









ACTIVITIES



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ACTIVITIES

Year round, we offer a rich and varied cultural activities and excursions program, combining the use of the language while experiencing the cultural, social and human environment.

Every Monday at 12:15 pm we offer a welcome drink, this convivial moment allows new participants to meet with the IEF team and the students already in training at the school.

By late afternoon, we give an appointment to students for a guided tour of the city enabling them to find their way around and get good tips (restaurants, bars...) while discovering the cultural and historic treasures of the city.

Every week at least 2 activities and one excursion in the area are proposed, the summer program is strengthened.

Our partner Oculture, is a professional tourism agency since 2005, ensuring the quality of services and compliance with safety standards.

You can find all the information about the type of activities and excursions at: <http://www.oculture.eu>

Cost may vary between 5 to 60 euros.

| WORKSHOPS & ACTIVITIES | EXCURSIONS | SPORT |
|------------------------|------------------------------|---------------|
| French songs | Nîmes - Pont-du-Gard | Tree climbing |
| Cooking club | Avignon | Canoeing |
| Occitanes dances | Arles - Les Baux de Provence | Horse riding |
| Languedoc tastes | Carcassonne | Rock climbing |
| Wine & cheese tasting | Marseille | Hiking |
| Wine rally | Narbonne | Bicycle |
| Pétanque - tambourin | Aigues-Mortes | Windsurfing |
| Cinema club | Saintes-Maries-de-la-Mer | Canyoning |
| | Sète | |
| | Cévennes | |
| | St-Guilhem-le-Désert | |
| | Sommières | |





EXAMPLE OF ACTIVITIES PROGRAM DURING THE SUMMER

| | Week 1 | Week 2 | Week 3 | Week 4 |
|------------------|---|---|--|---|
| MONDAY | Welcome drink Guided tour of Montpellier | Welcome drink Guided tour of Montpellier | Welcome drink Guided tour of Montpellier | Welcome drink Guided tour of Montpellier |
| TUESDAY | Free | Free | Free | Free |
| WEDNESDAY | ½ day Aigues-Mortes | ½ day St-Guilhem-le-Désert | ½ day Sète | ½ day Grotte de Clamouse |
| THURSDAY | ½ day Canoë Pic-nic night | Wine and cheese tasting | French songs Pétanque night | Cooking club |
| FRIDAY | ½ day Stes-Maries-de-la-Mer Estivales night | ½ day Roquefort- Viaduc de Millau Estivales night | ½ day horse riding in Camargue Estivales night | ½ day windsurfing at lac du Salagou Estivales night |
| SATURDAY | 1 day Carcassonne | 1 day Avignon | 1 day Arles Les Baux-de-Provence | 1 day hiking in The Cévennes |
| SUNDAY | 1 day Marseille | 1 day Canyoning | 1 day Pézenas and Canal du midi | 1 day Nîmes Pont-du-Gard |