



# FRENCH & COOKING LYON, FRANCE

## PROGRAMS START EVERY MONDAY



### **PROGRAM DESCRIPTION**

This French & Cooking program enables you to combine a French course with cooking lessons. This unique program offers exciting hands-on cooking classes, meaningful cultural immersion, and an enriching language program.

### **CITY AND COUNTRY INFO**

Lyon is the third largest city in France and an established business center. There are more restaurants per square meter in this city than anywhere else on earth, so you know you're in for the best of French cuisine.

The city is populated by about a half a million people and its cultural scene is colorful and lively. Lyon's Musée des Beaux-Arts has a great selection of works, including Rubens, El Greco and Tintoretto, and the Musée d'Art Contemporain offers more modern works for viewing. The center of Lyon is the Presqu'île which lies between the rivers Saône and Rhône. Across the Saône is the old town on which the Romans built their capital of Gaul; to the north is the old silk weavers' district, and modern Lyon lies east of the Rhône.

Lyon has a very rich cultural heritage and is famous for its gastronomy and vineyards and more recently for its football team and art. At the crossroads of the main European cities, close to the Mediterranean sea and Alpine ski resorts, Lyon is perfectly located for people wanting to visit France and Europe. Lyon also offers a very dynamic cultural life and a variety of entertainment opportunities.

### **HIGHLIGHTS OF PROGRAM**

After participating in this French & Cooking Program in Lyon, students will gain experience in foreign culinary styles and programs, greatly improve foreign language abilities, gain personal growth and confidence both nationally and internationally, and combine travel, academics, and passion for food and cooking into one incredible life-changing experience.



## ***What's Included***

- **Tuition and Classes:** 20 hours per week/ 2 weeks minimum.
- **Cooking Lessons:** Weekly cooking workshop that compliments language lessons.
- **Lodging:** In a Student Residence or Homestay
- **Placement Testing**
- **1-2 Organized Activities Weekly\***
- \* Entrance fees, transportation, etc. may be at additional cost.
- **Access to E-mail**
- **Access to Multimedia Learning Center**
- **Certificate of Completion**
- **Pre-Departure Information**
- **Planning Guide**
- **Medical, Accident and Sickness Coverage \*\***
- \*\* See policy for definitions and exclusions.
- **Medivac Coverage**
- **Other Travel Coverage:** repatriation, baggage, personal effects, accidental death and dismemberment , etc.
- **24 Hour Emergency Multilingual Hotline:** call collect from anywhere in the world

## **FULL PROGRAM DESCRIPTION**

### **STUDY PROGRAM**

The study portion of the program includes 20 hours per week of Group French classes with a 2 week minimum. Maximum number of students per class is 5, with the average being 2 students. Groups are organized in a way that each will always consist of students possessing the same level of French.

All of our teachers are native speakers with university educations and are very experienced teaching French to foreigners. Most have learned a second language themselves and understand the student's perspective.

The method is based on the 4 language skills: listening, grammar, oral and written comprehension. No English will be used in class. Classes are 45 minutes in length.

Our program is divided into 6 levels of study. The first 4 are concentrated on grammar, vocabulary, practical situations, and conversation. The next 2 levels, advanced and superior, focus mainly on conversation and advanced reading and writing topics.

### **COOKING LESSONS**

Language is the focus as students will receive three 45 minute French language lessons per day and a cooking workshop once a week (with a minimum 2 week course, the option to add on extra weeks is available). The class is complimented with trips to different restaurants to experience fine French cuisine. Through this course you will discover traditional recipes of Cuisine Lyonnaise, and more general French gastronomy in a practical workshop with demonstration and tasting. This course also offers a diverse program of visits based around cuisine and gastronomy, which allow students to discover French cooking traditions and the world-renowned Lyonnaise specialties, combined with lunch or dinner in a typical restaurant in Lyon.

## **LODGING OPTIONS**

### **HOMESTAY**

Our host families sign a document called "Chartre d'engagement" which guarantees our standards and expectations in terms of accommodation service and the relationship with the student. In addition to this we have a system of visits and verification for families. We ask our students to fill out a quality questionnaire so that we can integrate their feedback and maintain our high standards of quality. Homestays include an individual room, access to the kitchen and bathroom, access to the washing machine, linen and 1 or 2 meals a day depending on the students choice.

### **RESIDENCE**

The residences with which we work are visited regularly by our school director and administrative staff. The residences are all close to the school (10 to 15 minutes by bus or subway, or 15 to 30 minutes on foot). The studios are furnished and equipped (kitchen and bathroom, TV and internet connection). The advantage of this option is its flexibility, as the student can rent it for only as long as they wish to stay in Lyon.

## **PRICE RANGE**

Cost of 2 weeks of classes, 1 cooking workshop per week, and 2 weeks of housing ranges from:

**\$1,356 → \$2,091\*\***

\*\*Prices range according to housing and board options.

## **ELIGIBILITY AND GUIDELINES**

U.S. citizens traveling with regular passports for tourism or business do not need a visa for a stay of 90 days or less. Those planning a longer visit must obtain a visa in advance of arrival.

Minimum age of 18 unless accompanied by an adult.

## **ACTIVITIES**

The school offers a full and varied program of cultural visits, sports, social outings and excursions through the year. Details vary from week to week and from season to season.

Activities may include:

- Guided tours of Lyon
- Museum
- Food tasting
- Cooking workshops
- Picnics
- Concerts

## **HOW TO REGISTER**

To register for the FRENCH & COOKING program in Lyon, either follow the link below or call 1-888-678-6211.

<http://www.nrcsa.com/reg/on-line/regform.html>

When you register, \$140 USD is due to secure your place in the program.