

# STUDENT HANDBOOK



**EVERYTHING INTERNATIONAL STUDENTS NEED TO  
KNOW ABOUT STUDYING FRENCH DURING THE  
SUMMER IN BIARRITZ, FRANCE.**

# WELCOME TO THE

## INSPIRE ACADEMY BIARRITZ



WE ARE THRILLED TO **WELCOME YOU** TO THE INSPIRE ACADEMY AND TO THE BASQUE COUNTRY OF SW FRANCE. AS AN INTERNATIONAL STUDENT WE HAVE COORDINATED A **UNIQUE EXPERIENCE** FOR YOU. WE HOPE YOU LEARN FRENCH, MAKE FRIENDS, LEARN ABOUT THE CULTURE AND HAVE A FUN, MEMORABLE EXPERIENCE. YOUR NEXT STEPS ARE IN THIS HANDBOOK.

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The Inspire Academy combines language teaching and activities. Students can learn a new language in a fun and productive environment. Activities include sports, hiking, surfing, cultural activities, music, art, board games to even photography.

French is the second most learned language after English! That means speaking both French and English is an awesome accomplishment to have. Here at Inspire Academy we have highly qualified teachers from several French regions ! Teachers are native speakers who take a student centered approach to learning. Inspire Academy is known for its fun, interesting and engaging approach to language learning.





# THE PROGRAM

We welcome students from all over the world to the stunning Basque Region of France to learn French and immerse themselves in France's Southwest culture and lifestyle.

Our training methods are unique in that we engage in fun, interesting indoor and outdoor activities, while learning new languages at the same time.

We may go on hikes, visit historical sites, swim, skateboard, surf, walk and talk, learn music, and or paint.

It all depends on the students interests, skills, language level and goals.

Our teachers are all highly qualified and experienced native speakers.

We offer both group and individual lessons. Lessons include grammar, speaking, listening, reading and writing.

## TIMETABLE

9AM TO 12PM | CLASSROOM BASED LEARNING

12PM TO 2 PM | LUNCH BREAK

2PM TO 4PM | ACTIVITIES ( SURFING, HIKING, YOGA...)

4PM ONWARDS | FREE TIME

# STUDENT GUIDE

## 1 PREPARING FOR YOUR TRIP

- CHECK THE VISA REQUIREMENTS FOR FRANCE AND MAKE SURE TO APPLY FOR A VISA IF NECESSARY.
- BOOK YOUR FLIGHTS AND ACCOMMODATIONS IN ADVANCE TO GET THE BEST DEALS.
- TAKE ONE OF THE INSPIRE ACADEMY ONLINE PRIVATE PREPERATORY CLASSES PRIOR TO ARRIVING FOR YOUR LANGUAGE STAY
- LEARN ABOUT THE CULTURE AND CUSTOMS OF FRANCE TO PREPARE YOURSELF FOR THE CULTURAL DIFFERENCES YOU MAY ENCOUNTER.

## 2. GETTING AROUND

- BIARRITZ IS A SMALL CITY, AND MOST OF THE TOURIST ATTRACTIONS ARE WITHIN WALKING DISTANCE. CONSIDER RENTING A BICYCLE OR A SCOOTER TO EXPLORE THE CITY MORE EASILY.
- PUBLIC TRANSPORTATION IN BIARRITZ INCLUDES BUSES AND TRAINS, AND THEY ARE AN AFFORDABLE AND EFFICIENT WAY TO GET AROUND THE CITY AND THE SURROUNDING AREAS.

## 3. ACCOMMODATION

- YOU CAN CHOOSE TO LIVE WITH A HOST FAMILY OR IN A SHARED APARTMENT WITH OTHER EXCHANGE STUDENTS. LIVING WITH A HOST FAMILY IS AN EXCELLENT OPPORTUNITY TO IMMERSE YOURSELF IN FRENCH CULTURE AND PRACTICE YOUR LANGUAGE SKILLS.
- MAKE SURE TO COMMUNICATE WITH YOUR HOST FAMILY OR ROOMMATES ABOUT YOUR EXPECTATIONS AND PREFERENCES.

# STUDENT GUIDE

## 4. STUDYING FRENCH

- YOU WILL BE STUDYING AT THE INSPIRE ACADEMY IN BIARRITZ, FRANCE. IT'S IMPORTANT TO ATTEND ALL CLASSES AND PARTICIPATE ACTIVELY IN CLASS DISCUSSIONS.
- PRACTICE YOUR FRENCH OUTSIDE OF THE CLASSROOM BY SPEAKING WITH LOCALS, WATCHING FRENCH MOVIES AND TV SHOWS, AND READING FRENCH BOOKS AND NEWSPAPERS.
- TAKE ADVANTAGE OF THE CULTURAL EVENTS AND EXCURSIONS ORGANIZED BY YOUR LANGUAGE SCHOOL TO GET TO KNOW THE CITY AND ITS SURROUNDINGS.

