





















ANTIBES ESSENTIAL ACTIVITY PROGRAM - HOST FAMILY

13-17 YEARS OLD

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.30am	Arrivals: Welcome on board! 	 Wake up					
8.00am		 Breakfast with host family					
9.00am - 12.00am		French tests for new arrivals on Mondays					Visit of Monaco 
		Standard course 					
1.00pm		 Lunch at campus					
2.00pm - 5.00pm	For new arrivals	Visit of Antibes 	Free afternoon 	Sailing afternoon 	Tree top adventure park 	Sports afternoon 	
6.00pm		 Volleyball	 Circus	 Dance	 Basketball	 Water games	
7.00pm	 Dinner with host family						
8.00pm - 10.00pm	Evening with the host family	Barbecue evening on campus	Evening with the host family	Evening with the host family	Evening with the host family	Disco evening on campus	Evening with the host family

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7.30am		 Wake up					
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9.00am - 12.00am		<p>French tests for new arrivals on Mondays</p> <p>Standard course</p> 					
1.00pm	 Lunch at campus						
2.00pm - 5.00pm	Free day	Free afternoon	Sailing	Free afternoon	Visit of Cannes	Kayak or paddle	
							
6.00pm		 Waiter's race	 Football tennis	 Zumba	 Sports tournament	 Dodgeball	
7.00pm	 Dinner with host family						
8.00pm - 10.00pm	Evening with the host family	Barbecue evening on campus	Evening with the host family	Evening with the host family	Evening with the host family	Disco evening on campus	