



CENTRE  
INTERNATIONAL  
D'ANTIBES



# STUDENT GUIDE



[www.cia-france.com](http://www.cia-france.com)





# WELCOME TO ANTIBES !



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**This guide has been designed to help you during your stay.**

**We hope that it will be filled with pleasant moments and amazing memories ; and that it brings you great discoveries of our region and above all... a lot of progress in French !**

# THE COURSES

## Assignment to a school

We have two schools: "Le Château" and "Le Port".

If your lessons take place at "Le Port" school you will be informed by email on Friday before your arrival. Depending on the results of your online French test, your school, class, room number and first name of your teacher will be displayed on Monday morning on the information boards located in the hall of each school.

### School "Le Château"

28 avenue du Château 06600 Antibes  
Phone number : 06 41 93 94 57

**Reception opening hours :**  
**From Monday to Friday**  
10:30 a.m – 11:00 a.m  
12:20 p.m – 1:00 p.m  
4:00 p.m – 5:00 p.m

### School "Le Port"

38 Bd d'Aguillon 06600 Antibes  
Phone number : 04 92 90 71 70

**Reception opening hours :**  
**From Monday to Friday**  
10:20 a.m – 11:00 a.m  
12:20 p.m – 1:00 p.m

## Visit of Antibes

Every Monday afternoon, our team offers a tour of the old town of Antibes. The visit is free and on a willful basis. Please contact a member of the team to find out the exact location and time.



## Certificate of achievement

A certificate will be given to you at the end of your stay with the level of French taken corresponding to the CEFR "Common European Framework of Reference".  
For juniors, we add the teachers' comments.



# SCHOOL "LE CHATEAU"

## The restaurant

Our chef and his team are waiting for you from Monday to Friday in the school restaurant.

Opening hours: 12:30 p.m. to 1:30 p.m. (except public holidays)

Our restaurant offers the possibility of having lunch on the panoramic terrace of the school at midday (10€).

### Menu :

- choice of 3 starters
- 1 main course (vegetarian option)
- 1 dairy product
- 1 dessert

## Snacks

You will find pastries, soft drinks, coffee and sweets.

### Opening hours :

8:30 a.m – 9:00 a.m

10:00 a.m – 11:00 a.m

1:00 p.m – 2:00 p.m



## Location

28 avenue du Château, 06600 Antibes

Between the sandy beaches of Juan-les-Pins and the old town of Antibes



## Free WIFI



Network : **Château**

Password : **ciachateau**





# SCHOOL "LE PORT"

## Location

38 Bd d'Aguillon 06600 Antibes

150 meters from the beaches  
700 m from Antibes train station

*Go up to the 1st floor, above the bar the HopStore*

## Reception opening hours

**From Monday to Friday**

10:20a.m – 11:00a.m

12:20p.m – 1:00p.m



**Free WIFI**



Network : **PORT**

Password : **ciaport**



## Your opinion matters !

Through our satisfaction questionnaire given in class by your teacher at the end of your stay, please help us improve with your comments and suggestions.

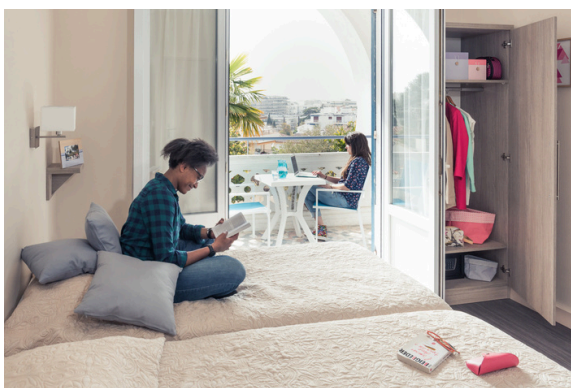


# OUR RESIDENCES

## CASTEL ARABEL



## ARAGON



**Accommodation in a studio in our private residence Aragon or Castel Arabel. The residences are both located a 15-minute walk from the Château school and 500 meters from beaches and shops.**

### Included services :

Sheets are provided (not towels)  
Wifi, air conditioning, kitchenette and television  
Iron and ironing board available

### Paid services :

Guest (on request)  
Cleaning at the end of the stay  
Washing machine and dryer

### Reception opening hours :

Monday: 8:00 a.m to 9:00 a.m + 5:00 p.m to 7:00 p.m  
Tuesday and Wednesday: closed  
Thursday and Friday 5:00 p.m to 7:00 p.m  
Saturday: 9:00 a.m to 12:00 p.m  
Sunday: 2:00 p.m to 7:30 p.m



# ACTIVITIES

## Excursion program and activities

To discover our beautiful region; activities and excursions are offered every week by the school. Visit of a Provençal village, local tastings, wine and cheese tasting...

To register, it is necessary to go to the reception of our schools.

