

LSF JUNIOR FRENCH COURSES IN MONTPELLIER

Notes for students – Summer 2018

LSF Junior School : Ecole St François Régis (SFR), rue Plantade, 34000 Montpellier

LSF Residence : Résidence Carré du Roi (Nemea), 2bis rue Gerhardt, 34000 Montpellier

LSF Junior Centre Director : Andrew Kinselle

LSF Emergency Number 24/24:

+33 611-562-696

06-11-56-26-96 if calling in France

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

HOW TO TRAVEL

There are direct flights to Montpellier operated by Air France, KLM, Easyjet, Ryanair, Eurowings, Transavia, Aer Lingus, Volotea, Norwegian/SAS, Hop! and Air Arabia, and many daily flights to and from Paris Roissy-CDG and Orly airports. Otherwise, you can also fly into Marseille (150 kms), Béziers (70 kms), Nîmes (45 kms), Carcassonne (170 kms) or Toulouse (220 kms) 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 (TGV from Barcelona and Madrid) and Switzerland and Italy via Nice. Eurolines, Ibéribus, Flixbus and Ouibus 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, but in all cases you must arrive and depart at weekends. For residential students, if you arrive before 18.30, you will have an evening meal on your arrival.

Homestay students will be met on arrival and dropped off on departure by their host family at Montpellier airport or railway station. 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. If you arrive at Montpellier railway station, you should go to the meeting point which is in front of the 'Point Information' on the first floor, opposite the Paul bakery.

For **Residential** students, when you arrive in Montpellier please go directly to your accommodation by bus or taxi. Students should aim to arrive mid- or late-afternoon, so that they can settle in their room and be ready to go to eat with the other students at 19.15. If you have booked an arrival transfer, you will be met by an LSF staff member with a board with the LSF logo on. If you arrive at Montpellier railway station, you should go to the meeting point which is in front of the 'Boutique SNCF' on the first floor, opposite the Paul bakery.

RESIDENTIAL ACCOMMODATION (recommended for students 14+)

The Residence Carré du Roi (Nemea) is in the town centre only 10 minutes' walk from Place de la Comédie, the heart of Montpellier, and a 10-minute walk from the LSF Junior Course Centre. Accommodation will be reserved for students in a single or twin 'studio' (NB there is only a very limited number of twin studios, **allocated on a first-come first-served basis**). **Please note that we will try to accommodate your specific wishes and requests as much as possible, but cannot guarantee this at all times.** The residence has secured access (magnetic badge) and a large patio, and there is a breakfast/common room. All studios have free unlimited Wifi, en-suite shower, washbasin and toilet, fridge and small cooking area with microwave oven. Students should bring two towels- one for everyday use and one for the beach. There are cold and hot drink dispensers, as well as a laundry room with washing-machines and dryers (around 4.80 € per programme), available on the ground-floor.

You must leave a cash deposit of 50 € with the LSF staff 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 18.00 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 50 € per key.

RESIDENTIAL STUDENTS MUST GO BACK TO THE RESIDENCE IMMEDIATELY AFTER EVENING ACTIVITIES; ON EVENINGS WHEN THERE ARE NO LSF ACTIVITIES ORGANISED, STUDENTS WILL HAVE THE OPPORTUNITY TO STAY IN THE RESIDENCE OR SPEND LIMITED FREE TIME IN THE CENTRE OF MONTPELLIER, BUT MUST BE BACK IN THE RESIDENCE BY 23.00 AT THE LATEST. Residential students are always accompanied to and from the town centre.

HOMESTAY 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 specific 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. Students should bring their own towel for the beach- a towel for everyday use and bed linen are provided by the family.

Your host family will welcome you as a paying guest to their home and trust that you will respect their way of life- they are not a hotel, and you should make an effort to adapt to 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 less.

HOMESTAY STUDENTS MUST RETURN IMMEDIATELY TO THEIR HOST FAMILY AFTER EVENING ACTIVITIES; ON EVENINGS AND SUNDAYS WHEN THERE ARE NO LSF ACTIVITIES ORGANISED, STUDENTS MUST STAY IN THE HOST FAMILY.

MEALS

HOMESTAY students : You will have breakfast and evening meals with the family; you will have weekday lunches (pizza, quiche, croque-monsieur, 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 breakfast in the residence, lunch in the Course Centre (pizza, quiche, croque-monsieur, salad or sandwich) and dinner in local cafés and restaurants. A cold packed lunch is provided by LSF for the Saturday excursion and for Sunday lunch. On Saturdays and Sundays breakfast is served in the residence.

LSF JUNIOR CENTRE

Our Junior school is located in a private French school, the Ecole St François Régis (SFR), that LSF uses exclusively for the summer. It is located at rue Plantade, 5 minutes on foot from Montpellier's historic centre and a 3-minute walk from our LSF Foch main adult school. Students have everything they need to learn French in the best conditions and to make the most of their language stay in the south of France, with excellent recently refurbished facilities : 12 fully-equipped and spacious classrooms, all with video-projectors; an enclosed playground for exclusive LSF use, where students can safely relax or do recreational activities with friends during break-times; a canteen where students have their weekday lunch together after class.

INSURANCE, MONEY AND COMPLAINTS

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 a 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 by the student.

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 Carré du Roi cannot be held responsible in any way for loss of or damage to personal items during your stay.**

LSF has a complaints' procedure in place, which is explained during the welcome meeting. Any complains should be immediately brought to the attention of the LSF management, so that we can try to find a solution. Students complete a feedback form at the end of their first week at LSF, and at the end of their stay.

LESSONS

Intensive Course = 20 x 45 min lessons per week, ie 15 hours. There is also a possibility to add 4 additional one-to-one lessons (1 lesson = 45 minutes) per week in the early afternoons (times are adapted to try to avoid missing the activity programme as much as possible).

On the first morning of the course you must be at the LSF Course Centre by 8.50. You will take a written and oral placement test and will then follow a welcome and orientation session. You will then be placed in a multinational class appropriate to your level of French- the maximum number of students in a group is 15. Courses are based on oral expression and comprehension and have been specifically designed for young people visiting France. 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, Workshops, Indoor Games, Video Nights, Farewell Evening (beach or disco), "Photomania", Discos. Half-day excursions (one per week) to Sète, Grotte de Clamouse/Pont du Diable, Nîmes and Lac du Crès. Full-day excursions (one per week) to Avignon/Pont du Gard, the Camargue, Grotte des Demoiselles/St Guilhem, Arles, La Bambouseraie, Uzès/Musée du Bonbon Haribo and Lac du Crès.

SUPERVISION & WELFARE

We place great emphasis on looking after our students 24 hours a day; members of our staff live in the residence with the students. Fully qualified (BAFA) 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, and there is an LSF emergency number 24/7.