



**ALPADIA**  
LANGUAGE SCHOOLS  
by Kaplan International

# Leysin Summer Camp

• CENTRE GUIDE •

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<https://www.languagecourse.net/da/skole-alpadia-leysin>

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**Trustpilot** Fremragende 4.8/5



**1374** anmeldelser

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[www.alpadia.com](http://www.alpadia.com)

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## Typical facilities

- Alpine-style quadruple bedroom with balcony
- Desk, wardrobe, chair & lamp in rooms
- Private bathroom with hairdryer & toilet per room
- Common lounge & dining area
- Bedsheets are provided (**towels are not provided - the hotel may charge extra fees for a towel**)
- Spacious terrace with impressive mountain views
- Free WiFi in residence throughout the residence
- Game areas with arcades, table tennis & pool table
- Indoor swimming pool with spectacular views
- Garden with volleyball & pétanque

\* For safety reasons, bedroom doors don't lock

## Services

- **Pocket money**  
Camp managers keep student's money in a safe. Students can withdraw their money once daily.
- **Free daily room cleaning**
- **Paid laundry service at residence, once a week starting from the second week of camp.** Local cleaning service picks up laundry on Tuesday for a return on Thursday. Students should label all their clothes. To be paid with cash on-site. CHF 9.00 per kg

## Practical information

- Check-in Sunday - Reception at Hotel Central Residence From 14:00 – 16:30
- Check-out Saturday From 09:00 – 11:30
- Minimum stay one week
- Please note this camp teaches more than one language and is therefore «bilingual». Students will be immersed in the target course language within the classroom and immersed in the culture of the host nation. During camp and the activity programme, communication and instruction may be given in either of the target languages depending on the composition of students and staff

## Support, Attendance & Time Outside of Camp

- Alpadia provides support to students at camp, with staff on shift throughout the day and an emergency phone number available at all times.
- Students are required to attend all classes, afternoon activities, and excursions. They are also required to report for all meals.
- Whilst attendance in the evening activity is not mandatory, all students must report to staff at the beginning of the activity, are encouraged to participate, and must stay in camp if they do not attend.
- Students are required to stay within the boundaries of camp. However, parents can sign the parental consent form in order for students to leave the camp at specific time slots. Typically, these timeslots include after the afternoon activity until dinner, and Saturday mornings. In addition, parental consent grants unsupervised time on excursions if it is offered (please note some camps offer evening excursions).
- Students who do not have parental consent can join the Alpadia Lounge or have free time in camp after activities. They may also have the option to visit local shops under supervision. Students without parental consent will be accompanied at all times on excursions.
- For the avoidance of doubt, students are not allowed to leave the camp in the evening (unless on a pre-programmed excursion) or during the night.
- Please note that all students have free time inside camp, however staff members are available to offer support when needed.

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Enjoy Premium activities every week

