

Antibes Summer 2025



Standard Programme

- **01 to 04 week** programmes
- **20 group lessons** (20 x 45 mins) per week
- Up to 15 students per class level
- 08.30-12.00hrs (or PM timetable)
- No lessons on the first Monday

In total there are 36 lessons over 2 weeks (unless a day is lost to a public holiday). This is equal to a term of contact lessons at your school in the UK and you are immersed in France, speaking French with native French speaking teachers and the “animateurs” (who help organise the social activities each week).

Four ability levels are catered for, in compliance with the European framework of Reference:

Beginner
Elementary: A1 & A2

Intermediate: B1-, B1, B1+
Advanced: B2, C1

Open to 13 to 17 yr olds

Is this the course for you?

Yes. If you're looking for an immersion French course, in the beautiful south of France. It's perfect for teenagers of all ages, looking to work on their French, in a well organised teenage only study environment (by the sea) with other language students from across Europe.

The courses are popular ~ so early reservations are advised!

Location Plus Points

- Antibes/Juan les Pins offers all the benefits of the Riviera with the charm of the picturesque streets of Antibes, splendid sandy beaches and plenty of sunshine and yet is only 13 km from Nice airport.
- A popular summertime location with teenage language learners
- Combine your French studies with inclusive activities

Special activity options:

- **Sailing sessions**/ July & August
- **Water Sports**/ July & August

Course Plus Points

- Tutors are all native speakers who are also professional teachers of French as a foreign language.
- French only rule in the classroom
- Perfect for GCSE, A' level or Leaving Cert levels
- Activities and excursions are overseen by school group leaders

Intensive Programme

- **01 to 04 week** programmes
- **20+ 5 group lessons** (25 X 45 mins) per week
- Up to 15 students in AM
- 08.30-12.45hrs (or PM timetable)
- No lessons on the first Monday
- Not offered to complete beginners

The additional 5 lessons per week offer extra practise in the French language so that students can improve their **oral skills**. Small class sessions ensure ample opportunity to talk!

Standard Course Prices – 2025 20 lessons per week format	
CESA admin fee: € 70.00 per person	
Tuition & hosts/ess Shared room	Tuition & residential centre Shared room
One week € 1145.00 Two weeks € 2190.00 Three weeks € 3285.00 Four weeks € 4380.00	One week € 1145.00 Two weeks € 2190.00 Three weeks € 3285.00 Four weeks € 4380.00

Prices valid until 31st March 2025

Fees include:

Tuition and accommodation for length of course booked, return transfer from Nice airport on arrival Sunday and departure Saturday at agreed times only, social activities described as inclusive in course fees.

Intensive Course Prices – 2025 25 lessons per week format (extra oral sessions)	
CESA admin fee: € 70.00 per person	
Tuition & hosts/ess Shared room	Tuition & residential centre Shared room
One week € 1275.00 Two weeks € 2450.00 Three weeks € 3675.00 Four weeks € 4900.00	One week € 1275.00 Two weeks € 2450.00 Three weeks € 3675.00 Four weeks € 4900.00

Prices valid until 31st March 2025

Supplements:

Single room: €150.00 supplement per week in hosts
 Extra day/full-board: €150.00 in residence
 Gluten Free: €160.00 per week in residence or with hosts/ess
 Extra transfer during the week: €80.00
 Day course + lunches + activities: €795.00 / €745.00 2nd wk+

Start Dates 2025	
Summer Dates	
June	23 30
July	07 15* 21 28
August	04 11 18
Sailing Sessions:	30 June – 22 August
Watersports Sessions:	30 June – 22 August

Sailing Course: July/August 2025

Price per week: EUR 285.00

Water Sports Course: July/August 2025

Price per week: EUR 285.00

Public holidays

No lessons are held: 14 July & 15 Aug 2025

Please note where a public holiday falls on a Monday, assessments etc will take place on Tuesday. We do not recommend weeks with public holidays in it is never recommended for one week course students (as effectively there will only be three days of language tuition).

First Monday:

No French lessons held, students are tested and have an orientation session. Classes will begin on Tuesday.

Programme Syllabus:

Monday to Friday

AM : French lessons / PM : Activities and excursions

Standard Course:

10 hours a week focused on classical work, oral and written comprehension, written and oral expression, and grammar, pronunciation, and French culture.
 5 hours a week focused on oral activities, with a range of linguistic games aimed to develop student confidence and aptitude when conversing in French.

Intensive Course:

As Standard Course +
 5 x 45-minute sessions focused on pronunciation and French civilization, according to student level (not available to beginners)

METHODOLOGY

Use of various teaching aids:
 Specialized material
 Documents created by our directors of teaching
 Visual documents/ Audio and audio-visual documents
 Authentic written documents
 Intensive use of the video and of the camcorder
 Simulations/ Role plays/ Didactic games
 Live practice outside of class (surveys, interviews/reports in town...)

The Standard Course lessons cater for beginners to advanced abilities, with the curriculum divided into distinct class groups each week, on a rolling start basis throughout the summer. When new students arrive, they are placed in the most appropriate class level, given their language ability.



