

SAMPLE OF ACTIVITY PROGRAM : FIRST WEEK

4 Half Days:

1. Visit to Antibes /Visit of Saint Paul de Vence / The Maeght Foundation:



Antibes

The old town is famous for its ramparts along the sea and the long wall along the port. There are plenty of little streets to explore, a lot of restaurants to taste Provençal cuisine, and lots of shops to buy original gifts.

Saint Paul de Vence

It is a beautiful medieval fortified village, one of the most intact medieval examples of the region, with much of the ramparts still there.



The Maeght Foundation

A true museum in nature, it is an exceptional site that contains one of the most important collections in Europe, with paintings, sculptures; drawings and graphic works from the 20th century: Bonnard, Braque, Calder, Chagall, Giacometti, Léger, Miró...

2. Lesson of Provençal cuisine followed by a tasting of the cooked dish:



Cooking Lesson

In the kitchen with the Chef. Students will find out how to cook the typical Provençal dishes like "Farcis niçois" (Provençal stuffed vegetables) or "Tarte aux pignons".

3. Visit to the Grasse perfumery, Gourdon village and "Gorges du Loup":

Grasse perfumery (Fragonard)

Different laboratories and workshops allow to understand the fabrication process involved in creating a perfume. The museum displays an exceptional and rare collection of perfume artefacts spanning 5000 years of history.





Gourdon

It is one of the renowned medieval “perched villages”, very attractive, beautifully restored, with paved streets, beautiful old houses, and artisan shops selling perfumes. The main attraction of the village is the far-reaching views as well as its castle.

Gorges du Loup

Driving tour through the “Gorges du Loup”, one of the most beautiful places to visit.

4. Visit to Monaco / Museum of Oceanography and Aquarium of Monaco:

Monaco

With its exceptional location, between mountain and sea, Monaco is a highly cultured place with many museums, the best hotels in the world, the sumptuous gastronomy and well-known restaurants.



Museum of Oceanography and Aquarium of Monaco

The Museum contains remarkable collections of marine fauna gathered by Prince Albert, numerous specimens of sea creatures, models of Prince Albert’s laboratory ships, and craft ware made from the sea’s natural products.

Full day excursion :



- **Valberg** / racket or snow shoes / walk
(For January session)

In the heart of Mercantour, at the gates of the National Park, Valberg

- **Nice** / Chagall museum / Matisse museum
(For May and October sessions)

Warm climate, diverse scenery, rich plant life, beautiful blue seas...it is possible to find all this in Nice, the capital of the Côte d’Azur. It is home to a large number of museums (Chagall, Matisse, Museum of Modern Art, etc.) and theatres. In a word, Nice is an exciting place where you will find a mixture of the old and the new, the charm of those narrow lanes and the buzz of a capital, the luxury of lavish hotels and the simplicity of the real Nice.



Cultural evening: Theatre (play or show according to the theatre program).

ACTIVITY PROGRAM : SECOND WEEK

4 Half Days:

1. Visit to Cannes



Cannes

Cannes is the "star" of the French Riviera, famous for the International Film Festival and its "Palais des Festivals" which rolls the red carpet out for international stars of the silver screen every year. Luxury hotels, cars, beaches attract tourists from around the world.

2. Excursion and wine tasting in "Chateau du Bellet"

Chateau du Bellet

One of the oldest vineyards in France, famous all over the world for its "Bellet" wine.



3. Picasso museum in Antibes / Visit of Vallauris famous by its pottery



Picasso museum

"A visit to the Picasso Museum is a moving experience. It evokes joy and pain, despondency and exultation. Visitors cannot help but sense all that has gone on within these walls that was once the Antibes Chateau..."

Vallauris

The town is famous for its pottery-making traditions. Potters like to share their know-how by opening their workshops to visitors and talking about the methods of production used.

4. Game of Petanque (or boules).

The sport that is closest to French hearts especially in the South of France. It is traditionally played with metallic balls on a dirt surface beneath plane trees.



Cultural evening: Aperitif accompanied by traditional Provençal specialities.