| Premium + | Adrenalin*                                                                                                                                                                                                                                                                                                                                                         | Cooking                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Horse riding                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Tennis                                                                                                                                                                                                                                |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Preview   |                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                    |
| Programme | <ul style="list-style-type: none"><li>Tobogganing: Alpine coaster on the 3000m glacier of Diablerets – three descents</li><li>Dirt scoot: Students go up the hill with the ski lift and go down the mountain on a Dirt Scoot, on specially designed tracks</li><li>Mountain biking: A mountain bike tour around Leysin.</li></ul> <p>Same programme every week</p> | <ul style="list-style-type: none"><li>Preparation of local, typical French &amp; internationally well-known desserts and sweets: <i>macarons, Breton Far, chocolate mousse, gateau Basque, crêpes flambées, cupcakes, fruit pie, tiramisu, muffins, etc.</i></li><li>Making of sauces and salads</li><li>Short theoretical course about cooking: ingredients</li><li>Students will get the recipes to be able to reproduce the meals at home afterwards</li><li>3 weeks rolling programme</li></ul> | <ul style="list-style-type: none"><li>Lessons for beginners and experienced riders. Ride lessons in the riding arena (manège) and/or ride trips outside the riding centre depending on students' levels and weather.</li><li>The sessions include learning how to take care of the horses and prepare them properly</li><li>Please note this activity is part of the wider summer camp experience, offering a fun and accessible introduction to horse-riding—not a club-level session</li></ul> | <ul style="list-style-type: none"><li>Adapted to all levels</li><li>Four students per court and per teacher</li></ul>                                                                                                                 |
| Materials | <ul style="list-style-type: none"><li>Helmets, elbow and knee protection will be provided for the Dirt Scoot and mountain biking</li><li>Rentals from a professional bike shop</li><li>students should bring warm clothes for the tobogganing on the Glacier</li></ul>                                                                                             | <ul style="list-style-type: none"><li>All materials are supplied</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                          | <ul style="list-style-type: none"><li>The horse riding club will provide a helmet</li><li>Students should wear solid/ sports shoes, trousers and should bring a rain jacket</li></ul>                                                                                                                                                                                                                                                                                                            | <ul style="list-style-type: none"><li>All materials are supplied by the tennis club</li><li>Students can bring their own tennis racket</li><li>Students should bring sports clothes &amp; clean indoor sport / tennis shoes</li></ul> |
| Location  | <ul style="list-style-type: none"><li>Toboggan: On the glacier in Les Diablerets</li><li>Dirt Scoot: on specially designed tracks in Leysin</li><li>Mountain bike: Around the village of Leysin</li></ul>                                                                                                                                                          | <ul style="list-style-type: none"><li>In residence kitchen</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                | <ul style="list-style-type: none"><li>Horse riding club close to residence</li><li>A member of staff will accompany students on foot</li></ul>                                                                                                                                                                                                                                                                                                                                                   | <ul style="list-style-type: none"><li>Indoors at a local tennis centre, 5 minute walk away. Indoor carpet court floor</li></ul>                                                                                                       |

All timings include travel time to the location and preparation time.

\* Only available for students over 13 years old.

Staff members will walk or drive the students to the locations of their respective Premium+ activities.

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Below, you will find a breakdown of the *daily schedule per week*

