












































**ANTIBES ESSENTIAL ACTIVITY PROGRAM**  
12-17 YEARS OLD

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.30am	Arrivals: Welcome on board!		🕒 Wake up				
8.00am			☕ Breakfast				
9.00am - 12.00am		<p><i>French tests for new arrivals on Mondays</i></p>		<p><i>Standard course</i></p> 			<p>Visit of Monaco</p> 
1.00pm		👨🍳 Lunch					
2.00pm - 5.00pm		<p><i>For new arrivals</i></p> <p><i>Sports and activities on campus</i></p>	<p>Visit of Antibes</p> 	<p>Free afternoon</p> 	<p>Sailing afternoon</p> 	<p>Tree top adventure park</p> 	<p>Sports afternoon</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>

# ANTIBES ESSENTIAL ACTIVITY PROGRAM

## 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	 Footballtennis	 Zumba	 Sports tournament	 Dodgeball	
7.00pm	👨‍🍳 Dinner						
8.00pm - 10.00pm	 Welcome evening	 Barbeque evening	 Treasure hunt	 Karaoke	 Cabaret	 Pool party	