

ANTIBES ESSENTIAL ACTIVITY PROGRAM

12-17 years old

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7.00am	 Arrivals & Free time	 Wake up					Visit of Monaco 	
8.00am		Breakfast						
9.00–12.20am		French test for new arrivals or standard course Standard course 						
12.30am		Lunch						
2.00–5.30pm Main activity/excursions		Visit of Antibes 	Free afternoon	Sailing afternoon 	Tree top adventure park	Sports afternoon 		
5.30–6.30pm Optional activity		Volleyball	Circus	Role games	Basketball	Water games		
7.00pm	Dinner							
8.30–10.00pm	Welcome evening	 BBQ	Casino evening	Film evening	Cabaret	 Disco evening	Olympics evening	
10.30pm	 Curfew							

This timetable is given as a reference showing a sample of activity program.

The program and the free day may be subject to change due to operational reasons or according to weather forecast.

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7.00am	 Free day	 Wake up					 Departure	
8.00am		Breakfast						
9.00–12.20am		Standard course 						
12.30am		Lunch						
2.00–5.30pm Main activity/excursions		Visit of Antibes or free afternoon	Free afternoon 	Sailing afternoon 	Visit of Nice 	Sports afternoon		
5.30–6.30pm Optional activity		Waiter's race	Football tennis	Danse and choreography	Sports tournament	Dodgeball		
7.00pm	Dinner							
8.30–10.00pm	Welcome evening	 BBQ	Treasure evening	Karaoke 	Cabaret 	Pool party		
10.30pm	 Curfew							See you next year !

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