| Week 1 - For age 8-12                                    |                                                                                |                                  |                          |                                  |                          |                   | 21.06-27.06.2026                           |
|----------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------|--------------------------|----------------------------------|--------------------------|-------------------|--------------------------------------------|
| SUNDAYMONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAYSATURDAY       |                                                                                |                                  |                          |                                  |                          |                   |                                            |
| Wake-up 7:00 / Breakfast 7:30                            |                                                                                |                                  |                          |                                  |                          |                   |                                            |
| 8:30 - 12:30                                             | Arrival & welcoming of new students                                            | Classes                          | Classes                  | Classes                          | Classes                  | Classes           | Departures or full-day excursion           |
|                                                          |                                                                                | Lunch 12:30 - 13:30              |                          |                                  |                          |                   |                                            |
| 14:00 - 16:30                                            |                                                                                | Creative workshop or Multisports | Multisports or Premium + | Excursion to Caves of Vallorbe   | Multisports or Premium + | Hike or Premium + | Shopping & visit old town of Vevey         |
| Free Time (Alpadia Lounge or Sortie Libre) 16:30 - 18:30 |                                                                                |                                  |                          |                                  |                          |                   |                                            |
| Dinner 18:30 - 19:30                                     |                                                                                |                                  |                          |                                  |                          |                   |                                            |
| 20:00 - 22:00                                            | Ice breaker                                                                    | Torch walk by night              | BBQ on the mountain      | Newspaper fashion show           | Murder mystery night     | Karaoke & Disco   | Movie night                                |
| Lights out: 22:00                                        |                                                                                |                                  |                          |                                  |                          |                   |                                            |
| Week 2 - For age 8-12                                    |                                                                                |                                  |                          |                                  |                          |                   | 28.06-04.07.2026                           |
| SUNDAYMONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAYSATURDAY       |                                                                                |                                  |                          |                                  |                          |                   |                                            |
| Wake-up 7:00 / Breakfast 7:30                            |                                                                                |                                  |                          |                                  |                          |                   |                                            |
| 8:30 - 12:30                                             | Arrival of new students or Chocolate factory Caillers & visit to Gruyères town | Classes                          | Classes                  | Classes                          | Classes                  | Classes           | Departures or full-day excursion           |
|                                                          |                                                                                | Lunch 12:30 - 13:30              |                          |                                  |                          |                   |                                            |
| 14:00 - 16:30                                            |                                                                                | Creative workshop or Multisports | Multisports or Premium + | Excursion to Labyrinth Adventure | Multisports or Premium + | Hike or Premium + | Shopping & visit old town of Lausanne      |
| Free Time (Alpadia Lounge or Sortie Libre) 16:30 - 18:30 |                                                                                |                                  |                          |                                  |                          |                   |                                            |
| Dinner 18:30 - 19:30                                     |                                                                                |                                  |                          |                                  |                          |                   |                                            |
| 20:00 - 22:00                                            | Ice breaker                                                                    | Casino night                     | BBQ on the mountain      | Talent show                      | Pimp my friend           | Karaoke & Disco   | Movie night                                |
| Lights out: 22:00                                        |                                                                                |                                  |                          |                                  |                          |                   |                                            |
| Week 3 - For age 8-12                                    |                                                                                |                                  |                          |                                  |                          |                   | 05.07-11.07.2026                           |
| SUNDAYMONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAYSATURDAY       |                                                                                |                                  |                          |                                  |                          |                   |                                            |
| Wake-up 7:00 / Breakfast 7:30                            |                                                                                |                                  |                          |                                  |                          |                   |                                            |
| 8:30 - 12:30                                             | Arrival of new students or Excursion to Aquapark                               | Classes                          | Classes                  | Classes                          | Classes                  | Classes           | Departures or full-day excursion           |
|                                                          |                                                                                | Lunch 12:30 - 13:30              |                          |                                  |                          |                   |                                            |
| 14:00 - 16:30                                            |                                                                                | Creative workshop or Multisports | Multisports or Premium + | Excursion to Bex Salt Mines      | Multisports or Premium + | Hike or Premium + | Excursion to Chateau de Chillon & Montreux |
| Free Time (Alpadia Lounge or Sortie Libre) 16:30 - 18:30 |                                                                                |                                  |                          |                                  |                          |                   |                                            |
| Dinner 18:30 - 19:30                                     |                                                                                |                                  |                          |                                  |                          |                   |                                            |
| 20:00 - 22:00                                            | Ice breaker                                                                    | Music quiz                       | BBQ party                | Movie night                      | Disco                    | Talent show       | Sports tournament                          |
| Lights out: 22:00                                        |                                                                                |                                  |                          |                                  |                          |                   |                                            |

**Multisports:** Includes activities such as football, leisure swimming in an indoor pool on campus and in outdoor and tropical pools on excursions, minigolf, table tennis, ice skating, basketball, bouldering, street hockey, handball, baseball, dodgeball etc.

Times are approximate and may vary from week to week. Free time activities may include doing laundry, studying, contacting family, socialising etc. Please note that all schedules and activities are subject to change – in the event of force majeure, i.e. in case of bad weather conditions, insufficient number of participants or unavailability of the provider.

