



**International
School**
Les Alpes · France

Cultural and sports activities 2022

september

Hike in Saint-Nicolas-la-Chapelle

The school is located in the town of Saint-Nicolas-la-Chapelle in the department of Savoy, part of the Auvergne-Rhône-Alpes region. The average altitude is 1,000m, reaching 2,200m at its highest point. The area boasts countless hiking trails and incredible views of the Mont-Blanc peak. All this makes it an ideal place to kindle their love of hiking, an all-round sport that that helps, among other things, to get to know nature better. This activity is said to be the perfect symbiosis between sport, culture and the environment.



Canyoning

Canyoning or gorge walking is a semi-aquatic sport that combines caving and mountaineering, scrambling around rocks, going through narrow gorges, crossing waterfalls, swimming to avoid currents, diving to pass siphons, sliding down rock slides, walking through gravel pits, climbing and descending vertically using techniques such as abseiling. It is an activity done in nature, in clear and moving water, and with the best professional guides who help students enjoy the activity in a fun and safe way. This discipline was born in the early 1980s in France and spread internationally at the end of the 20th century.

Visit to Chamonix and climb to L'Aiguille du Midi

Chamonix is located in eastern France, in the Haute-Savoie region, at the foot of Mont Blanc. This summit is the most emblematic of the Alpes and one of the best-known peaks in the world. It has an official altitude of 4,810.9 metres and is the highest in Western Europe. Next to it is the peak of l'Aiguille du Midi (3,842m), which is accessed by the cable car of the same name, and which is located in Chamonix town. The views from that height are spectacular as Mont Blanc is shown in all its splendour.



october

Visit to Annecy. High five festival

The city from Annecy occupies a strategic position between Italy, Geneva and France. Students will be able to visit its castle and its cathedral, as well as the 12th-century Palais de l'Isle, also called "old prisons". It is the symbolic monument of the city, and one of the most photographed monuments in France.

Water skiing

At the foot of the beautiful Savoie mountains (Beaufortain et Bauges) and in the intersection of the Tarantaise, Maurienne and Val d'Arly valleys there is a place to water ski. Located next to Albertville and not far from Chambéry, Annecy and Grenoble, the WAM73 wakepark offers the chance to discover the pleasures of towing sports on the water.



Fort de Tamié Adventure Park

This Adventure Park, located in a fortress, has amazing facilities that allow you to enjoy an unforgettable day between jumps, zip lines, descents, balancing between trees and many more adventures. With the best equipment and the highest security measures.

Caving in Sassenage

Crossed by an underground river, the Germe, the Sassenage caves were formed eighty million years ago, in a limestone massif. They owe their name to the two giant cauldrons at the entrance. Inside there are several possible routes, along the labyrinth of galleries that follow the underground rivers that have caused these spectacular erosions.

Visit to Chambéry

Chambéry is the former capital of the Duchy of Savoy, one of the oldest in Europe and the birthplace of the kings of Italy. A city of medieval origin, it has a beautiful old quarter with numerous narrow streets, passageways and alleys. Among its most notable monuments are the fountain of the elephants, the cathedral or the house of Rousseau. Students will also visit the castle where the Dukes of Savoy lived, the current prefecture of said French region.

november

Visit to Yvoire and the UN

The town of Yvoire has maintained its medieval appearance since its creation in 1306. The incredible views of Lake Lemman, the small streets, the port, the craft shops, the castle, etc., contribute to its inclusion in the list of the most beautiful villages in France.

The United Nations (UN) is located in the Swiss city of Geneva. Inside you can visit the main rooms of the building and emblematic curiosities such as, for example, the dome by Miquel Barceló, or the famous chair with the broken leg.

Skiing in Tignes

The Tignes ski resort is one of the most important in France. With pistes located above 3,500 m, it is a must for lovers of winter sports, even in summer. During the weekend students will have their first contact with the snow near the Grand Motte glacier. The sports teacher will evaluate the different levels and will establish the learning groups for the following term.

Skating in Megève

To practice the main skills on skates and on the ice, there is a large indoor rink at the Palais des Sport, a huge complex dedicated to the sport in the heart of Megève.

