

ADULTS
2026



WINE & COOKING PLUS

“

Learn French, explore the Côte d'Azur,
and indulge in the delights of French gastronomy and wine,
all while staying just 500m from the beach
in our welcoming accommodation!

”

FRENCH COURSE +

Immersive French
thematic workshop

ACTIVITY PROGRAM

3 cooking/pastry classes
1 wine tasting
2 lunches
2 excursions

+ ACCOMMODATION

Centrally located studios,
Very close to the beaches



1 week minimum - 11 sessions per year

FROM **1350€** / WEEK



FRENCH LANGUAGE AND LEISURE PACKAGE FOR ADULTS

PROGRAM LEADER

A program leader dedicated throughout your stay.

- In addition to coordinating the activities, the program leader guides participants to an immersive cultural experience.
- Ensures the smooth running of the program, and connects students with the local guides of each workshop or visit.
- Encourages the practice of the French language skills outside of the classroom.



TYPES OF ACTIVITES

A program which evokes curiosity and all your senses.

- Join culinary workshops to discover and prepare traditional French recipes.
- Dive into the world of wine with friendly tastings, showcasing France's renowned wine regions and local expertise, for a truly unique sensory and cultural experience.
- Please note that activities and excursions involve walking. Good physical condition is therefore recommended.



WHY PARTICIPATE IN OUR PROGRAM

- Deepen your knowledge of French cuisine and wine.
- Meet individuals with a shared interest in experiencing an authentic immersion of the region with an international community.
- All participants will be accommodated in a calm residential area of Antibes within a walking distance to the lively town centres and beaches of Antibes and Juan-les-Pins.



SAMPLE OF SCHEDULE

WEEK 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Shuttle from the residence to school					
	Visit to the market with the chef – Cooking workshop and lunch	Free morning	Visit to NICE (market, old town...) Suggestion: "La part des anges"	Bread/Savory Cooking Workshop + Wine tasting + Lunch	Free morning	
	Visit to Antibes + Picasso Museum with French teacher	Class with FLE teacher Theme: «Étiquette»	Optional paid activity	Visit to Cannes	Pastry Workshop 2:45pm–5:45pm + Debriefing & apéro with the FLE teacher	

WEEK 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Shuttle from the residence to school					
	Visit to the market* with the chef – Cooking and lunch at the Port	Free morning	Visit to Monaco	Bread/Savory Cooking Workshop + Wine tasting + Lunch	Free morning	
	VISIT OF ANTIBES (new arrivals) or Alternative for 2-week participants: Escoffier Museum	Class with FLE teacher Theme: «Étiquette»	Optional paid excursion	Visit to Cannes	Pastry Workshop + Culinary vocabulary & debriefing with apéritif with teacher	

NOTES

- This timetable is given as a reference showing a sample of activity program. The program and the free day may be subject to change due to operational reasons or according to weather forecast.
- Please note that activities and excursions involve walking. Good physical condition is therefore recommended.

WINE & COOKING



FRENCH LEARNING

FRENCH LEARNING

Unlike traditional lessons, French learning happens in authentic cultural settings, local markets, excursions, and hands-on cooking sessions. Every activity becomes a language-learning opportunity while experiencing French gastronomy and culture. This immersive approach makes each moment both educational and delicious.

STRUCTURE

- In total 7h30 of French workshops/courses
- Learning fully integrated into hands-on activities and excursions.
- French thematic course: Etiquette with The Art of Living and Good Manners.
- Small group for a personalized experience.



NOTES

- Suitable for all French levels.
- A unique combination of language, gastronomy, etiquette, and culture.
- More than just a class, a lifestyle experience

ACTIVITIES

WINE & COOKING PLUS

The program includes a rich mix of gastronomy, culture, and language immersion:

- 3 cooking/pastry workshops (hands-on, with local chefs)
- 1 wine tasting session with regional wines
- 2 gourmet lunches prepared and enjoyed during workshops
- 2 cultural excursions to iconic destinations (e.g., Antibes, Nice, Villefranche-sur-Mer, etc.)

Each activity is designed to combine French language learning with authentic cultural and culinary experiences.





ACCOMMODATION

Students are accommodated in our comfortable in our **Residence Aragon***.

Our ideally situated residence offers recently renovated studios in an inviting and friendly atmosphere. The private modern en suite bathrooms and fully equipped kitchenette will provide additional comfort during your stay as it will make you feel just like at home.

HIGHLIGHTS

■ RESIDENCE ARAGON

Located in a quiet area between Antibes and Juan-les-Pins :

- **10 minute walking distance** from the beaches and the center of Juan-les-Pins and Antibes.
- **On site** : lounge area and large terrace.
- **Accommodation in studios** with private bathroom, air-conditioning and kitchenette.
- **FREE SHUTTLE FROM RESIDENCE TO SCHOOL IN THE MORNING**

NOTES

- Bed sheets are provided.
- **Towels are not provided.**
- * According to availability, we can also offer a studio in our **residence Castel Arabel** or in our **residence ASTOR**.

DESTINATION: ANTIBES



With 300 days of sunshine throughout the year and 25 kilometers of sandy beaches, Antibes is an exceptional destination on the French Riviera, between Cannes and Nice.

Learning French in Antibes allows you to enjoy the sunshine, the sea, and also to discover numerous picturesque attractions of the region.



DATES & PRICES 2026

Arrival Sunday → Departure Saturday

NEW ! Wine & Cooking Package PLUS

Courses + accommodation + activity program
From 1 week

Low season
04.01 ▶ 07.03
01.11 ▶ 19.12

Medium season
08.03 ▶ 06.06
27.09 ▶ 31.10

High season
07.06 ▶ 27.06
02.08 ▶ 26.09

Package including single room
Package including double room (shared) ¹

N/A
N/A

1610 €
1350 €

1750 €
1420 €

These prices include:

- 7.5 hours of immersive French workshops combining language learning with the art of French wine and gastronomy
- Accommodation in a fully equipped studio, 500m to the beach
- Free morning shuttle to school Monday to Friday
- Wine & Cooking activity program : 3 cooking/pastry classes, 1 wine tasting, 2 lunches and 2 excursions
- A dedicated monitor

Arrival dates middle season :

29.03 - 05.04 - 12.04 - 19.04 - 24.05 - 31.05

Arrival dates high season :

07.06 - 14.06 - 23.08 - 30.08 - 06.09

¹ No double occupancy except if they know each other and book together.

*Note:
Prices are per week.
Programs are available from 1 week.
Extra cost for a 1-week stay: 30 €.

ARRIVAL DATES 2026

Arrival dates middle season :

29.03 - 05.04 - 12.04 - 19.04 - 24.05 - 31.05

Arrival dates high season :

07.06 - 14.06 - 23.08 - 30.08 - 06.09

NOTES

- No classes are held on public holidays in France : 06.04 - 01.05 - 14.05 - 25.05 - 14.07 - 11.11
- Classes are neither refunded nor rescheduled, but the missed activity or excursion will be moved to an available afternoon.



MAP OF THE CITY

ANTIBES

