

**Les ateliers** offer a variety of activities to complete your French learning.

In addition to general French lessons, discover French culture with its fashion, gastronomy, arts...

All our activities are open all year long (unless specified) from levels A2 to B2.

## +FASHION

This activity will allow you to improve your French and enjoy the services of a personal shopper, attend a make-up class in the famous luxury boutique, discover 10 of the most prestigious perfume houses and/or create your own perfume!

- 2 Fashion & Style workshops / week among the following 4 workshops:
  - **Personal Shopper - 3h** : The stylist leads you to the finest addresses of Paris. Concept-stores, vintage shops or emerging designers, this experience offers you an immersion in the fashion scene so specific to Paris.
  - **Makeup - 1h** : The make-up course takes place in a very famous organic cosmetics shop a few steps from the Marais district. After the advice of the make-up artist, you reproduce the make-up on the other half of your face.
  - **Perfumer Tour - 3h** : Discover the most beautiful French perfume houses of Paris! Three courses among the most beautiful districts of the capital: Saint Germain des Pres, Le Marais or Saint Honoré. Discover the fascinating world of perfume houses, their know-how and their history.
  - **Perfume Creation - 1h30** : Creation of a unique and original perfume with the help of an expert called "Nez", while using the sensory memory. You leave with your creation, in a real bottle of 30ml.



**360 € / week**

**2 weeks maximum**

## +COOKING

This activity will allow you to improve your French and learn the secrets of French cuisine with a real chef!

You will discover new flavors and recipes, while practicing the French language in a relaxed atmosphere, which facilitates oral communication.

- 2 sessions of 2 or 3 hours each/ week

The cooking or baking workshops are provided by a long-time partner. They are organized according to your French classes and can take place in the morning, afternoon, evening (until 10.30pm) or on weekends. The schedule will be sent at the latest two weeks before the cooking lessons (be careful: the schedule of the cooking workshops is likely to be modified by our partner).



**290 € / week**

**4 weeks maximum**

## +LIFE IN PARIS

Discover Paris differently!

Thanks to this activity, you will explore the city with a person from Paris who will share with you their anecdotes that will mark your stay.

- A weekly transport pass
- A meeting with a people from Paris to visit an unusual place of the city
- A tasting of French specialties accompanied by a native representative of the city



**110 € / week**

**2 weeks maximum**

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## +MUSEUMS

Art is everywhere in the capital where the cultural offer is so rich. Immerse yourself in it during your stay.

This activity will give you access to more than 50 monuments and museums in Paris and its region, such as the Louvre Museum, the Pompidou Center, the Quai Branly Museum, the Orsay Museum, the Picasso Museum, the Rodin Museum, the Palace of Versailles, the Palace of Fontainebleau, etc.

- An access for 6 days to around fifty monuments and museums in Paris and the Paris region
- A visit accompanied by a representative of our school



**130 € / week**

**1 week maximum**

## +CINEMA

Follow the journey of the most Parisian of Americans, known thanks to this flagship series on Netflix "**Emily in Paris**": take part in two fashion workshops and set off to discover the emblematic places and the most chic places in the City of Lights you can see in the series.

- A tour of Emily's most beautiful places in Paris with a representative from our Paris school
- 2 fashion workshops



**390 € / week**

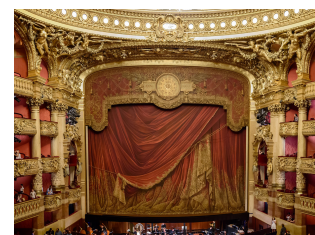
**1 week maximum**

## +CULTURAL EXPERIENCE

With this activity rich in events, you will taste the cultural effervescence of the city and its shows.

In the French capital, there are more than 130 theaters and 300 plays performed every week, 88 cinemas and 420 screens, 3 operas, an incalculable number of shows as varied as possible... In short, there will necessarily be one that you will like!

- A prestigious show (opera, ballet, concert, musical, etc.)
- Admission to the theater
- Entrance to a museum, an exhibition or a visit to an unusual place with a representative of our school



**250 € / week**

**1 week maximum**

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## +CARNIVAL

The Nice carnival is the biggest carnival in France, and one of the most famous in the world with the carnivals of Rio and Venice.

Come take part in one of the most popular festivals in the world, with parades, battles of flowers, and good atmosphere... A tradition of more than 800 years!

- A stroll in Nice and its surroundings accompanied by a representative of our school
- A participation in the celebration of the Carnival of Nice with Corso and Bataille des Fleurs

*Activities can be spread over 2 weeks.*



**80 € / week**

**1 week maximum**

From 17/02 to 03/03/24

## +FESTIVAL DE CANNES

For lovers of the 7th art, this international film festival is the most important in the world, known for its glamorous side, its climbing of the steps and the parade of the greatest international artists.