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| Week 7 - For age 8-12                                    |                                                             |                                        |                                           |                                |                                           |                                    | 02.08-08.08.2026      |
|----------------------------------------------------------|-------------------------------------------------------------|----------------------------------------|-------------------------------------------|--------------------------------|-------------------------------------------|------------------------------------|-----------------------|
| SUNDAY                                                   |                                                             | MONDAY                                 | TUESDAY                                   | WEDNESDAY                      | THURSDAY                                  | FRIDAY                             | SATURDAY              |
| Wake-up 7:00 / Breakfast 7:30                            |                                                             |                                        |                                           |                                |                                           |                                    |                       |
| 8:30 - 12:30                                             | Arrival of new students<br>or<br>Alpine Zoo & swimming pool | Classes                                | Classes                                   | Classes                        | Classes                                   | Classes                            | Departure of students |
|                                                          |                                                             | Lunch 12:30 - 13:30                    |                                           |                                |                                           |                                    |                       |
| 14:00 - 16:30                                            |                                                             | Creative workshop<br>or<br>Multisports | Multisports<br>or<br><div>Premium +</div> | Excursion to Caves of Vallorbe | Multisports<br>or<br><div>Premium +</div> | Hike<br>or<br><div>Premium +</div> | END                   |
| Free Time (Alpadia Lounge or Sortie Libre) 16:30 - 18:30 |                                                             |                                        |                                           |                                |                                           |                                    |                       |
| Dinner 18:30 - 19:30                                     |                                                             |                                        |                                           |                                |                                           |                                    |                       |
| 20:00 - 22:00                                            | Ice breaker                                                 | Torch walk by night                    | BBQ on the mountain                       | Newspaper fashion show         | Murder mystery night                      | Karaoke                            | END                   |
| Lights out: 22:00                                        |                                                             |                                        |                                           |                                |                                           |                                    |                       |

**Multisports:** Includes activities such as football, leisure swimming in an indoor pool on campus and in outdoor and tropical pools on excursions, minigolf, table tennis, ice skating, basketball, bouldering, street hockey, handball, baseball, dodgeball etc.

Times are approximate and may vary from week to week. Free time activities may include doing laundry, studying, contacting family, socialising etc. Please note that all schedules and activities are subject to change – in the event of force majeure, i.e. in case of bad weather conditions, insufficient number of participants or unavailability of the provider.

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Below, you will find a breakdown of the *daily schedule per week*

| Week 1 - For age 13-17                                   |                                                                                |                                  |                                     |                                                          |                                     |                              | 21.06-27.06.2026                           |
|----------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------|-------------------------------------|----------------------------------------------------------|-------------------------------------|------------------------------|--------------------------------------------|
| SUNDAY                                                   |                                                                                | MONDAY                           | TUESDAY                             | WEDNESDAY                                                | THURSDAY                            | FRIDAY                       | SATURDAY                                   |
| Wake-up 7:00 / Breakfast 7:30                            |                                                                                |                                  |                                     |                                                          |                                     |                              |                                            |
| 8:30 - 12:30                                             | Arrival & welcoming of new students                                            | Classes                          | Classes                             | Classes                                                  | Classes                             | Classes                      | Departures or full-day excursion           |
| 14:00 - 16:30                                            |                                                                                | Creative workshop or Multisports | Multisports or <div>Premium +</div> | Excursion to Bex Salt Mines                              | Multisports or <div>Premium +</div> | Hike or <div>Premium +</div> | Excursion to Chateau de Chillon & Montreux |
| Free Time (Alpadia Lounge or Sortie Libre) 16:30 - 18:30 |                                                                                |                                  |                                     |                                                          |                                     |                              |                                            |
| Dinner 18:30 - 19:30                                     |                                                                                |                                  |                                     |                                                          |                                     |                              |                                            |