## 5. CULTURE AND CUSTOMS

- FRENCH CULTURE IS KNOWN FOR ITS GASTRONOMY, ART, FASHION, AND HISTORY. MAKE SURE TO TRY LOCAL FRENCH CUISINE AND EXPLORE THE MUSEUMS AND ART GALLERIES IN BIARRITZ.
- BE RESPECTFUL OF THE LOCAL CUSTOMS, SUCH AS SAYING "BONJOUR" WHEN ENTERING A SHOP OR RESTAURANT AND USING "VOUS" INSTEAD OF "TU" WHEN ADDRESSING SOMEONE YOU DON'T KNOW WELL.

# STUDENT GUIDE

## 6. HEALTH AND SAFETY

- MAKE SURE TO HAVE COMPREHENSIVE HEALTH INSURANCE COVERAGE BEFORE YOU LEAVE FOR FRANCE. YOU CAN PURCHASE HEALTH INSURANCE THROUGH YOUR AIRLINE, CREDIT CARD OR INDEPENDENTLY.
- FAMILIARIZE YOURSELF WITH THE EMERGENCY NUMBERS IN FRANCE, SUCH AS 112 FOR ALL EMERGENCY SERVICES AND 15 FOR MEDICAL EMERGENCIES.
- BIARRITZ IS A SAFE CITY, BUT BE MINDFUL OF YOUR SURROUNDINGS AND AVOID WALKING ALONE LATE AT NIGHT.
- THE SUMMER SCENERY, CULTURE AND ACTIVITIES OF BIARRITZ ATTRACT TOURIST FROM AROUND THE WORLD.

## 7. MAKING THE MOST OF YOUR EXPERIENCE

- PARTICIPATE IN INSPIRE ACADEMY EXTRACURRICULAR ACTIVITIES TO MEET NEW PEOPLE AND MAKE FRIENDS.
- TRAVEL AND TOUR DIFFERENT CITIES IN THE BASQUE REGION DURING WEEKENDS AND EXPAND YOUR HORIZONS. BEAUTIFUL NEARBY CITIES INCLUDE BAYONNE, ANGLET, BIDART, ST, JEAN DE LUZ, HENDAYE, AND BORDEAUX.



# STUDENT GUIDE

- KEEP A JOURNAL OR A BLOG TO DOCUMENT YOUR EXPERIENCES AND REFLECT ON YOUR PERSONAL GROWTH THROUGHOUT YOUR LANGUAGE STAY.
- WE HOPE THIS STUDENT HANDBOOK WILL BE HELPFUL AS YOU EMBARK ON YOUR JOURNEY TO STUDY FRENCH AT THE INSPIRE ACADEMY IN BIARRITZ, FRANCE. BON VOYAGE!



# ARRIVAL IN BIARRITZ

When you arrive in Biarritz, whether by car, plane or train, please contact us by text, email or by calling.

You can take a bus, taxi or train to your accommodation.

If you need any assistance, please let us know ahead of time.

Please note, the Inspire Academy is located across the street and a 2-3 minute walk from the train station.

Busses stop in front of the Inspire Academy

We will have an orientation session the first day of class.

Inspire Academy

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# SUMMER FESTIVALS AND EVENTS

Students can attend different events in their free time.

## 1. Biarritz :

- **Festival les Etoiles de la Danse** : This dance festival features performances from both established and up-and-coming dance companies from around the world.



- **Biarriz Surf Festival** : This festival celebrates surfing culture and features surfing competitions, concerts, and beach parties.



- **Biarriz en été** : This summer program offers a wide range of concerts, performances, and exhibitions throughout the city.





# SUMMER FESTIVALS AND EVENTS

Students can attend different events in their free time.

## 2. Anglet :

- **Fête de la Musique** : This music festival takes place on the summer solstice and features live music performances throughout the city.



- **Surf de Nuit** : This night surfing competition is a unique event that takes place under the lights, with music and entertainment for spectators.



# SUMMER FESTIVALS AND EVENTS

Students can attend different events in their free time.

## 3. Saint Jean de Luz :

- **Fêtes de la Saint-Jean** : This traditional Basque festival takes place on the night of June 23rd and includes bonfires, fireworks, and live music performances.



- **Festival Andalusia** : This festival celebrates Andalusian culture with flamenco music and dance performances, as well as traditional Spanish cuisine.