The price varies from 25€ for a half-day (Saint-Paul de Vence, Gorges du Loup, Gourdon etc.) to 60€ for a weekend excursion (Saint-Tropez, tour of the Côte d'Azur etc. ).



## Various activities

Occasional activities are organized by our animation team linked to cultural events and French traditions (tasting Beaujolais Nouveau, Galette des Rois, Bugnes with Cider...)





# FOR MORE IMMERSION...

## Our educational materials

You will regularly receive a selection of various documents distributed by your teachers, as well as a grammar book specially designed by our educational management. You will also use audiovisual supports.

### "Le français et vous"

[More information here](#)

Our free online magazine will allow you to discover French culture through cinematographic, musical and literary news.

You will also find French games and exercises there, for all levels and all ages.

For FLE (French as a Foreign Language) teachers, our factsheets and other educational resources are updated and posted online regularly.

## The library Albert Camus

There you will find very diversified collections presenting all kinds of documents: books, albums, newspapers and magazines, music or recorded books, movies, etc.

Address: 19 Boulevard Chancel, 06600 Antibes

Phone number : 04.92.19.75.80

## Opening hours

Tuesday & Friday 1:00 p.m – 7:00 p.m

Wednesday & Saturday 10:00 a.m – 6:00 p.m

Thursday 1:00 p.m – 6:00 p.m



# CULTURE & DISCOVERIES

By their variety and quality, the different museums are an invitation to discover the beauty and culture of our region.

## Prices with the CIA student card

### Museum of Archeology – Bastion Saint André

Open everyday except on Mondays and public holidays 3,00€

### Museum Peynet

Open everyday except on Mondays and public holidays 3,00€

### Château Grimaldi

Open everyday except on Mondays and public holidays 8,00€

### Museum Napoléonien

Open everyday except on Mondays, Sundays and public holidays 4,50€

### Fort Carré

Open everyday except on Mondays and public holidays 1,50€



## Important museums and monuments of the area

<u>Museum Chagall</u>	Nice	04.93.53.87.20	10,00€
<u>Museum Matisse</u>	Nice	04.93.81.08.08	10,00€
<u>Villa Rotschild</u>	Cap Ferrat	04.93.01.33.09	17,00€
<u>Museum F. Léger</u>	Biot	04.93.53.87.20	5,50€
<u>Villa Kerylos</u>	Beaulieu	04.93.01.01.44	11,50€

**Good tip :** In France, the 1st Sunday of each month, public museums are free !



# GUIDED TOURS OF ANTIBES

The Antibes/Juan-les-Pins tourist office invites you to discover the must-see places in the surrounding area.

Given in French, English or Italian (by reservation), this visit will allow you to familiarize yourself with our towns' beauty, culture and history.

## Guided tours:

- Guided tour of Old Antibes in French: every Tuesday at 10am
- Guided tour of Old Antibes in English: on request, subject to availability
- Guided tour of Juan-les-Pins, from the Belle Époque to the Roaring Twenties: Thursday 05/09 and Friday 20/09 at 10am
- Antibes Street Art guided tour: Friday 13/09 at 10am
- Nature walk on the coastal path: Friday 27/09 at 9.30am

## Prices:

- Full price €9/person and reduced price €4.50/person (children aged 8 to 16, students, people with disabilities, jobseekers, tourist guides).
- Full price €12/person and reduced price €6/person (children aged 8 to 16, students, people with disabilities, jobseekers, tourist guides).

Registration required: 04 22 10 60 01 or by email [accueil@antibesjuanlespins.com](mailto:accueil@antibesjuanlespins.com)

## Address and contact:

2, bis rue Fontvieille – 06600 Antibes

+33 (0) 4 22 10 60 10

[accueil@antibesjuanlespins.com](mailto:accueil@antibesjuanlespins.com)



# CONTACT & USEFUL INFORMATION

## Medical emergencies

### **Centre Hospitalier d'Antibes**

107 avenue de Nice

06600 Antibes

04.97.24.77.48

## Medical Consultations

### **Maison médicale d'Antibes-JLP**

Antipolis, 60 chemin des Sables

06160 Antibes

04.92.38.35.32

## Dentist

**Speaks english**

### **Dr. CAMBON Patrice**

46 Boulevard Albert 1er

06600 Antibes

04 93 34 94 35

## Osteopath

**Speaks english and italian**

Dr. CARNEVALLI Johanna

7 Avenue Robert Soleau

06600 Antibes

07.61.46.33.66

## Tourism office of Antibes

Place Guynemer

06600 Antibes

04.22.10.60.01

## Post Office

2 avenue Paul Doumer

06600 Antibes

Phone : 09.70.82.36.31

From Monday to Friday : 8:30 a.m to 6:00 p.m

9:00 a.m to 12:00 p.m

## SFR Phone service

**Carte SIM prépayée à partir de 9,99€**

2 bis rue de la République

06600 Antibes

04.90.92.13.56

## Bus Station – Envibus Agency

**€1 ticket in agency or on the *EnvibusTicket* mobile application**

Boulevard Général Vautrin

06600 Antibes

04.89.87.72.00

## **General information about Nice Airport :**

04 93 21 39 50

<http://www.nice.aeroport.fr>

## **EMERGENCY NUMBERS**

<b>Police</b>	17
<b>Firefighters</b>	18
<b>S.A.M.U</b>	15
<b>European Emergency</b>	112
<b>SOS Drugs</b>	3624
<b>Drug info service</b>	0 800 23 13 13
<b>AIDS info service</b>	0 800 840 800
<b>Poison Control Center</b>	04 91 75 25 25
<b>Alcohol info service</b>	0 980 980 930