| 20:00 - 22:00                                            | Ice breaker                                                                    | Casino night                     | Newspaper fashion show              | Murder mystery night                                     | BBQ on the mountain                 | Karaoke & Disco              | Movie night                                |
| Lights out: 22:30                                        |                                                                                |                                  |                                     |                                                          |                                     |                              |                                            |
| Week 2 - For age 13-17                                   |                                                                                |                                  |                                     |                                                          |                                     |                              | 28.06-04.07.2026                           |
| SUNDAY                                                   |                                                                                | MONDAY                           | TUESDAY                             | WEDNESDAY                                                | THURSDAY                            | FRIDAY                       | SATURDAY                                   |
| Wake-up 7:00 / Breakfast 7:30                            |                                                                                |                                  |                                     |                                                          |                                     |                              |                                            |
| 8:30 - 12:30                                             | Arrival of new students or Excursion to Alpine Zoo & swimming pool             | Classes                          | Classes                             | Classes                                                  | Classes                             | Classes                      | Departures or full-day excursion           |
| 14:00 - 16:30                                            |                                                                                | Creative workshop or Multisports | Multisports or <div>Premium +</div> | Excursion to Adventure Park                              | Multisports or <div>Premium +</div> | Hike or <div>Premium +</div> | Excursion to Vevey                         |
| Free Time (Alpadia Lounge or Sortie Libre) 16:30 - 18:30 |                                                                                |                                  |                                     |                                                          |                                     |                              |                                            |
| Dinner 18:30 - 19:30                                     |                                                                                |                                  |                                     |                                                          |                                     |                              |                                            |
| 20:00 - 22:00                                            | Ice breaker                                                                    | Egg protector                    | Talent show                         | Pimp my friend                                           | BBQ on the mountain                 | Karaoke & Disco              | Movie night                                |
| Lights out: 22:30                                        |                                                                                |                                  |                                     |                                                          |                                     |                              |                                            |
| Week 3 - For age 13-17                                   |                                                                                |                                  |                                     |                                                          |                                     |                              | 05.07-11.07.2026                           |
| SUNDAY                                                   |                                                                                | MONDAY                           | TUESDAY                             | WEDNESDAY                                                | THURSDAY                            | FRIDAY                       | SATURDAY                                   |
| Wake-up 7:00 / Breakfast 7:30                            |                                                                                |                                  |                                     |                                                          |                                     |                              |                                            |
| 8:30 - 12:30                                             | Arrival of new students or Chocolate factory Caillers & visit to Gruyères town | Classes                          | Classes                             | Classes                                                  | Classes                             | Classes                      | Departures or full-day excursion           |
| 14:00 - 16:30                                            |                                                                                | Creative workshop or Multisports | Multisports or <div>Premium +</div> | Excursion to Chateau de Chillon & Montreux Jazz Festival | Multisports or <div>Premium +</div> | Hike or <div>Premium +</div> | Excursion to Lausanne                      |
| Free Time (Alpadia Lounge or Sortie Libre) 16:30 - 18:30 |                                                                                |                                  |                                     |                                                          |                                     |                              |                                            |
| Dinner 18:30 - 19:30                                     |                                                                                |                                  |                                     |                                                          |                                     |                              |                                            |
| 20:00 - 22:00                                            | Tower game                                                                     | «Get the message» party          | Music blind quiz                    | BBQ party                                                | Free evening                        | Disco party                  | Sports tournament                          |
| Lights out: 22:30                                        |                                                                                |                                  |                                     |                                                          |                                     |                              |                                            |