Excursions & Activities

A range of activities are offered as an inclusive part of this programme including

- one half-day trip each week
- a sailing session each week
- a full day trip at the weekend (if staying for 2 wks+)
- a weekly Monday BBQ or Friday evening party

Additional activities are offered as a rolling programme of events during the summer at additional cost. Students are advised of the options once in France via a notice board in the Centre. (i.e. banana boat trip, laser game, Aquasplash visit, karting, paintball or snorkelling, €20/40.00 per activity).

No activities take place on the first or last day of a course, as the group leaders are busy helping students settle in or depart at the end of their stay.

Activity Schedule *(example only)*

Sunday

All day	Arrival transfers	2.00pm+	Sports at the residence
7.00pm	Supper	8.00pm	Welcome evening for new students (residence)

Monday

8.00am	Breakfast	9.00am	Tour of Antibes (or French evaluation)
1.00pm	Buffet lunch at school	2.00pm	French evaluation (or tour of Antibes)
6.00pm	Volley ball		<i>(or French course from Wk 2 onwards)</i>
8.00pm	BBQ evening (ALL students) until 22.00hrs		

Tuesday

8.00am	Breakfast	9.00am	French course (09.00 to 12 noon)
1.00pm	Buffet lunch at school	2.00pm	Free afternoon
6.00pm	Circus games	7.00pm	Supper
8.00pm	Waiters race or Casino night on site (residence students)		

Wednesday

8.00am	Breakfast	9.00am	French course
1.00pm	Buffet lunch at school	2.00pm	Sailing
6.00pm	Dance or Zumba	7.00pm	Supper
8.00pm	Karaoke or Film night (residence students)		

Thursday

		8.00am	Breakfast
9.00am	French course	1.00pm	Buffet lunch at school
2.00pm	Visit to Cannes	6.00pm	Sports Tournament
7.00pm	Supper	8.00pm	Cabaret evening (residence students)

Friday

8.00am	Breakfast	9.00am	French course
1.00pm	Buffet lunch at school	2.00pm	Sports afternoon
6.00pm	Dodge ball or Water games	7.00pm	Supper
8.00pm	Evening Party with Animateurs (ALL students) until 22.00hrs		

Saturday

8.00am	Breakfast	9.00am	Visit to Cannes or Nice
7.00pm	Supper	8.00pm	Free evening / Games on Campus

Accommodation

Students stay in one of two large summer residences (catering for up to 300 students per residence) or with local French hosts.

Host Description

Offered all dates

Students can stay with local French hosts, who offer breakfast and the evening meal (lunch is taken at the college) and bedrooms are shared (2 students per room). Single room accommodation can sometimes be arranged on request. Students walk to college each day.

Residence Descriptions

Whilst we do our best to ensure you are placed in the residence of your choice, we cannot guarantee a specific site. Student placement is based on achieving the best mix of age, nationality and language ability in the residences, to ensure the best social and working environment, for every student.

College Campus One

(available in July & August only)



Located to the east of Antibes, in a quiet setting, the Lycée is 2.5 km from the town centre and beaches. Students are accommodated in one of the two buildings of 90 rooms, where they can enjoy the superb gardens surrounding the centre, run by the French Ministry of Agriculture. The campus has a cafeteria, indoor and outdoor sport grounds, a swimming pool and an amphitheatre for night events.

10 min walk from the beaches of Antibes
4 km from the centre of Juan-les-Pins

2,5 km from the centre of Antibes
25 km from Nice Côte d'Azur airport (20 to 30 min by car)

The Campus

The campus offers 90 rooms in two buildings of 4 floors
French lessons are held on site

A very large garden area of 90.000 m².

A nice self-service restaurant (light and spacious)

Well equipped rooms for 2, 3 or 4 students, with bathroom and toilets on the corridor.

A cafeteria (with TV) is available for all our students

Sports grounds (basketball & volleyball) inside the campus.

A swimming pool (above ground – think relaxing rather than serious length work!).

No air conditioning on site

Full board: All meals are taken on the campus except on Saturday and Sunday (excursion days).

[Vegetarian meals are offered \(vegan meals are not offered\).](#) [Gluten free: On request but expensive](#)

Student rooms

Rooms are spacious and light (between 25 & 30 m²). Half of the rooms have a sea view & the others have a garden view. Rooms are generally equipped with four beds, some of them (smaller) have 2 or 3 beds. Bathing facilities are communal and situated on each floor. There are two bath areas (4 showers, 4 sinks and 4 toilets) for 8 rooms.

We recommend students bring a pair of single sheets and a pillowcase with them, as the disposable sheets arranged by the school are not popular.

Travel

Arrive: Sunday

Depart: Saturday AM

Fly to Nice International and take the inclusive college arranged transfer service from Nice airport or Antibes station to the student accommodation in Antibes. The return transfer fee is also an inclusive item in the course fees.

Please ensure the flights arrive on the Sunday at a reasonable hour and likewise depart at a reasonable time on the Saturday. Set arrival days/times apply to the transfer service and cannot be altered.

