






















# ANTIBES ESSENTIAL ACTIVITY PROGRAM

























## 12-17 YEARS OLD

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7.30am	Arrivals: Welcome on board!		07:30 Wake up					
8.00am	 <p>French tests for new arrivals on Mondays</p>		Breakfast					
9.00am - 12.00am			<p>Standard course</p> 					
1.00pm			Lunch					
2.00pm - 5.00pm	<p>For new arrivals</p> <p>Sports and activities on campus</p>		<p>Visit of Antibes</p> 	<p>Free afternoon</p> 	<p>Sailing afternoon</p> 	<p>Tree top adventure park</p> 	<p>Sports afternoon</p> 	<p>Visit of Monaco</p> 
6.00pm			 <p>Volleyball</p>	 <p>Circus</p>	 <p>Dance</p>	 <p>Basketball</p>	 <p>Water games</p>	 <p>Football</p>
7.00pm	Dinner							
8.00pm - 10.00pm	 <p>Welcome evening</p>	 <p>Barbeque evening</p>	 <p>Casino evening</p>	 <p>Film evening</p>	 <p>Cabaret</p>	 <p>Disco evening</p>	 <p>Olympics evening</p>	



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## 12-17 YEARS OLD

	Sunday	Monday	Tuesday*	Wednesday	Thursday*	Friday	Saturday
7.30am	🕒 Wake up						
8.00am	☕ Breakfast						
9.00am - 12.00am	Free day 	Standard course     					Departure See you next year! 
1.00pm	👨‍🍳 Lunch						
2.00pm - 5.00pm		Visit of Antibes or free afternoon 	Free afternoon 	Sailing afternoon 	Visit of Monaco 	Sports afternoon 	
6.00pm		Sports and activities on campus	 Waiters' race	 Football/tennis	 Zumba	 Sports tournament	
7.00pm	👨‍🍳 Dinner						
8.00pm - 10.00pm	 Welcome evening	 Barbeque evening	 Treasure hunt	 Karaoke	 Cabaret	 Pool party	