It takes place every year in Cannes, a city neighboring Nice, where many events open to the public take place alongside the festival.

- A stroll in Nice and its surroundings accompanied by a representative of our school
- A cinema ticket for a film of your choice
- A ticket for an open-air film in Cannes
- Return Nice-Cannes train ticket offered



**110 € / week**

**1 week maximum**

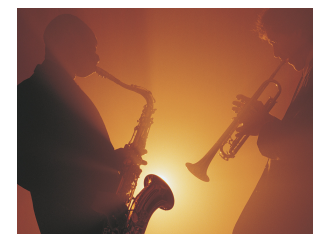
From 14/05 to 25/05/24

## +JAZZ FESTIVAL

Music lovers and more particularly jazz lovers, you will be delighted by participating in this event which brings together artists from all musical currents from Neneh Cherry, to Ibrahim Maalouf or even Angèle, Black Eyed Peas, but also Earth Wind and Fire, Ben Harper... There will be something for everyone.

You will also have the privilege of being accompanied by a representative of our school who is also a musician. During this week punctuated by jazz, you can practice your French and enjoy a 76-year-old Jazz festival! and you will thus combine the pleasure of speaking French with a passion for music.

- A stroll in Nice and its surroundings accompanied by a representative of our school
- An access pass to the Jazz Festival during 5 days accompanied by a representative of our school



**250 € / week**

**1 week maximum**

July 2024

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You will discover new flavors and recipes, while practicing the French language in a relaxed atmosphere, which facilitates oral communication.

- 2 sessions of 2 or 3 hours each/ week

The cooking or baking workshops are provided by a long-time partner. They are organized according to your French classes and can take place in the morning, afternoon, evening (until 10.30pm) or on weekends. The schedule will be sent at the latest two weeks before the cooking lessons (be careful: the schedule of the cooking workshops is likely to be modified by our partner).



**282 € / week**

**4 weeks maximum**

Closing dates :

From 06/11 to 11/11/23

From 11/03 to 16/03/24

& From 05/08 to 31/08/24

## +LIFE IN NICE

Discover Nice differently!

Thanks to this activity, you will explore the city with a person from Nice who will share with you their anecdotes that will mark your stay.

- A weekly transport pass
- A meeting with a people from Nice to visit an unusual place of the city
- A tasting of French specialties accompanied by a native representative of the city



**110 € / week**

**2 weeks maximum**

## +TENNIS

Passionate about tennis? This activity accessible to all allows students to combine sport and learning the French language while exploring Nice and its surroundings. Perfect your serve, your forehand or your backhand on clay in the sunny setting of the French Riviera!

- 3 tennis lessons of 1h per week on clay courts. Time and day of the sessions will be given with the class schedule or on the first day of class.
  - Development of the technique and tactical skills through various exercises and games, in a superb setting
  - Qualified and experienced instructors
  - Lessons in French in small groups to suit each individual learning profile
  - Equipment included and provided by the tennis club (except the shoes: bring smooth soled tennis shoes)
  - The tennis court is situated in a small village nearby Nice. Public transportation is not included in the price



**226 € / week**

**4 weeks maximum**

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## +DIVING

This activity, accessible to all, allows you to combine learning the French language and discovering the seabed of the Mediterranean Sea! Dive with us!

- 4 diving sessions of 3h each + log book. Time and day of the sessions will be given with the class schedule or on the first day of class.
  - A wide range of renowned diving sites full of surprises
  - Fully qualified and experienced instructors
  - Diving is in small groups so the pace of learning is adapted to individual requirements
  - The sessions are held in French and are adapted to the level of participants
  - Option to acquire a diving certificate
  - Equipment provided by the diving club



**300 € / week**

**4 weeks maximum**

From 22/04 to 25/10/24

## +PADEL

Discover the new trendy sport in France and practice your French. Padel, a mix of tennis and squash, is a fun, easy and friendly activity. Ideal for getting into sport or resuming physical activity, but also meeting French people and making new friends within the club.

- 2 padel lessons of 1h per week. Time and day of the sessions will be given with the class schedule or on the first day of class.
  - Padel lessons take place in Nice, in one of the many city's padel courts
  - French padel lessons adapted to the levels and needs of the participants
  - Qualified and experienced instructors
  - Private lessons where your pace of progress is respected
  - Equipment included and provided by the padel club (except shoes: provide shoes suitable for padel practice)



**180 € / week**

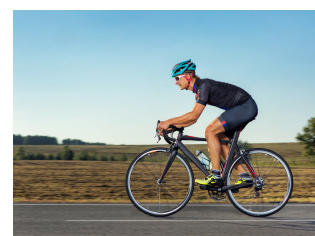
**4 weeks maximum**

## +ROAD BIKING

Between sea and mountains, the French Riviera enjoys an ideal natural environment for amateur cyclists as well as for professionals.