You are welcome to arrive/depart on Saturday or Sunday of any weekend the college is open, but if not arriving on Sunday, or departing on Saturday a supplement for students is EUR 150.00 (shared room) will be applied per extra night.

Unaccompanied Minor Travel:

Please let CESA know if you book this airline service, so we can advise the school well in advance

College Campus Two (available mainly in July)



The campus is in the North of Antibes, bordering a pine wood. The campus lies 7 km north of the town centre and beaches. Students share 71 rooms and have access to the sports fields, large above ground swimming pool and cafeteria.

Free shuttle between the campus and the beaches.

7 km from the centre and the beaches

25 km from Nice Côte d'Azur airport

A summer campus in a quiet environment

The Campus:

French courses take place on the campus site

A self-service restaurant

A cafeteria & a TV room

Organised free transfers at different times, schedules given on arrival

Public phones with card (sold at the reception desk)

A large above ground swimming-pool (16 m long and 4 m large) located in the campus

Sports grounds (volleyball, handball and basketball) are at the students' disposal inside the campus

No air conditioning on site

Full board: All meals are taken on the campus except on Saturday and Sunday (excursion days)

Vegetarian meals are offered (vegan meals are not offered)

Gluten free: Offered for a supplement (€ 160.00 per week/2025)

Student rooms

Rooms are 24m² and have 3 individual beds

A complete bathroom for every two rooms (2 sinks, 1 shower and toilets).

We recommend students bring a pair of single sheets and a pillowcase with them, as the disposable sheets arranged by the school are not popular.



Meals at the Residence:

Sample Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast : Continental options						
Lunch:						
Pique-nique	Salade Cote d'Azur Salade Forestiere	Salade Nicoise Taboule	Salade surimi Salade Grenobloise	Salade Piemontaise Salade mixte	Salade de riz Tomates Antiboises	Pique-nique
	Quiche provencale Pommes sautés Courgettes sautés Sauce tomate	Pilon de Poulet a la mexicaine Riz pilaf	Filet de dinde roti Haricots verts persilles Pommes Frites	Quiche aux 3 fromages Ratatouille Pates	Filet de poisson pane Gnocchis a la romaine Tomates Provencales	
	Brie	Tome de Savoie	Buchette	Emmental	Tome grise	
	Mousse au chocolat Beignets aux pommes	Riz au caramel	Fromage blanc au coulis de Framboise Eclair au chocolat	Poire au Chocolat Creme brulee	Viennois Choux Chantilly	
Dinner:						
Salade Club Steak hache Pommes Frites Yaourt ou Fromage Fruit de saison Ile Flottante	Soiree Italienne	Salade de mais Cordon Bleu Papillons Yaourt ou Fromage Fruit de saison Flan caramel	Barbecue	Oeuf mayonnaise Salade Roti de veau aux champignons Pommes sautees Yaourt ou Fromage Fruit de saison Chausson aux Pommes	Pasta Partie	Carottes rapees Oeufs durs Pissa Salade compose Yaourt ou Fromage

Going Out Permission

Residence accommodation

All ages

Students are welcome to leave campus unsupervised from **13.30 to 19.30 hrs** and then return for dinner on campus.

The school will welcome 12 year olds on the courses, only if staying in a residence, but they will NOT be allowed out unaccompanied at the end of the activities. From past experience CESA would only recommend a 12 year old attending, if accompanied by an older sibling.

For 13/15 year olds

Students aged 15yrs or younger will not be able to go out at night unsupervised.
No alternative curfews or restrictions can be implemented.

For 16/17yr olds

Parents must then choose one of the following options:

Option One/ The student **cannot go out unsupervised** after dinner (19.30hrs).

Option Two/ The student can go out unsupervised **up to 22.00hrs** Monday to Thursday evening and **until 01.00hrs** on both Friday & Saturday, & the day prior to a bank holiday (if applicable) and **19.30hrs** on Sunday evening.

Host accommodation

All ages

Students are welcome to leave campus unsupervised from **13.30 to 19.30 hrs** only and then return for dinner to their hosts, except for Monday for the school arranged BBQ, and Friday for mandatory accompanied evening party.

For 13/15 year olds

Students aged 15yrs or younger will not be able to go out at night unsupervised.
No alternative curfews or restrictions can be implemented.

For 16/17 year olds

Students in a host family will automatically be allowed to go out Monday to Thursday nights, **until 22.00hrs**, including Monday for the school arranged BBQ and **until 01.00am on Friday & Saturday** & the day prior to a bank holiday (if applicable) in accordance with the college director's rules and **19.30hrs** on Sunday evening..



Ready to enrol?

Please complete the enrolment form on line at www.cesalanguages.com or call the CESA office and we can enrol the students over the phone. On receipt of your details we will enrol you on the course and send confirmation of your booking, an invoice and a Briefing Pack.

CESA strongly recommends that students enrol as early as possible, and no later than THREE weeks before the beginning of the course. A deposit of €300.00 or £250.00 is required at the time of booking (or full fees if enrolling close to the start date).