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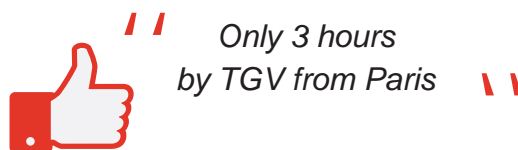
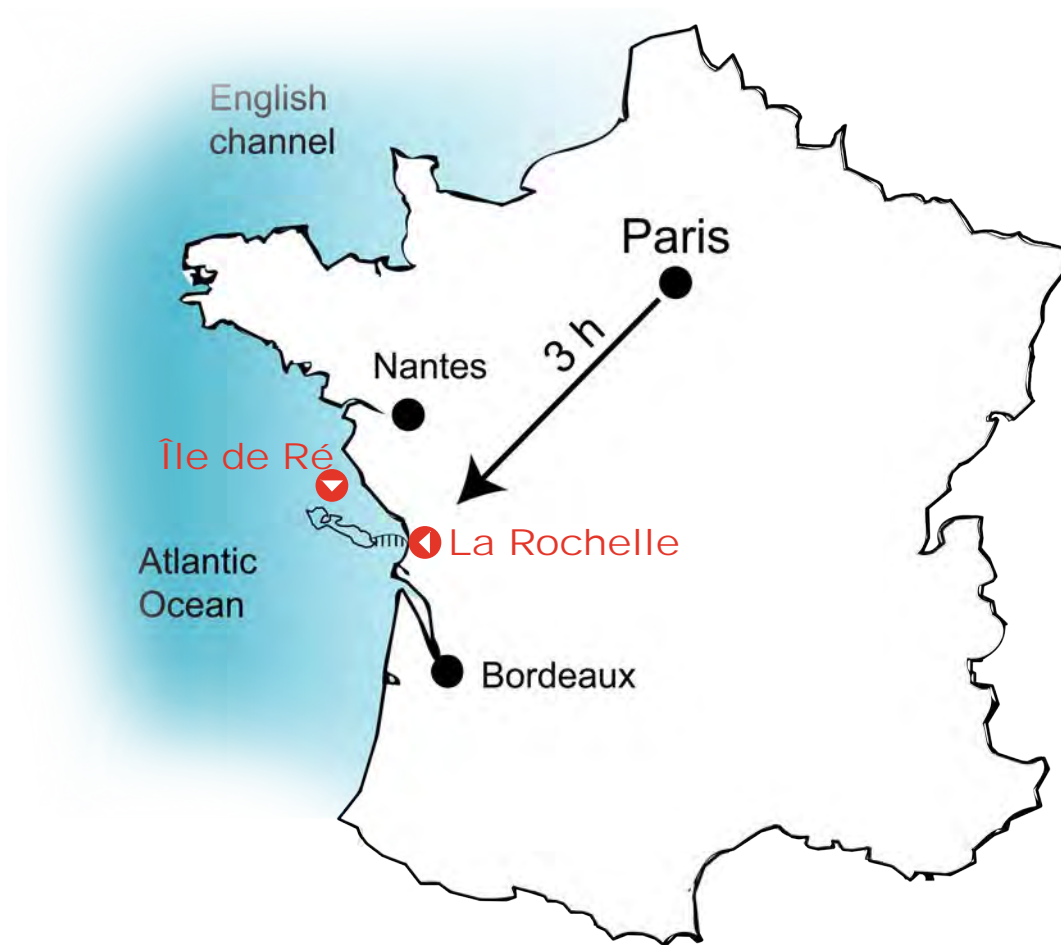
Île de Ré

Francés y deporte



Locate La Rochelle & l'Île de Ré

Situated on the Atlantic coast of the Charente Maritime our centres in La Rochelle and on the Île de Ré welcome you all year round in conditions ideal for learning, tourist exploration and getting away from it all.



Ile de Ré Host families 14-17 years old



Junior courses are held on the Ile de Ré. This little island measures 30 km by 5 km at its widest point. The island is joined to La Rochelle by a bridge, and is made up of 10 typical yet individual villages.

Ré is paradise for cyclists, with 100Km of cycle routes circling the island, offering a number of different cycle tours, all in complete safety.

The centre is in the capital, Saint Martin de Ré, which has been classified as a World Heritage site by UNESCO.

Accommodation is with families in and around Saint-Martin-de-Ré. It takes about 20 minutes by bike to get to the inlingua Centre from your host family. There are also free bus and shuttle services available, linking the different villages together.

Breakfast and dinner are with the host family, who also provide a packed lunch. The families will all be able to help you discover the hidden parts of the island.

Lessons take place in the morning between 9:00 am and 12:00 pm or in the afternoon between 2:00 pm and 5:00 pm, depending upon the sports activities or upon the tides. The children are always in the company of either an inlingua member of staff, or a sports supervisor between 9:00 am and 6:00 pm.

The sports courses all take place in French, with a large number of French children as well.

In order to allow for organisational requirements, those students partaking in specialised sporting activities must do the course at the same time. Tennis courses are only available in the morning and cannot take place during certain weeks. (For more information please see the calendar on the website).



PRACTICAL INFORMATION

DATES :

A minimum of 2 weeks must be booked between the 2nd July and the 5th August.

TRANSFERS :

The meet and greet takes place either at La Rochelle airport, or at La Rochelle train station. Transfers to Saint-Martin-de-Ré will be taken care of either by inlingua or by the host families.

Arrivals : July 2nd - 9th - 16th and 23rd

Departures : July 15th -22nd- 29th August 5th.

FOOD REQUIREMENTS :

Please mention at time of enrolment if you have any specific dietary requirements.

SPORTS ACTIVITIES :

For all aquatic activities, relevant equipment will be provided by the clubs. You are free to bring your own equipment should you wish. A medical certificate permitting the participation in these activities will be required.

EVENINGS :

Evening entertainment is often organised amongst the groups as they know about upcoming activities, free concerts, night markets, shows etc.

Other activities are also organised such as: collecting shellfish, fishing, volley ball, Geo Caching, learning how to play cards and French board games, French songs (karaoke) etc.



Discover the Atlantic coast

Our centres in La Rochelle and the Île de Ré are situated on the west coast of France, 480km from Paris at the centre of a crescent radiating from Bordeaux to Nantes passing through Poitiers with its famous Futuros-cope. So many magnificent towns, sites and remarkable places of interest to visit all year round from the region of Cognac and Saint-Émilion for the lovers of good wine, to the many curiosities of the region around Nantes.



You will also appreciate the gastronomy, the cultural, architectural and environmental richness of this immense region which makes up the great West with its bracing climate. You will be seduced by the beauty of our coast and the numerous natural reserves, the "côte sauvage" near Royan, the creeks, cliffs and superb white sandy beaches of Les Sables d'Olonne.

Not forgetting our islands (Oléron, Ré, Aix...) which can be visited either by boat, on foot, by bike, on horseback for breakaways at anytime of the year. It is these remarkable sites, like the Marais Poitevin, which give La Rochelle and its region its drawing power and places it amongst the most touristic in France. For example, the successful "Nuits Romanes" and the open-air shows will enchant your summer evenings in a number of magical locations.





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