Combine French lessons with cycling routes by the sea or on mythical passes in the Southern Alps and meet local cyclists over a drink, accompanied by a representative of the school.

- The list of itineraries of the most beautiful bike routes by the sea or on mythical passes in the Southern Alps
- Meetings with local cyclists over a drink
- Rental of all equipment for 2 days (bike, helmet, shoes)
- The possibility of renting bicycles for additional days (100 € / day)



**229 € / week**

**4 weeks maximum**



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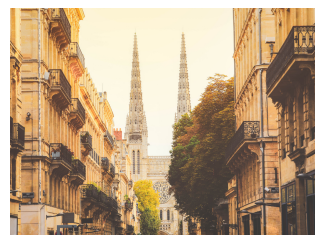
All our activities are open all year long (unless specified) from levels A2 to B2.

## +LIFE IN BORDEAUX

Discover Bordeaux differently!

Thanks to this activity, you will explore the city with a person from Bordeaux who will share with you their anecdotes that will mark your stay.

- A weekly transport pass
- A meeting with a people from Bordeaux to visit an unusual place of the city
- A tasting of Bordeaux specialties accompanied by a native representative of the city



**110 € / week**

**2 weeks maximum**

## +MUSEUMS

If the Bordeaux region is known for its wines, the city is just as famous for its culture and its museums.

This activity will give you access to the unmissable Cité Du Vin but also to about fifteen other museums and monuments which will allow you to better discover the history of the city and the region, such as the museum of contemporary art, Musée d'Aquitaine, museum of decorative fine arts, Bassins de lumières...

- An access for 3 days to La Cité du Vin, Les Bassins des Lumières, 15 museums and monuments
- A visit accompanied by a representative of the school



**110 € / week**

**1 week maximum**

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## +CULTURE, WINE AND GASTRONOMY

This activity is for you if you want to discover Bordeaux and its history, while tasting the region's specialities and wines, accompanied by a representative of our school.

Take part in our gourmet discovery sessions and explore several specialties and French know-how!

- 4 afternoon sessions\* including :
  - **1 gourmet walking tour**: Visit of an historical district of Bordeaux to discover some architectural jewels. Meeting and tasting of local specialties.
  - **1 cultural discovery afternoon around Bordeaux** : Discovery of Bordeaux heritage and cultural life : museum visits, exhibition, unusual sites.
  - **1 pastry workshop**: Pastry class and tasting of French specialties such as macarons, canelés, dunes blanches, tartes au citron, etc...
  - **1 discovery excursion to the vineyards** : Visit of Bordeaux wine properties and wine tastings.

*\*afternoon activities are scheduled according to availability.*



**350 € / week**

**2 weeks maximum**

Starting dates :

04/03 - 01/04 - 03/06 -

01/07 - 05/08 - 02/09 - 04/11

## +WINE FESTIVAL

If the words Médoc, Saint-Émilion, Merlot or Sauvignon make you shiver with pleasure, this activity is made for you!

On the occasion of the Wine Festival, we offer you an immersion and discovery of this exceptional French and world-renowned product, accompanied by a representative of our school.

- A visit to a vineyard accompanied by a representative of our school
- An entry pass for three days at the "**Bordeaux fête le Vin**" Festival including a local event rich in tastings, experiences and meetings with wine merchants, restaurants and local producers, concerts and a magnificent fireworks display on the quays of the Place des Quinconces



**80 € / week**

**1 week maximum**

From 27/06 to 30/06/24

## +WINE AND TERROIR

If the words Médoc, Saint-Émilion, Merlot or Sauvignon make you shiver with pleasure, this activity is also made for you!

Bordeaux is quite simply the leading wine region in the world with 118,000 ha of vines, bordering the Atlantic. It produces half of all the great French wines. Indeed the French vineyard produces 3240 different wines for 1313 different denominations (46 only in the Bordeaux Region) in 80 departments and 16 major vineyards.

Our school takes you to discover some of the greatest wine estates in France.

- 2 guided tours of the great Haut-Médoc and Saint-Émilion wine estates
- A tasting at the Cité du Vin



**250 € / week**

**2 weeks maximum**

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## +LIFE IN BIARRITZ

Discover Biarritz differently!