**Multisports:** Includes activities such as football, leisure swimming in an indoor pool on campus and in outdoor and tropical pools on excursions, minigolf, table tennis, ice skating, basketball, bouldering, street hockey, handball, baseball, dodgeball etc.

Times are approximate and may vary from week to week. Free time activities may include doing laundry, studying, contacting family, socialising etc. Please note that all schedules and activities are subject to change – in the event of force majeure, i.e. in case of bad weather conditions, insufficient number of participants or unavailability of the provider.

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| Week 4 – For age 13-17        |                                                                                            |                                                          |                                           |                                   |                                           |                                    | 12.07-18.07.2026                                 |
|-------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------|-----------------------------------|-------------------------------------------|------------------------------------|--------------------------------------------------|
| SUNDAY                        |                                                                                            | MONDAY                                                   | TUESDAY                                   | WEDNESDAY                         | THURSDAY                                  | FRIDAY                             | SATURDAY                                         |
| Wake-up 7:00 / Breakfast 7:30 |                                                                                            |                                                          |                                           |                                   |                                           |                                    |                                                  |
| 8:30 - 12:30                  | Arrival of new students<br>or<br>Excursion to Aquapark                                     | Classes                                                  | Classes                                   | Classes                           | Classes                                   | Classes                            | Departures<br>or full-day<br>excursion           |
|                               |                                                                                            | Lunch 12:30 - 13:30                                      |                                           |                                   |                                           |                                    |                                                  |
| 14:00 - 16:30                 |                                                                                            | Creative workshop<br>or<br>Multisports                   | Multisports<br>or<br><div>Premium +</div> | Excursion to Bex<br>Salt Mines    | Multisports<br>or<br><div>Premium +</div> | Hike<br>or<br><div>Premium +</div> | Excursion to<br>Chateau de Chillon<br>& Montreux |
|                               |                                                                                            | Free Time (Alpadia Lounge or Sortie Libre) 16:30 - 18:30 |                                           |                                   |                                           |                                    |                                                  |
| Dinner 18:30 - 19:30          |                                                                                            |                                                          |                                           |                                   |                                           |                                    |                                                  |
| 20:00 - 22:00                 | Ice breaker                                                                                | Casino night                                             | Talent show                               | Pimp my friend                    | BBQ on the<br>mountain                    | Karaoke & Disco                    | Movie night                                      |
|                               | Lights out: 22:30                                                                          |                                                          |                                           |                                   |                                           |                                    |                                                  |
| Week 5 – For age 13-17        |                                                                                            |                                                          |                                           |                                   |                                           |                                    | 19.07-25.07.2026                                 |
| SUNDAY                        |                                                                                            | MONDAY                                                   | TUESDAY                                   | WEDNESDAY                         | THURSDAY                                  | FRIDAY                             | SATURDAY                                         |
| Wake-up 7:00 / Breakfast 7:30 |                                                                                            |                                                          |                                           |                                   |                                           |                                    |                                                  |
| 8:30 - 12:30                  | Arrival of new students<br>or<br>Excursion to Alpine<br>Zoo & swimming<br>pool             | Classes                                                  | Classes                                   | Classes                           | Classes                                   | Classes                            | Departures<br>or full-day<br>excursion           |
|                               |                                                                                            | Lunch 12:30 - 13:30                                      |                                           |                                   |                                           |                                    |                                                  |
| 14:00 - 16:30                 |                                                                                            | Creative workshop<br>or<br>Multisports                   | Multisports<br>or<br><div>Premium +</div> | Excursion to<br>Adventure Park    | Multisports<br>or<br><div>Premium +</div> | Hike<br>or<br><div>Premium +</div> | Excursion to Vevey                               |
|                               |                                                                                            | Free Time (Alpadia Lounge or Sortie Libre) 16:30 - 18:30 |                                           |                                   |                                           |                                    |                                                  |
| Dinner 18:30 - 19:30          |                                                                                            |                                                          |                                           |                                   |                                           |                                    |                                                  |
| 20:00 - 22:00                 | Ice breaker                                                                                | Egg protector                                            | Newspaper fashion<br>show                 | Murder mystery<br>night           | BBQ on the<br>mountain                    | Karaoke & Disco                    | Movie night                                      |
|                               | Lights out: 22:30                                                                          |                                                          |                                           |                                   |                                           |                                    |                                                  |
| Week 6 – For age 13-17        |                                                                                            |                                                          |                                           |                                   |                                           |                                    | 26.07-01.08.2026                                 |
| SUNDAY                        |                                                                                            | MONDAY                                                   | TUESDAY                                   | WEDNESDAY                         | THURSDAY                                  | FRIDAY                             | SATURDAY                                         |
| Wake-up 7:00 / Breakfast 7:30 |                                                                                            |                                                          |                                           |                                   |                                           |                                    |                                                  |
| 8:30 - 12:30                  | Arrival of new students<br>or<br>Chocolate factory<br>Caillers & visit to<br>Gruyères town | Classes                                                  | Classes                                   | Classes                           | Classes                                   | Classes                            | Departures<br>or full-day<br>excursion           |
|                               |                                                                                            | Lunch 12:30 - 13:30                                      |                                           |                                   |                                           |                                    |                                                  |
| 14:00 - 16:30                 |                                                                                            | Creative workshop<br>or<br>Multisports                   | Multisports<br>or<br><div>Premium +</div> | Excursion to<br>Caves of Vallorbe | Multisports<br>or<br><div>Premium +</div> | Hike<br>or<br><div>Premium +</div> | Excursion to<br>Lausanne                         |
|                               |                                                                                            | Free Time (Alpadia Lounge or Sortie Libre) 16:30 - 18:30 |                                           |                                   |                                           |                                    |                                                  |
| Dinner 18:30 - 19:30          |                                                                                            |                                                          |                                           |                                   |                                           |                                    |                                                  |
| 20:00 - 22:00                 | Ice breaker                                                                                | Torch walk by night                                      | Talent show                               | Pimp my friend                    | BBQ on the<br>mountain                    | Karaoke & Disco                    | Sports tournament                                |
|                               | Lights out: 22:30                                                                          |                                                          |                                           |                                   |                                           |                                    |                                                  |

