



## Languages & Exploration

**13-17 year olds.**



*Located 8 km from Chamonix, the Savoyard village of Argentiere is situated at 1250 m altitude. Between unspoiled Vallorcine and the legendary Chamonix, the village of Argentiere is the starting point for many hikes, but also trail running, mountain biking and mountaineering. Completely renovated, the center of Argentiere awaits you at the foot of the Aiguille Verte!*

# ARGENTIÈRE

## VALLÉE DE CHAMONIX

### Activities

Hiking, trail running, climbing, mountaineering, mountain biking, multisport.

### Accommodation

Comfort 🏠😊

- Original building completely renovated and comfortable housing 300: 4 people per room (some rooms 5 and 6 people). Areas reserved for minors.
- Showers and toilet facilities on each floor.
- Bar, dining room with terrace facing Mont Blanc.
- Sauna, climbing hall, sports hall
- Outdoor heated pool
- Track pump track

### Teachers, Trainers & Coaches

B.A.F.A. qualified instructors, guides, professional sports guides and leaders and a director with a B.A.F.D. diploma. Qualified French teachers from IFALPES

#### The center hosts:

- Adults and 16/17 year olds on common programs
- Junior 13/17 years on specific programs for juniors

### Other Activities

Films, music, mountain animations, dances, park with heated outdoor pool, badminton, petanque, billiards, table tennis, projection room.



### Reasons to choose UCPA & IFALPES

■ **To enjoy an education which favors the welfare, safety, fun and rewarding experiences for each youth to bring them closer to autonomy.**

■ **We provide the framework and expertise to ensure all activities are full of happy memories and good times shared.**

■ **UCPA has 50 years of expertise in hosting and coaching quality. IFALPES has over 20 years' experience in teaching French.**

■ **All-inclusive peace of mind: accommodation, full board, supervision, sports equipment, entertainment. Children are integrated with native French speakers.**

UCPA is approved by the government as a social, youth and community educational association, sports federation and partner of National Education. - Photos: UCPA D.R.

IFALPES is a French language school certified in the teaching of French as a foreign language.



## Languages & Exploration

13-17 year olds.

### Nature all Games

#### Mountain Multisport and French Lessons

Open to everyone. Intensity: \*\*

The Chamonix valley is " the " playground dreamed of to discover a range of mountain activities. You'll mix sport and a great ambiance in an exceptional environment.

**Sports sessions: Climbing, Mountain biking, Rafting, Orienteering, visit of the Aiguille du Midi and mountain hiking.** 10 sport sessions and 10 French sessions during the 2 weeks.

Alternating between ½ a day of activity and ½ a day of French lessons (from Monday to Friday, inclusive).

Break at the weekend.

The French lessons are given by qualified, experienced teachers from IFALPES, Institut Français des Alpes.

**Duration 14 days / 13 nights from 03/07 to 16/07/16 or 17/07 to 30/07/2016**

**Price > € 1,370 per person including:**

- Accommodation in shared room
- Full board
- Team leaders for community life
- Sports Coaching
- Sports equipment
- French classes

**Option:** Arrival on Saturday night: + € 40



### Organisation of the week

#### Sunday (day of arrival):

Allocation of the bedrooms, distribution and testing of sports equipment. Discovery of the site and group meeting. You participate in the development of rules for living during your stay.

#### From Monday to Friday

**Sports:** Between 1h and 2h30 per half day, your monitor will give you personalized advice for you to progress and take pleasure in sport.

**Lessons:** 10 hours of French lessons per week. The lessons will be in relation to the activities taking place. Emphasis is laid on oral communication and group work.

**Entertainment:** Your hosts will encourage you to participate in tournaments, team games, discoveries of new activities...

**Free Time:** Regular throughout the week. On some slots and with the agreement of the teaching team, you can go outside the center independently with your friends

**Meals:** 3 daily + snack

**Evenings:** Musical games, improvisation games, forum discussions, evening dances ...

**Sleep time** The activities during the stay will require sufficient sleep time for your well-being.

UCPA is approved by the government as a social, youth and community educational association, sports federation and partner of National Education. - Photos: UCPA D.R.

IFALPES is a French language school certified in the teaching of French as a foreign language.



**Languages & Exploration**

**13-17 year olds.**

**Saturday morning:** departure day

Quiet morning: Storage and last exchanges with your recently made friends, your sport leaders and instructors.

**Full health and travel insurance is obligatory.**

## Transport

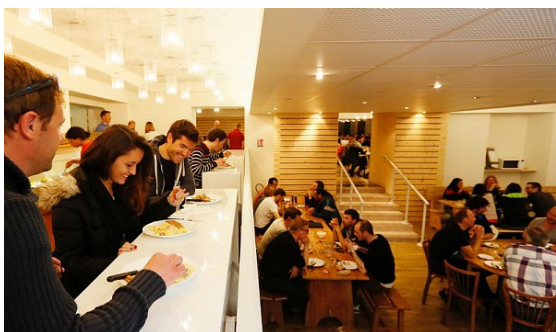
Transport by train leaving from Paris.

Transport by coach UCPA from Paris and other areas.

Transport from Geneva Airport Sunday 3<sup>rd</sup> July 2016 and Sunday 17<sup>th</sup> July 2016.

Students are met at arrivals by a member of the UCPA team and transported to the UCPA centre in Chamonix.

Bus service every 2 hours. Cost for return transport: 80€.



UCPA is approved by the government as a social, youth and community educational association, sports federation and partner of National Education. - Photos: UCPA D.R.

IFALPES is a French language school certified in the teaching of French as a foreign language.