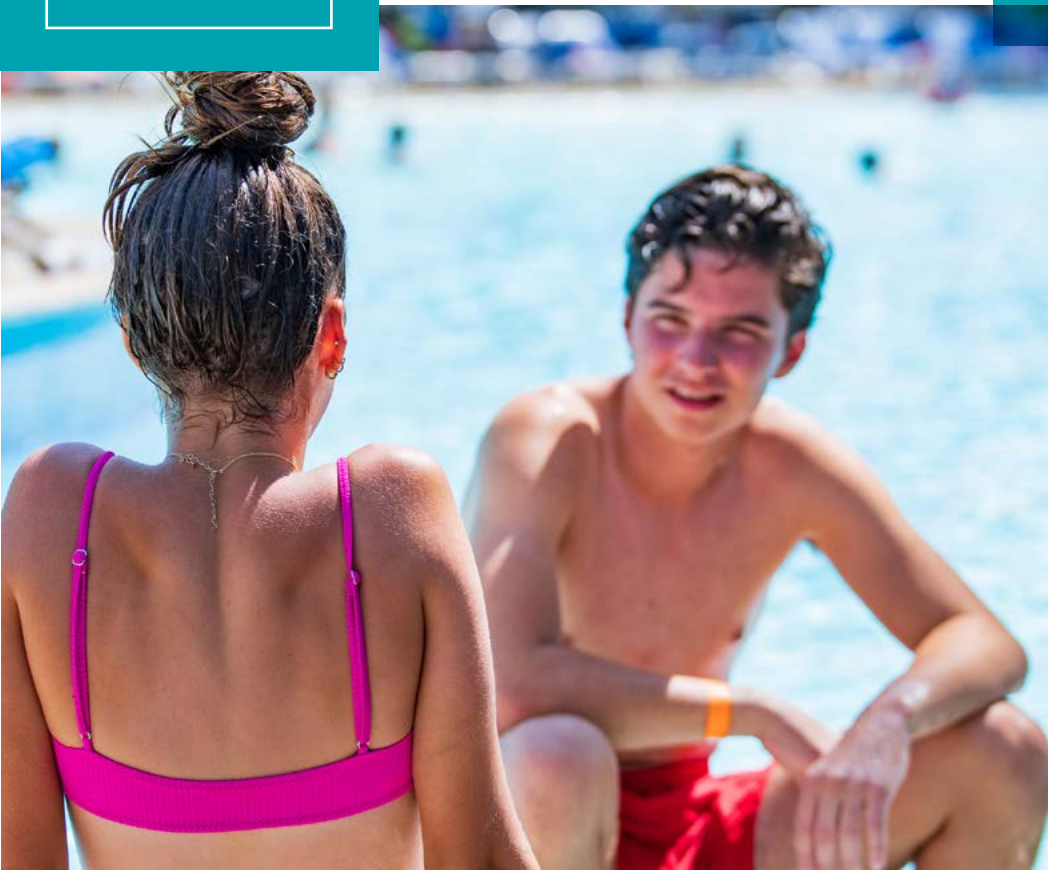
OR

Nice: The capital of the French Riviera, both elegant and simple, Nice's charm comes from its exceptional climate as well as its beauty. The tour lasts around 1 hour and includes the visit of the "the old town" and the castle tower.

OR

Aquasplash: The largest water park on the French Riviera with numerous pools. Students have the whole day to enjoy this aquatic park (11 am to 5 pm).





1 SPORT AFTERNOON:

















Our monitors organize different sports like football tournaments, beach volley, footing, aqua gym, Ping-Pong, basketball, sport themed activities.





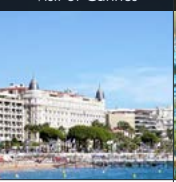
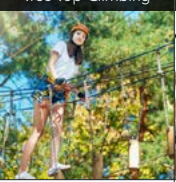


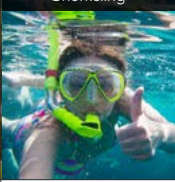






WEEKLY EVENING ENTERTAINMENTS:

- **1 barbecue party** on Monday then activities on site or free time (in/out campus)
- **1 evening Cinema + funky fast-food restaurant**
- **1 farewell evening** on the beach on Friday (Pizza party & Games)
- **Other evenings** : themed meal, disco party, games, cabarets, shows, etc.

IMPORTANT NOTES

- **All our activities (except evening entertainments) are mandatory.**
- After each excursion students have some **free time** to enjoy the place by themselves.
- According to the school activities' schedule the **full day excursion** may be organized on **Sunday**. The free day takes place then on Saturday.
- **This is a sample of activity program, it might subject to change** due to operational reasons or according to weather conditions.

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|-------------------------------|---|---|--|--|---|--|---|--|
| 7.30 am | Wake-up | | | | | | | |
| 8.00 am | Breakfast | | | | | | | |
| 9.00 am - 12.00 pm |  Arrivals: Welcome on board! For new arrivals Sports and activities on campus | French tests for new arrivals on Mondays Standard course  | | | Autonomy workshop  | | Visit of Monaco or Nice  | |
| 1.00pm | | Lunch | | | | | | |
| 2.00pm - 5.00pm | | Visit of Cannes  | Sailing  | Free time or workshop  | Sports Games  | Private beach  |  | |
| 6.00pm |  Free Time |  Cinema and McDonald's |  Free Time |  Free Time |  Farewell Pizza Party on Beach |  Free Time | | |
| 7.00pm | Dinner | | | | | | | |
| Going Out Permission (Curfew) | 7.30 pm | 10.00 pm | 10.00 pm | 10.00 pm | 10.00 pm | 1.00 am | 1.00 am | |

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
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| 7.30 am | Wake-up | | | | | | | |
| 8.00 am | Breakfast | | | | | | | |
| 9.00 am - 12.00 pm | Free day  Sports and activities on campus | French tests for new arrivals on Mondays Standard course  | | | Autonomy workshop  | | Departure See you next year!  | |
| 1.00pm | | Lunch | | | | | | |
| 2.00pm - 5.00pm | | Visit of Cannes  | Tree Top Climbing  | Free time or workshop  | Sports Games  | Snorkeling  |  | |
| 6.00pm |  Free Time |  Cinema and McDonald's |  Free Time |  Free Time |  Farewell Pizza Party on Beach |  Free Time | | |
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