

**With the “Immersion 2” program, the student gets to pick 3 of the activities below:**

Activities A	Activities B	Activities C <a href="#">AQUENSIS</a>	Other possible activities  (Rates on request)
« Lifestyle 1 » <i>visit of the farm</i> : "Summer life" – discovery of the profession of shepherd. Hiking and <i>tasting of local products</i>	« Sport 1** » Via ferrata with a guide or climbing with monitor	« Relaxation 1 » > 20 minutes of <i>back massage</i> + 2 hours of free access to the Relaxation Area: lively pools, hammam, saunas, Jacuzzis, and terraces	Nature photography Pottery Paddle Paraglider Horse riding Donkey hikes
« Lifestyle 2 » <i>cooking</i> workshop: preparation of a local dish in a group – according to menu > picking, walk	« Sport 2** » Mountain biking with a guide	« Relaxation 2 » 35 minutes of <i>relaxing foot care</i> OR 30 minutes of <i>facial care</i> + 2 hours of free access to the Relaxation Area: lively pools, hammam, saunas, Jacuzzis, and terraces	Trout fishing ...
« Lifestyle 3 » <i>Wine tasting</i> at a sommelier, discussion around wine, <i>tasting of local products</i>	« Sport 3 **» Canyoning with a guide	« Relaxation 3 » 25mn body <i>scrub</i> "soft as honey" associated with the nutshell. Natural products that will leave your skin soft.	

\*Activities subject to the availability of the guides/organizers and the weather - if the climate is bad or the monitor unavailable the half-days will be replaced by another bouquet of activities.

\*\* For "Sport" activities - possible from three people registered (not only the school's students) – if individually: rates on request