## **WHAT TO DO IN CASE OF LOSS OR THEFT ?**

**You must report the theft to the police station and notify the consulate of your country in France.**

**A receipt will be given to you by the police.**



# SPORTS & LEISURE

## Library

### **Dernier Rempart**

10, Avenue Robert Soleau  
06600 Antibes  
04.93.34.25.50

## Movies

### **Cinéma Casino**

Avenue 24 Août  
06600 Antibes  
04.93.34.04.37

**Good deal:** with the CIA student card, reduced rate (-€6) every day except Saturday and Sunday from 1:00 p.m. to 10:30 p.m.

### **CinéPlanet**

11 rue Lacan  
06600 Antibes

## Theatres

### **Anthéa**

260 Avenue Jules Grec  
06600 Antibes  
04.83.76.13.13

### **“Le petit théâtre de Laure en Bar”**

5 avenue Amiral Courbet  
06160 Juan-les-Pins  
06.16.99.00.78

## Fitness / Exercising

### **ProForm**

55, avenue de Cannes  
06160 Juan-les-Pins  
09.50.60.15.37

## Tennis

### **La Roseraie Saint-Jean**

245, traverse Fontmerle  
06160 Juan-les-Pins  
04.93.33.91.79

## Mini-golf

RN 7 306 av Mozart – Marineland  
06600 Antibes  
04.93.33.49.49

## Swimming Pool

210 avenue Jules Grec  
06600 Antibes  
04.92.90.68.10

## Bowling/LaserGame

### **Lazer Antibes**

172 avenue Weisweller  
Quartier Nova  
06600 Antibes  
04.92.90.39.54



# RESTAURANTS

## The Mistinguett'

**Cafe – Brewery – Counter**

36, Boulevard d'Aguillon

04.93.95.14.67

free coffee with the purchase of a menu  
upon presentation of the CIA card

## The Roi Soleil

**Mediterranean Cuisine**

66 route Saint Jean

06600 Antibes

Tél : 04.22.10.98.74

*1 pizza + 1 beverage for 10€*

## The Hop Store

**Bar – Pub Irlandais**

38 Boulevard d'Aguillon

06600 Antibes

04.93.34.18.70

## La Brasserie Antibes

**Provençal cuisine – Music**

18 avenue Robert Soleau

06600 Antibes

04.93.34.11.10

## L'Altro

**Mediterranean Cuisine**

9 avenue du 11 novembre

06600 Antibes

04.22.58.06.99

## La Jetée

**Mediterranean Cuisine**

21 avenue Guy de Maupassant

06160 Antibes

04.93.61.16.74

These addresses are mentioned free of charge for their value  
for money and the goof welcome given to our students.





# GOOD TO KNOW

*Some questions often asked by our students...*

## **How do we greet (la bise) ?**

The choice of how to greet someone is not the same depending on the person: friend, colleague, man, woman. Men generally shake hands between each other. They kiss on both cheeks as a sign of greeting when they are very good friends or members of the same family. For women, kissing both cheeks is more common whether with a friend or colleague, female or male. For a first contact with a stranger, extend your hand. Subsequently, if you are not sure, do not take the initiative and wait to see what the person in front of you will do.

## **Are there any topics to avoid?**

Indeed, the French have taboo subjects that are better not to discuss in order to avoid an uncomfortable situation. These include politics, religion and money.

## **Is it important to be on time?**

Even if the French have a reputation for being late, punctuality remains an essential act of good manners. If it is a business, professional, or doctor's appointment, it is recommended to arrive five or ten minutes early.

On the other hand, if you are invited for an evening or a dinner, you can show up 10 or 15 minutes later.

## **What time do we eat?**

Lunch is served between 12 and 2 p.m., dinner is served from 7 p.m. Regional diversity means that we often deviate from these schedules. So in the south, where it is warmer, dinner often starts after 8 p.m. But of course every family is different.

## **Do we leave tips?**

Service is always included in the bill, tipping is not mandatory but it is nice to leave a little something if you were happy with your experience. It is given according to your satisfaction and your financial means and is left on the table before leaving or handed to the waiter.

# LET'S KEEP IN TOUCH !

Centre International d'Antibes  
38, bd d'Aguillon  
06600 Antibes



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See you soon !