

SAMPLE WEEKLY

WEEK 4

15.07 - 21.07.2018

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|--|--|---|--------------------|--|---|---|
| | Wake-up 7:00 / Breakfast 7:30 | | | | | | |
| 8:30 - 12:30 | ARRIVAL OF NEW STUDENTS OR EXCURSION TO BIARRITZ AQUARIUM & VISIT THE OLD TOWN | CLASSES | CLASSES | CLASSES | CLASSES | CLASSES + WEEKLY TEST | DEPARTURES OR FULL-DAY EXCURSION |
| 14:00 - 18:00 | | REGIONAL "PAYS BASQUE" GAMES ART WORKSHOPS | BASKETBALL ATHLETIC GAMES OR PREMIUM + 🍷 🍴 🚿 🚰 | ADVENTURE PARK | VOLLEYBALL BADMINTON OR PREMIUM + 🍷 🍴 🚿 🚰 | TREASURE HUNT @ URRUGNE OR PREMIUM + 🍷 🍴 🚿 🚰 | SHOPPING & VISIT OLD TOWN BAYONNE & HAM TASTING |
| | Dinner 18:30 - 19:30 | | | | | | |
| 20:00 - 22:00 | ICE BREAKER | PIMP MY FRIEND | TALENT SHOW | DINNER @ THE BEACH | BBQ EVENING & MESSAGE PARTY | DISCO | OLYMPIC GAMES NIGHT |
| | Lights out: 22:30 | | | | | | |

WEEK 5

22.07 - 28.07.2018

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|---|---|--|---------------------------------------|---|---|---------------------------------------|
| | Wake-up 7:00 / Breakfast 7:30 | | | | | | |
| 8:30 - 12:30 | ARRIVAL OF NEW STUDENTS OR TRIP ON PANORAMIC TRAIN OF THE RHUNE | CLASSES | CLASSES | CLASSES | CLASSES | CLASSES + WEEKLY TEST | DEPARTURES OR FULL-DAY EXCURSION |
| 14:00 - 18:00 | | VISIT OF A CHILLI PEPPER FARM @ ESPELETTE | STREET HOCKEY BASEBALL OR PREMIUM + 🍷 🍴 🚿 🚰 | EXCURSION TO "GROTTES DE SARRE" CAVES | FOOTBALL HANDBALL OR PREMIUM + 🍷 🍴 🚿 🚰 | BEACH GAMES OR PREMIUM + 🍷 🍴 🚿 🚰 | SHOPPING & VISIT OLD TOWN OF BIARRITZ |
| | Dinner 18:30 - 19:30 | | | | | | |
| 20:00 - 22:00 | ICE BREAKER | MURDER MYSTERY NIGHT | MOVIE NIGHT | DINNER @ THE BEACH | BBO EVENING & MESSAGE PARTY | DISCO | SPORTS TOURNAMENT |
| | Lights out: 22:30 | | | | | | |

PREMIUM + 🍷

Cooking

Programme

- Preparation of local, typical French & internationally well-known desserts and sweets: macarons, Breton Far, chocolate mousse, gâteau Basque, crêpes flambées, cheesecake, cupcakes, fruit pie, tiramisu, muffins, Cannelés of Bordeaux etc.
 - Making of sauces and salads: mayonnaise, bearnaise sauce...
 - Short theoretical information about cooking: ingredients, "golden kitchen rules", etc.
 - Students will get the recipes to be able to reproduce the meals at home afterwards
- The instructor will plan a varied program of a min. three weeks with different recipes each week.

Materials

- All materials are supplied

Location

In residence kitchen

Timing

Tuesday, Thursday & Friday afternoons
14:00 - 16:00

Price

€ 90 per week

PREMIUM + 🐎

Horse Riding

Programme

- Lessons for beginners and experienced riders
- Two horse ride lessons inside the riding school
- One horse ride trip per week through fields and forests for more experienced riders

Materials

- The horse riding club will provide a helmet
- Students should wear solid/sports shoes, trousers and should bring a rain jacket

Location

Centre outside the residence

Timing

Tuesday, Thursday & Friday afternoons
14:00 - 16:00

Price

€ 120 per week

PREMIUM + 🏄

Watersports Plus

Programme

- Three afternoons of surfing lessons
- The surfing lessons are adapted to all levels

Materials

- Students need to bring swim suit, towel, sunscreen and a cap
- Surf board will be provided by the partner

Location

Beautiful and peaceful beach in Bidart

Timing

Tuesday, Thursday & Friday afternoons
14:00 - 16:00

The days and timings may change depending on the tides

Price

€ 190 per week