# SUMMER FESTIVALS AND EVENTS

Students can attend different events in their free time.

## 4. Bayonne :

- **Fêtes de Bayonne** : This is one of the biggest festivals in the region and takes place in late July. It features traditional Basque music, dancing, and sports, as well as bullfights and fireworks.



- **Les Fêtes de la Nive** : This festival takes place in early August and features live music performances, street performers, and a carnival atmosphere



# SUMMER SPORTS

- **Surfing** : Biarritz, Anglet, and Saint Jean de Luz are all renowned surfing destinations, with world-class waves and a vibrant surf culture. You can take surf lessons, rent a board, or simply enjoy watching the surfers from the beach.



- **Beaches** : All four cities have stunning beaches that are perfect for sunbathing, swimming, and relaxing. Some of the top beaches to check out include La Côte des Basques in Biarritz, Plage de la Madrague in Anglet, Plage de Saint-Jean-de-Luz, and Plage de la Chambre d'Amour in Bayonne.



# SUMMER SPORTS

- **Hiking** : The Basque Country has some of the most stunning natural scenery in France, and there are many hiking trails that offer breathtaking views of the coastline and mountains. Some popular hikes include the Coastal Path in Biarritz, the Rhune Mountain Trail in Saint Jean de Luz, and the Jaizkibel Mountain Trail in Hondarribia (just across the border in Spain).  
4. **Biking**: The Basque Country is also a great place for cycling, with many scenic routes and bike paths. You can rent a bike and explore the cities or venture out into the countryside.



# SUMMER SPORTS

- **Golfing** : If you're a golf enthusiast, you'll be pleased to know that there are many top-notch golf courses in the area, including Golf de Biarritz Le Phare, Golf de Chiberta in Anglet, and Golf de la Nivelle in Saint Jean de Luz.



- **Water sports** : In addition to surfing, there are many other water sports to enjoy in these cities, including swimming, paddleboarding, kayaking, and sailing.



# POLICIES

◆ **ATTENDANCE POLICY** : STUDENTS MUST ATTEND CLASS DAILY AND ARRIVE ON TIME. IN CASE OF EMERGENCY CONTACT THE INSPIRE ACADEMY OFFICE AND INFORM US OF YOUR ABSENCE.

◆ **CONDUCT POLICY** : STUDENTS ARE EXPECTED TO BE RESPECTFUL AND KIND TO EACH OTHER AND OTHER STUDENTS. WHILE IN THE CLASS, BE ENGAGED WHILE INTERACTING WITH OTHER STUDENTS. WHILE OUTSIDE THE CLASSROOM, BE COGNIZANT OF THE LOCAL PEOPLE AND CULTURE.

◆ **REFUND POLICY** : WE UNDERSTAND THAT SOMETIMES LIFE CIRCUMSTANCES PREVENT STUDENTS FROM ATTENDING THEIR CLASSES. IN CASE OF CANCELLATION, STUDENTS MAY BE ELIGIBLE FOR A PARTIAL REFUND OF THEIR COURSE FEES. THE REFUND AMOUNT DEPENDS ON THE DATE OF CANCELLATION. STUDENTS WILL NOT BE ELIGIBLE FOR A REFUND ONE WEEK PRIOR TO THE COURSE START DATE.



# LOOKING FORWARD TO MEETING YOU IN BIARRITZ

## LEARN FRENCH

YOU WILL LEARN TO COMMUNICATE IN FRENCH. WE WILL GET TO KNOW YOUR LANGUAGE GOALS AND INTERESTS AND TAYLOR OUR PROGRAM TO YOUR NEEDS.

## MEET PEOPLE

YOU WILL MEET OTHER LANGUAGE LEARNERS FROM AROUND THE WORLD. YOU WILL ALSO MEET THE PEOPLE WHO LIVE IN THE BASQUE COUNTRY AND LEARN ABOUT THE CULTURE, HISTORY, FOOD AND PASTIMES.

## ENGAGE IN FUN ACTIVITIES

BESIDES THE CLASSROOM INSTRUCTION, WE HAVE MANY FUN AND INTERESTING ACTIVITIES YOU CAN PARTICIPATE IN. SURFING LESSONS, WATER SPORTS, HIKING, MUSEUMS, ART GALLERIES, CITY WALKS, PAINTING, SINGING, AND MORE.

## EXPLORE OTHER CITIES

DURING YOUR FREE TIME, YOU CAN EXPLORE OTHER CITIES AND TAKE IN THE ARCHITECTURE, NATURE, FOOD, AND CULTURE OF THE REGION.

# THE INSPIRE ACADEMY TEAM



CENTRE DE FORMATION EN  
LANGUES ÉTRANGÈRES

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