























































# ANTIBES ESSENTIAL SAMPLE PROGRAM

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.30am	<b>Arrivals:</b> Welcome on board! 	 Wake up					Visit of Monaco 
8.00am		 Breakfast					
9.00am - 12.00am		Standard course     					
1.00pm		 Lunch					
2.00pm - 5.00pm	Sports and activities on campus 	Visit of Antibes 	Free afternoon 	Sailing afternoon 	Tree top adventure park 	Sports afternoon 	
6.00pm		 Volleyball	 Circus	 Dance	 Basketball	 Water games	 Football
7.00pm	 Dinner						
8.00pm - 10.00pm	 Welcome evening	 Barbeque evening	 Casino evening	 Film evening	 Cabaret	 Disco evening	 Olympics evening

# ANTIBES ESSENTIAL SAMPLE PROGRAM

	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	
7.00pm	👨‍🍳 Dinner						
8.00pm - 10.00pm	 Welcome evening	 Barbeque evening	 Treasure hunt	 Karaoke	 Cabaret	 Pool party	