Thanks to this activity, you will explore the city with a person from Biarritz who will share with you their anecdotes that will mark your stay.

- A weekly transport pass
- A meeting with a people from Biarritz to visit an unusual place of the city
- A tasting of Basque specialties accompanied by a native representative of the city



**110 € / week**

**2 weeks maximum**

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## +BAYONNE FESTIVALS

Take part in the most festive and popular gathering in the region and you will taste local traditions, music, songs and food.

- A three-day pass for the Bayonne Festivals
- A weekly transport pass



**50 € / week**

**1 week maximum**

From 10/07 to 14/07/24





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## +SURF

This activity is accessible to all and allows you to improve your French and to learn the practice of surfing. Open and cosmopolitan, Biarritz is a prime surfing destination and one of France's most welcoming towns. Surf lessons take place on the famous Marbella beach, located a 15-minute walking distance from the school.

Ideal for thrill seekers who will discover a city that lives to the rhythm of the ocean, this program also offers you an meeting with local surfers, accompanied by a representative of our school.

- 5 sessions of 1h30 / week during the afternoon - Exact times vary according to tides.
  - Fully-qualified instructors of our partner surf school
  - Small groups of 8 students
  - The sessions are held in French and are adapted to the level and requirements of participants
  - All material provided by the surf school (wetsuits and boards)



**215 € / week**

**4 weeks maximum**

From 01/04 to 25/10/24

## +GOLF

With this activity, you will improve your swing and practice French while enjoying the sublime landscapes of the Basque coast.

Located by the sea, the International Training Center at Ilbarritz Golf is a unique complex in Europe for the beauty of its site and its technical level. The courses are conducted in French and adapt to the needs of participants. You will move on a 9-hole course + a circular practice on 7 hectares of greenery, 13 different workshops, 2 putting greens, 1 pitching green and 2 chipping greens.

- 5 lessons of 2 hours / week during the afternoon.

Golf lessons are held at the International Training Center at Golf Ilbarritz. You are supervised by a professional team. Golf lessons are held in small groups where everyone's pace of progress is respected

The equipment is provided by the golf center.



**560 € / week**

**4 weeks maximum**

From 25/03 to 25/10/24

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## +COOKING

This activity will allow you to improve your French and learn the secrets of French cuisine with a real chef!

You will discover new flavors and recipes, while practicing the French language in a relaxed atmosphere, which facilitates oral communication.

- 2 sessions of 2 or 3 hours each / week

The cooking or baking workshops are provided by a long-time partner. They are organized according to your French classes and can take place in the morning, afternoon, evening (until 10.30pm) or on weekends. The schedule will be sent at the latest two weeks before the cooking workshops (be careful: the schedule of the cooking workshops is likely to be modified by our partner).



**260 € / week**  
**4 weeks maximum**

## +LYON : BOCUSE'S LEGACY

Lyon is the unmissable city for gourmets, it has also held the title of World Capital of Gastronomy for nearly 90 years, thanks to some great French chefs such as Paul Bocuse.

With our activity, you will awaken your taste buds by visiting the famous Halles where you can taste local specialties but also exchange with producers who are passionate about their profession. You will be accompanied by a representative of our school with whom you will then have lunch in one of the city's famous restaurants called "bouchons".

- A visit to Halles Bocuse
- A meeting with producers and discovery of local specialties
- A lunch in a Lyonnais "bouchon" accompanied by a representative of our school



**220 € / week**  
**1 week maximum**

## +WINE AND TERROIR

As Léon Daudet says, "Lyon is a city watered by three great rivers: the Rhône, the Saône and the Beaujolais".

Lyon is surrounded by three great vineyards: Beaujolais, Coteaux du Lyonnais and Coteaux du Rhône, which is nothing but the second largest vineyard in France. Red wine, white or rosé wine, the region will not leave your palate indifferent.

The school takes you to discover some of the greatest wine estates in France.

- 3 oenology workshops per week (1h30 session). Examples:
  - **Workshop 1:** Introduction to tasting (4-5 bottles), educational and interactive discovery of wine
  - **Workshop 2:** Discovery of regional wines, workshop with historical context and anecdotes, pairing with local products
  - **Workshop 3:** Wine/cheese or Wine/chocolate theme



**200 € / week**  
**1 week maximum**

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## +LIFE IN LYON

Discover Lyon differently!

Thanks to this activity, you will explore the city with a person from Lyon who will share with you their anecdotes that will mark your stay.

- A weekly transport pass
- A meeting with a people from Lyon to visit an unusual place of the city
- A tasting of Lyon specialties accompanied by a native representative of the city



**110 € / week**

**2 weeks maximum**