**Multisports:** Includes activities such as football, leisure swimming in an indoor pool on campus and in outdoor and tropical pools on excursions, minigolf, table tennis, ice skating, basketball, bouldering, street hockey, handball, baseball, dodgeball etc.

Times are approximate and may vary from week to week. Free time activities may include doing laundry, studying, contacting family, socialising etc. Please note that all schedules and activities are subject to change – in the event of force majeure, i.e. in case of bad weather conditions, insufficient number of participants or unavailability of the provider.

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| Week 7 - For age 13-17                                   |                                                        |                                        |                                           |                             |                                           |                                    | 02.08-08.08.2026       |
|----------------------------------------------------------|--------------------------------------------------------|----------------------------------------|-------------------------------------------|-----------------------------|-------------------------------------------|------------------------------------|------------------------|
| SUNDAY                                                   |                                                        | MONDAY                                 | TUESDAY                                   | WEDNESDAY                   | THURSDAY                                  | FRIDAY                             | SATURDAY               |
| Wake-up 7:00 / Breakfast 7:30                            |                                                        |                                        |                                           |                             |                                           |                                    |                        |
| 8:30 - 12:30                                             | Arrival of new students<br>or<br>Excursion to Aquapark | Classes                                | Classes                                   | Classes                     | Classes                                   | Classes                            | Departures of students |
|                                                          |                                                        | Lunch 12:30 - 13:30                    |                                           |                             |                                           |                                    |                        |
| 14:00 - 16:30                                            |                                                        | Creative workshop<br>or<br>Multisports | Multisports<br>or<br><div>Premium +</div> | Excursion to Bex Salt Mines | Multisports<br>or<br><div>Premium +</div> | Hike<br>or<br><div>Premium +</div> | END                    |
| Free Time (Alpadia Lounge or Sortie Libre) 16:30 - 18:30 |                                                        |                                        |                                           |                             |                                           |                                    |                        |
| Dinner 18:30 - 19:30                                     |                                                        |                                        |                                           |                             |                                           |                                    |                        |
| 20:00 - 22:00                                            | Ice breaker                                            | Casino night                           | Newspaper fashion show                    | Murder mystery night        | BBQ on the mountain                       | Karaoke                            | END                    |
| Lights out: 22:30                                        |                                                        |                                        |                                           |                             |                                           |                                    |                        |

**Multisports:** Includes activities such as football, leisure swimming in an indoor pool on campus and in outdoor and tropical pools on excursions, minigolf, table tennis, ice skating, basketball, bouldering, street hockey, handball, baseball, dodgeball etc.

Times are approximate and may vary from week to week. Free time activities may include doing laundry, studying, contacting family, socialising etc. Please note that all schedules and activities are subject to change – in the event of force majeure, i.e. in case of bad weather conditions, insufficient number of participants or unavailability of the provider.