Travel to Italy

The school's privileged location, in the heart of Europe, 50 km from the Italian border, makes it easy to visit the main cities of northern Italy. First, Milan, with its elegance, its galleries, the Duomo... Then Florence, with all the art and culture of one of the most beautiful corners of the world; the medieval city of Siena, site of the famous Palio di Siena; Venice, its canals, its islands, its exceptionalness... And, finally, Verona, the birthplace of the most beautiful and sad love story, that of Romeo and Juliet.

december

Ski in Courchevel, Val Thorans and Les Saisies

The first two resorts belong to the Three Valleys ski area, the largest in the world with more than 600 km of slopes. Val Thorans is the highest resort in Europe, which is why we can go skiing from the end of November.



2nd term

Skiing is the only activity during this term.

Students will mainly ski in the local de Megève area, although they will also visit Les Contamines, Les Saisies and Courchevel.



april

Visit to Albertville and Conflans

The Olympic city, site of the 1992 Olympic Games, is located a few kilometres away from the school. The visit includes the Olympic stadium and the perfectly preserved medieval town of Conflans, where students can go back centuries in French history.

Paintball in Megève

Paintball is a sport in which participants use compressed air guns, using CO2 or other gases, to shoot small balls filled with paint at other players. In essence it is a complex strategy game that, if the rules are followed and the necessary equipment is used, is one of the safest outdoor sports.

Visit Geneva and CERN

CERN (Conseil Européen pour la Recherche Nucléaire), located in Geneva, and known worldwide for its particle accelerators. Initially, in 1952, it was conceived as an eminently European research centre where countries could investigate issues related to nuclear physics that were not for war purposes. In fact, as a curiosity, CERN is located in international territory (that is, for practical purposes it is neither France nor Switzerland, the status being similar to that of an embassy) and it currently has scientists from more than 100 nationalities.



may

Visit to Lyon

Lyon is the second largest city in France, after Paris. Located at the confluence of the Rhône and the Saône, it is dominated by two hills, Fourvière et la Croix-Rousse, which are separated by a gorge. On this peninsula is Bellecour, the largest pedestrian square in Europe. The city is a member of the Organization of World Heritage Cities and is classified as a City of Art and History. Of its territory, 427 hectares are classified as a UNESCO World Heritage Site since 1998. Lyon is an important communications hub, both rail and road, and also has a first-class dry port and an international airport.



De la Rosière Via Ferrata

A via ferrata is a vertical sports route that runs along rocky walls and is equipped to facilitate progression by means of steps, pegs, ramps, handrails, staples, cables and in general all kinds of devices that help climbers progress. Safety is guaranteed by a steel cable installed along the entire route, by a harness provided with an energy dissipator and by special carabiners that prevent falling. Students will complete the route of the spectacular De la Rosière via ferrata, in the vicinity of Courchevel.

Rafting on the Isère

Rafting down the Isère river at the time when it comes down with the greatest flow is a pleasant adventure. Rafting consists of descending mountain rivers in inflatable rafts. No previous experience is necessary for the beginner rafting activity, the only requisite is being able to swim. A true equilibrium is formed, so that all the crew must coordinate when rowing, always under the orders of the leader of the raft. The speed, the water and the jumps make the activity exciting.



Animal Park Les Houches

This park is located at an altitude of 1563 m. From this privileged location you can see a magnificent panorama of the MontBlanc massif and its many glaciers. The park covers an area of 21 hectares. It was created in 1968 by Philippe Cast and is home to more than 80 animals in their natural habitat. Among the eight wild species that live in the park, seven are native, such as chamois, roe deer and marmots, among others.

june

Paris

Paris is the most popular tourist destination in the world, with more than 30 million foreign visitors per year. It is considered the most beautiful and glamorous city and has the largest number of monuments in the world. There are numerous places of importance and recognition such as the Eiffel Tower, Notre Dame Cathedral, the Champs-Élysées, the Arc de Triomphe, the Sacré Coeur Basilica, Les Invalides, the Pantheon, the Defence Arch, the Garnier Opera, the Montparnasse... Other of its many attractions are the Louvre and Orsay Museums, as well as its popular Disneyland Resort Paris.



Duke of Edinburgh's Award Scheme: Expedition I and II

This activity seeks to inspire students to develop their initiative and their sense of adventure and discovery. Plan, prepare and conduct a trip adventure as part of a team.





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