

## ANTIBES STANDARD PROGRAM 12-17 YEARS OLD

	Sunday	Monday	Tuesday*	Wednesday	Thursday*	Friday	Saturday				
7.30am	Arrivals: Welcome on board!	Wake up									
8.00am	Welcome on Board.	French tests  Visit of Monaco									
9.00am - 12.00am	CENTRE NATIONAL ANTIBES	for new arrivals  on Mondays		Standard cours			Visit of Monaco				
1.00pm	© Lunch										
2.00pm - 5.00pm	For new arrivals  Sports and activities	Visit of Antibes	Free afternoon	Sailing afternoon	Tree top adventure park	Sports afternoon	方方				
6.00pm	on campus	Volleyball	Circus	<b>D</b> ance	Basketball	Water games	Football				
7.00pm	Dinner										
8.00pm - 10.00pm	Welcome evening	Barbeque evening	Casino evening	Film evening	Cabaret	Disco evening	Olympics evening				



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	Sunday	Monday	Tuesday*	Wednesday	Thursday*	Friday	Saturday				
7.30am	Wake up										
8.00am	& Breakfast										
9.00am - 12.00am	Standard course  Standard course  The standard course 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					