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|                 | Sunday                                                                                                                                                                                                                                                                                           | Monday                                                                                                                                                                                             | Tuesday                                                                                                                                                                                      | Wednesday                                                                                                                                                                               | Thursday                                                                                                                                                                                 | Friday                                                                                                                                                                            | Saturday                                                                                                                                                                                                                                        |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Breakfast       | Continental breakfast<br>(choice of cereals, cold & hot milk, orange juice, white bread & toasts, butter, jams, chocolate spread, hot beverages) - some savory options may be available (ham & cheese)                                                                                           |                                                                                                                                                                                                    |                                                                                                                                                                                              |                                                                                                                                                                                         |                                                                                                                                                                                          |                                                                                                                                                                                   |                                                                                                                                                                                                                                                 |
| Lunch           | <ul style="list-style-type: none"><li>Lunch pack</li></ul>                                                                                                                                                                                                                                       | <ul style="list-style-type: none"><li>Salad buffet</li><li>Veal roast with thyme sauce</li><li>Buttered cornettes (small pasta)</li><li>Vichy carrots</li><li>Catalan cream</li><li>Cake</li></ul> | <ul style="list-style-type: none"><li>Salad buffet</li><li>Chicken skewer</li><li>Sautéed potatoes</li><li>Green beans</li><li>Stracciatella mousse</li><li>Caramel flan</li></ul>           | <ul style="list-style-type: none"><li>Salad buffet</li><li>Turkey piccata</li><li>Gratin dauphinois</li><li>Ratatouille</li><li>Ice cream log</li><li>White chocolate mousse</li></ul>  | <ul style="list-style-type: none"><li>Salad buffet</li><li>Roasted chicken leg</li><li>Rösti potato cake</li><li>Kohlrabi sticks</li><li>Charlotte Royale</li><li>Fruit basket</li></ul> | <ul style="list-style-type: none"><li>Salad buffet</li><li>Herb-roasted pork</li><li>Grenaille potatoes</li><li>Cauliflower</li><li>Lemon tart</li><li>Ice cream</li></ul>        | <ul style="list-style-type: none"><li>Lunch pack</li></ul>                                                                                                                                                                                      |
| Dinner          | <ul style="list-style-type: none"><li>Salad buffet</li><li>Chicken sauté with green curry</li><li>Creole rice</li><li>Steamed tomatoes</li><li>Vanilla cream with strawberries</li><li>Fruit basket</li></ul>                                                                                    | <ul style="list-style-type: none"><li>Salad buffet</li><li>Vaudois sausage</li><li>Mousseline potatoes</li><li>Broccoli</li><li>Chocolate mousse</li><li>Fruit salad</li></ul>                     | <ul style="list-style-type: none"><li>Salad buffet</li><li>Trout fillet à la Zougoise</li><li>Buttered Noodles</li><li>Sautéed zucchini</li><li>Rolled biscuit</li><li>Fruit salad</li></ul> | <ul style="list-style-type: none"><li>Salad buffet</li><li>Spaghetti with Napolitana &amp; Bolognese sauce</li><li>Steamed fennel</li><li>Pineapple cake</li><li>Fruit basket</li></ul> | <ul style="list-style-type: none"><li>Salad buffet</li><li>Salmon escalope à l'ancienne</li><li>Saffron rice</li><li>Spinach Fruit mousse</li><li>Chocolate pears</li></ul>              | <ul style="list-style-type: none"><li>Salad buffet</li><li>Beef Stroganoff</li><li>Cheese Polenta</li><li>Brussels cabbages</li><li>Fruit basket</li><li>Chocolate cake</li></ul> | <ul style="list-style-type: none"><li>Salad &amp; charcuterie buffet</li><li>Roast beef with green pepper sauce</li><li>Country-style potato cuts</li><li>Braised endives</li><li>Cream puffs</li><li>Fruit basket</li><li>Apple tart</li></ul> |
| Special options | If communicated latest 2 weeks in advance, the following menus are possible<br><i>Gluten intolerant &amp; Gluten free - Lactose intolerant - Vegetarian - Halal (available with supplement for groups only)</i><br><br>**Some dishes may contain nuts or traces of nuts and/or other allergens** |                                                                                                                                                                                                    |                                                                                                                                                                                              |                                                                                                                                                                                         |                                                                                                                                                                                          |                                                                                                                                                                                   |                                                                                                                                                                                                                                                 |

Note: This is an example summer catering menu

These are sample menus and may be modified at any time by the accommodation partner. Please communicate any special meal requests at least 2 weeks in advance.  
All allergies and food intolerances should be communicated via the parental consent form in the student portal.

It is not possible to guarantee that the meals are allergen-free. Dishes may come in contact with other allergens and for the safety of your child, please don't take any risks.  
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