



LSF JUNIOR FRENCH COURSES IN MONTPELLIER

Notes for students - 2010

LSF Junior School : Collège de la Sainte-Famille, Place Roger Salengro, 34000 Montpellier

LSF Residence : Résidence Le Clemenceau, 1 rue Bourrely, 34000 Montpellier

LSF Director : Andrew Kinselle

LSF Administration : Miglena Kamenova

Telephone before and during the course (LSF Montpellier Head Office) : +33 467913160

Emergency Telephone during the course : +33 611562696

HOW TO TRAVEL

There are flights to Montpellier from Germany (Ryanair from Frankfurt); from the UK (Easyjet to Montpellier; Ryanair to Montpellier and Nîmes); from Copenhagen (Sterling); from Madrid (Iberia); from Amsterdam (Transavia), and 14 daily flights to and from Paris Roissy-CDG and Orly airports. Otherwise, you can also fly into Marseille or Toulouse airports and request a transfer from there (prices available on request). If you take the train you should arrive at Montpellier station. There are TGVs which take around 3H15 from Paris-Gare de Lyon or Roissy-CDG airport, and also trains from Spain (Talgo) and Switzerland and Italy via Nice. Eurolines and Ibéribus also operate coach services to Montpellier from many European cities.

ARRIVAL PROCEDURE

A student week begins on Sunday evening, and ends on Saturday morning. We must be informed as soon as possible if your travelling timetable does not coincide with this. If you arrive before 19H, you will have an evening meal on your arrival.

You should contact your **Host family** directly by the latest on the Tuesday before your arrival, letting them know your arrival time and place. We cannot guarantee that your host-family will be there to meet you if they do not have the necessary information by the Tuesday prior to your arrival.

For **Residential** students, when you arrive in Montpellier please go directly to your accommodation by bus or taxi, unless you have booked an arrival transfer in which case you will be met by an LSF staff member. Students should aim to arrive mid-afternoon, so that they can settle in their room and be ready to go to eat with the other students at 19H15.

RESIDENTIAL ACCOMMODATION (recommended for students 14+)

The Residence Clemenceau is in the town centre only 10 minutes walk from Place de la Comédie, the heart of Montpellier, and 5 minutes from the LSF Junior Course Centre. Accommodation will be reserved for students in a single or double 'studio' (NB there is only a very limited number of double studios, allocated on a first-come first-served basis), all with en-suite shower, washbasin and toilet, fridge and small cooking area. There are cold and hot drink dispensers, as well as a laundry room with washing-machines and dryers (around € 4.50 per programme), available on the ground-floor. **You must leave a deposit of € 50 at the Residence reception on arrival**; this will be returned to you on departure, except if you have lost your key, left your room unreasonably dirty or caused damage to your room. Please inform us if you do not expect to arrive before 18H so that we can arrange for someone to be present to give you your key.

If you lose your room keys during your stay, replacement keys will be provided on payment of € 15 per key.

YOU MUST BE BACK IN THE RESIDENCE BY 23H30 DURING THE WEEK AND BY MIDNIGHT AT THE LATEST ON FRIDAY AND SATURDAY. NB Students are always accompanied to and from the town centre.

HOST-FAMILY ACCOMMODATION

Accommodation will be reserved for junior students in single or generally shared bedrooms **on a first-come first-served basis- please note that we will try to accommodate your wishes and requests as much as possible, but cannot guarantee this at all times.** We will try to place only one student speaking the same language per family, but this is not always possible in busy periods.

Your host-family will welcome you as a paying guest to their home and trust that you will respect their way of life. Our host-families live in flats/villas in Montpellier itself, or in immediate surrounding areas. You should have no more than 35 minutes' travelling time by bus to reach the LSF centre, although this is normally a lot less. **YOU MUST BE BACK IN YOUR HOST FAMILY BY 23H DURING THE WEEK AND BY MIDNIGHT AT THE LATEST ON FRIDAY AND SATURDAY.**



MEALS

Host-family students : You will have breakfast and evening meals with the family. If you have chosen the full-board option, you will have weekday lunches (salad or sandwich) at the Course Centre, a packed lunch provided by the family for the Saturday excursion and lunch in the family on the Sunday.

Residential students : During the week, you will have all meals in the Course Centre (lunchtime) or in local cafés, restaurants or a cafeteria (mornings and evenings). If you have chosen the full-board option, you will have weekday lunches at the Course Centre (a mixture of salads and sandwiches), and a cold packed lunch is provided by LSF for the Saturday excursion and for Sunday lunch. On Saturdays, breakfast is served in the residence; on Sundays students have breakfast in the residence or in a nearby café.

INSURANCE & MONEY

You must be covered by personal liability, health and travel insurance; you must send proof of your insurance to LSF before arrival. LSF will require you to take out insurance if you have not already done so. For students from EU countries, it is advisable to obtain an European Health Insurance Card from your local social security office before travelling. Hospital treatment for an accident or emergency is normally payable. Non-urgent treatment can be obtained through a local doctor, and again this is payable.

You should bring pocket money for incidentals (drinks, ice-creams, souvenirs, gifts...)- the exact amount is left to your discretion, but around 100 € per week seems reasonable. It is advisable on arrival to give your money, passport and travel documents to your Host Family, who will place them in safe keeping; these can be made available to you on request. **LSF, the host families and the Résidence Le Clemenceau cannot be held responsible in any way for loss of or damage to personal items during your stay.**

LESSONS

Intensive Course = 20 x 45 min lessons per week, ie 15H.

On the first morning of the course you must be at the LSF Course Centre by 8H50. You will take a written and oral placement test and will then be placed in a multinational class appropriate to your level of French. Courses have been specifically designed for young people visiting France for a short period. The maximum number of students in a group is 16. You will receive a certificate of attendance at the end of your course.

ACTIVITY PROGRAMME

This will include a selection of cultural, educational and fun activities from a Welcome Meeting, Town Walk, Beach-volleyball and Beach games, Sports (basketball, football, tennis, volleyball...), Workshops, Quizzes, Indoor Games, Video Night, Farewell Evening (beach or disco), "Open Stage" (variety shows and concerts), "Photomania", Theme Nights, Discos, Karaoké, Indoor Swimming at the Olympic Swimming-pool, Half-day excursions (1 per week) to Sète, Grotte de Clamouse/Pont du Diable, Nîmes and Lac du Crès. Full-day excursions (1 per week) to Avignon/Pont du Gard, the Camargue, Grotte des Demoiselles/St Guilhem, La Bambouseraie and Lac du Crès.

SUPERVISION & WELFARE

We place great emphasis on looking after our students 24 hours a day. Fully qualified members of our staff together with Group Leaders ensure that the appropriate levels of supervision and control are maintained at all times and that help is at hand should it be required. Members of our staff live in the residence with the students.

USEFUL WEBSITE ADDRESSES

The following is a non-exhaustive list of websites which you may consult to help you prepare your stay here:

Useful Local Addresses : www.petitfute.com

Montpellier Airport : www.montpellier.aeroport.fr

SNCF (French Railways) : www.sncf.fr

What's On in Montpellier : www.montpellier.webcity.fr

Montpellier Tourist Office : www.ot-montpellier.fr

Air France : www.airfrance.fr

Ryanair : www.ryanair.com

Midi Libre (Local Newspaper) : www.midilibre.com