



# A WEEKEND OF LANGUAGE AND CULTURE

Indulge in French Elegance: A Ladies' Weekend Retreat!



**6-9 MARCH 2025**

**This is YOUR experience, and we want you to enjoy it to the fullest!**

If there's anything you'd prefer not to do, that's absolutely fine!

There will always be two members of staff available, so we can adjust activities to suit your preferences or suggest alternatives you can enjoy in your own time.

**Also please note** that while everything we've offered is guaranteed, there may be occasional changes to the schedule based on availability at certain times.

# LADIES' FRENCH RETREAT

## AGENDA

MARCH 20

LONS-LE-SAUNIER &  
BESANÇON, FRANCE

# DAY 1 – THURSDAY, 6TH MARCH

- **MEET AT LONDON HEATHROW (TERMINAL 3)**
  - We will meet at Terminal 3 for our 9:45 am British Airways flight to Lyon, France. Please arrive around 7:45 to 8:00 am at check-in.
- **ARRIVAL IN LYON & TRANSFER TO LONS-LE-SAUNIER**
  - Upon arrival in Lyon at 12:25 pm, we will organise a transfer to Lons-le-Saunier, which takes just over an hour.
- **LUNCH**
  - We will head straight to a reserved table at a charming brasserie in the heart of Lons-le-Saunier for lunch.
- **REST & REFRESH**
  - After lunch, you'll have time to check into the hotel, freshen up, and rest.
- **WELCOME EVENING**
  - In the evening, we will gather in the hotel lobby to discuss the weekend's agenda. You will receive a personalised journal filled with French notes, quizzes, and exercises to enjoy throughout the retreat.
- **CINEMA EVENING**
  - After the welcome session, we will head to a local cinema for a French film screening, offering an engaging and fun way to immerse yourself in the language from the start of your stay.

## DAY 2 – FRIDAY, 7TH MARCH

- **MORNING YOGA (OPTIONAL)**

- For early risers, we offer a yoga class at a local studio, conducted in French (with a qualified instructor). The studio is within easy walking distance of the hotel.

- **BREAKFAST**

- Breakfast will be available at your convenience.

- **FRENCH LESSONS**

- After breakfast (10 am), we will have our first French lesson in a cosy salon at the hotel. The focus will be on conversational French and cultural immersion.

- **AFTERNOON TRIP TO BESANÇON**

- We will depart for Besançon, the largest town in the area, and enjoy a guided walk through the historic centre (birth place of Victor Hugo), followed by free time for tea rooms and shopping.

- **DINNER & FRENCH CULTURE QUIZ**

- In the evening, we've booked a table at a popular French brasserie where we will enjoy a meal along with a fun quiz to test your knowledge of French language and culture!

## DAY 3 – SATURDAY, 8TH MARCH

- **MORNING ACTIVITIES**

- *You'll have two options:*

- i. Nature Walk (Nordic walking with a qualified instructor): A guided Nordic walk in the nearby forest.

- ii. Spa Experience: Alternatively, you can choose to relax at a local spa and book treatments of your choice.

- **LUNCH**

- We will gather for lunch at a well-known restaurant in Lons-le-Saunier, where we'll enjoy local delicacies.

- **FRENCH LESSONS**

- In the afternoon, we will have another engaging French lesson, focusing on practical language skills and interaction.

- **VIP SHOPPING EVENING**

- In the evening, we've arranged a private VIP shopping experience at two independent boutiques in town, specialising in shoes and clothing, followed by diner

## DAY 4 – SUNDAY DAY, 9TH MARCH

- **FRENCH LESSONS**

- Our final French lesson of the weekend will take place in the hotel salon, ensuring a relaxed and comfortable learning environment.

- **LUNCH AT CHÂTEAU-CHALON**

- After the lessons, we will head to the picturesque village of Château-Chalon for a gastronomic lunch, enjoying the finest local cuisine with panoramic views of the Jura vineyards.

- **AFTERNOON STOP IN PÉROUGES**

- On our way back to the airport, we'll stop in the medieval town of Pérouges for a pleasant stroll and a snack of the famous local pastry.

- **RETURN TO LYON AIRPORT**

- We will arrive at Lyon Airport for our flight back to London Heathrow around 9.30 pm.

This is a short yet intensive French language retreat, **best suited for those with experience in the language, ideally intermediate to advanced learners** (B1\* level and above).

**The entire experience will be conducted in French** – from lessons to tours, to aperitifs, and even the VIP shopping evening.

Each lesson will focus on functional French, tailored to real-life activities and scenarios, ensuring a practical and immersive learning experience throughout the weekend.

This retreat guarantees a rich and intensive experience of French language and culture, designed specifically *for those with a solid foundation in French*, to help them **deepen their skills and confidence.**

*A B1 level means you can hold conversations on everyday topics, understand the main points of clear communication, and navigate travel situations in French-speaking environments.*



## WHAT'S INCLUDED?

- **Flights** from London Heathrow (round-trip)
- **Transfers** to and from the location (airport to Lons-le-Saunier and back)
- **Transportation** whilst in France
- **Hotel** accommodation (including breakfast)
- All scheduled **activities**
  - French lessons
  - VIP shopping evening
  - Cinema tickets
  - Spa entry
  - Yoga sessions
  - Nordic walking sessions
- **Two team members** on-site at all times for support and assistance

**£985**



This retreat is open to just **8 ladies**, making it an exclusive, intimate experience designed for personalised attention and a close-knit group.

With only a few spots available, it's set to be a truly unique getaway.

*We can't wait to share this unforgettable experience with you!*

***Valérie & Nathalie***



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