





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