











ANTIBES ESSENTIAL ACTIVITY PROGRAM

12-17 years old

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7.00am	 <p>Arrivals & Free time</p>	 Wake up					<p>Visit of Monaco</p> 		
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	<p>Free day</p>	Wake up					<p>Departure</p>
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	
10.30pm	Curfew						

See you next year !

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