



## Junior Programme 14-17 French & Surf or Multi-activities

Ideally situated in SouthWest France in the Basque Country, Bayonne – Anglet - Biarritz make up a diverse and attractive holiday destination.

*Open and cosmopolitan, Biarritz is a prime destination and one of France's most welcoming towns. Through the years, it has stayed open to the outside world without ever losing its identity.*

### French lessons - 20 lessons per week (15 hours)

Initial level test: Monday morning 9 am to 10 am

French lessons: Monday 10.30 am to 12.30 pm and from Tuesday to Friday 9 am to 12.30 pm

- Development of all 4 main language skills (speaking, reading, writing and listening) with a focus on **oral communication**: teachers encourage students to interact as much as possible and actively use what they learn in class
- Native speakers, university-graduate teachers**
- Dedicated classes for teens in the Sainte-Marie School in Biarritz: 14 students per class maximum**

### Surf or Multi-activities sessions - 4 sessions per week

Swim test: Monday morning 8 am for new students on the "Plage du port vieux", 10 minutes away from school

Sports sessions: Monday, Tuesday, Thursday and Friday afternoons

- Surf option:**
  - 4 sessions of 1.5 hours. Timetable will vary according to the tides and weather conditions.
  - Fully-qualified instructors from our partner surf school.
  - Lessons adapted to the needs and levels of the participants: groups of 8 students maximum.
  - All material provided by the surf school (wetsuits and boards - changing rooms and showers available).
- Multi-activities option:**
  - 4 sport initiation sessions per week: rock climbing, rafting, hiking, sea-kayaking, golf, surf...
  - The programme changes every day and every week: you will practice 4 different sports during the week
  - Each activity is supervised by a qualified professional or a France Langue representative
  - Groups of 8 to 12 students

### Social programme

- Social activities** : 4 sessions per week (before or after surfing/multi-activities) to allow students to practice French together before or after the activity: football matches, beach volley contests, quizzes, photo contests, treasure hunts...
- Excursions** to discover the Basque country: half-day excursion on Wednesday afternoon and full-day excursion on Saturday (Bayonne, St Jean de Luz, St Jean Pied de Port, Espelette, la Rhune...)
- Evenings** to encourage interaction: 1 evening activity per week on Friday (evening on the beach, bowling, cinema...). The other evenings are free or spent with the family to practise French.

### Full board accommodation

- Homestay**: carefully selected host families located in Biarritz or Anglet (30 min. max by bus from school). Twin or triple rooms with teens of the same gender.
- Meals**: breakfast, dinners and Sunday lunches are taken in the host families' homes. Packed lunches are provided for weekdays and excursions. Special dietary requirements can be catered for if the school is informed at the time of booking.



10/06 to  
18/08/2018

Includes: French lessons + surf or multi activities sessions + social programme & full board accommodation

- 1 week : 900 €
- 2 weeks : 1 720 €
- 3 weeks : 2 485 €
- Extra week : 845 €



# Junior Programme 14-17

## French & Surf or Multi-activities



### Practical information

#### Supervision/Safety

A group leader runs the activity programme and supervises the students. The supervision ratio is 1 to 8 for water activities and 1 to 12 for other activities and excursions.

The school requires a signed health form for each student (with medical history and requirements).

For insurance policy and safety reasons, the curfew is set at 11 pm on weekdays and at 00.30 am on Saturday night.

#### Transport

Students can either walk or take the bus together to school. All the details will be given before the start of the course.

Host families will also be able to help with the itinerary. Bus pass not included (approx. 12€ per week).

#### Airport transfers

Return transfers are included from Biarritz airport or train station. Host families will pick the students up on arrival and drop them off on departure. Students should arrive on Sunday afternoon and leave on Saturday morning.

Travel details must be confirmed 15 days before arrival (point of arrival, time, flight number...).

### Sample weekly timetable - activities & excursions vary weekly - times are subject to change (weather, tides...)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
7 am	Wake up and breakfast	Wake up and breakfast					Departures or Full day excursion (for 2-week stays and more): La Rhune	Free day or Arrivals			
8 am	Swim test	Departure for school									
8.30 am		Departure for school									
9 am	Student Welcome	French lessons (20 minutes break included)									
10.30 am		French lessons (20 minutes break included)									
10.30 am	French lesson	Lunch (time varies depending on activities)									
12.30 pm	Lunch (time varies depending on activities)										
2 pm	Surf	Rock climbing	Surf	Surf	Visit of Anglet and « la chambre d'amour »	Surf			Mountain biking	Surf	Canoe
6.30 pm	Game		Chocolate museum		Beach volley				Tree climbing		
6.30 pm	Back at home and dinner with host family										
8.30 pm	Evening with host family or free time	Evening with host family or free time	Evening with host family or free time	Evening with host family or free time	Tasting evening	Evening with host family or free time	Evening with host family or free time				
11 pm	Bed time						Bed time				
00.30 am											
00.30 am						Bed time					

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■ PARIS

■ NICE

■ BORDEAUX

■ BIARRITZ

■ MARTINIQUE

France Langue Biarritz – 21 avenue de la République – 64200 Biarritz - biarriz@france-langue.fr - Tél. : +33 5 24 67 11 00

Private institute of higher education - [www.france-langue.com/biarriz](http://www.france-langue.com/biarriz)

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🇺🇸 +1 646 503 18 10  
 🇧🇷 +31 858880253

🇬🇧 +44 330 124 03 17  
 🇫🇷 +7 4995000466

🇪🇸 +34 93 220 38 75  
 🇮🇹 +46 844 68 36 76  
 🇮🇸 +81 345 895 399

🇫🇷 +33 1-78416974  
 🇩🇪 +47 219 30 570  
 🇩🇪 +55 213 958 08 76

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 🇨🇪 +86 19816218990

🇩🇪 +49 221 162 56897  
 🇮🇹 +39 02-94751194

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 🇵🇷 +48 223 988 072