

## « French and cuisine »

15-19 April, 20-24 May, 22-26 July 2019 (°)

CREA-Langues offers gastronomy lovers the opportunity to combine learning French and Provençal cuisine. Driven by her sense of sharing, Laetitia Saurat, chef and event caterer, will reveal the secrets of her tasting recipes. Enjoy and pamper your taste buds!

The unique setting of our school, with its vegetable garden, orchard and spacious kitchen is the perfect place to immerse yourself in Provençal cooking. It's an opportunity to learn skills from the chef and to surprise your loved ones on your return.



### French

17 h of French classes + 50 h of informal practice of French as part of the total immersion concept

3 to 6 persons per level  
20 à 25 people on site per course  
Elementary till advanced level.

Minimum level required: A2 in the process of being acquired, according to the CEFR (Common European Framework of Reference).

### Concept of our courses

French practice from dawn till dusk, also out of class time in company of our teachers.

Intensive courses in a relaxed way to encourage the pleasure of learning  
Focus on communicative skills (oral expression and comprehension).

Permanent guidance by our motivated and dedicated pedagogical team.  
Convivial meals in their presence, to practice your newly acquired knowledge and to speak French more fluently.

### Public

Adults from all countries.



### Laetitia's references

- Diplômée de l'école hôtelière Saint Louis
- Commis au Martinez et au Fouquet's à Cannes.
- Chef de partie au Majestic à Cannes.
- Compétences en cuisine végétarienne acquises au restaurant Montagard de Cannes.
  - Lauréate du concours risotto d'or de Nora en 2000.
  - Podium du concours des frères Pourcel en 2001.
- Participation aux repas de gala du festival de Cannes.

### Cuisine

8 h of cooking classes given by Laetitia  
minimum 4 - maximum 8 persons  
for beginners and gourmet adepts.

Laetitia invites you to share her traditional culinary universe, combining flavours and products from Provence.

She'll reveal her large experience in the culinary field through simple but sophisticated gastronomic delights.

With her help, you'll surprise your self!

### The cooking classes are spread over 3 thematic afternoons

« L'art de l'apéritif » : to prepare delicious mouthfuls : aumônière au chèvre, blinis aux herbes fraîches, mini pan bagna ...

« Les entrées avec produits bio du marché » : tarte fine aux oignons confits et légumes croquants, tarte au caviar d'aubergines et aux légumes du soleil ...

« Le plat principal, 'tout un plat' » : pastilla de poisson, compotée de poivron, sauce pesto, petits farcis provençaux ...

or « Desserts et autres mignardises » : nougat glacé, madeleine au miel, assortiment de biscuits aux amandes, orangettes ...  
(These are just given as examples. The menus will vary according to the season, fresh produce and choices of the group).



(°) You could also register for these dates without doing the cooking classes. In the afternoon, you'll have classes or activities offered in our standard formulae: 'intensif' or 'à la carte'. See website.

If you want to register for a 2-week course, 'French and cuisine' can be combined with one week standard programmes ('intensif' - 'à la carte') or with the special program French for expats.

## Programme

17 hours of general French + 8 hours of cooking classes + 40 hours of informal practice of French, as part of the immersion concept.

	Monday	Tuesday-Friday	Tuesday	Wednesday	Thursday	Friday
<b>8h-9h</b>	Breakfast	<b>8h-9h</b>	Breakfast	Breakfast	Breakfast	Breakfast
<b>9h-12h15</b>	Individual interview Assessment test Presentation	<b>9h-11h45</b>	<b>French course</b>	<b>French course</b>	<b>French course</b>	<b>French course</b>
<b>12h30-13h</b> <b>13h-14h</b>	Welcome drink Lunch (2)	<b>12h-12h45</b>	Mini atelier (1)	Mini atelier (1)	Mini atelier (1)	Individual assessment
<b>15h-15h45</b>	<b>Introduction cuisine</b>	<b>13h-14h</b>	Lunch (2)	Lunch (2)	Lunch (2)	Lunch (2)
<b>16h-18h30</b>	<b>French course</b>	<b>Afternoon</b>	15h-17h30 <b>cooking class</b>	16h30-19h <b>cooking class</b>	<b>à la carte activity</b>	15h-17h30 <b>cooking class</b>
<b>19h45-21h</b>	Dinner (2)	<b>19h30-20h45</b>	Dinner (2)	Dinner (2)	Dinner (2)	Dinner (2)
		<b>Evening</b>	Animation	Animation	Animation	

(1) Work on specific skills: written French, debate, pronunciation, etc.

(2) All meals are taken in the presence of the teachers. (3) A la carte activity of your choice : culture, sports, nature.

## Prices and conditions

### 1. One-week course : 15-19 April; 20-24 May; 22-26 July 2019

\* Course 'French and cuisine': **1175 €**

\* Full board accommodation 5 days (4 nights) from Monday 9 a.m. till Friday 6.30 p.m. : **509 €** double room ; **653 €** single room.

### 2. Two-week course, one week "French and cuisine", one week standard programme ('intensif', 'à la carte') or expats : 8-19 April; 20-31 May; 22 July-2 August 2019

\* Course: **2050 €**

\* Full board accommodation 12 days (11 nights) from Monday 9 a.m. till Friday 4 p.m.: **1306 €** double room; **1702 €** single room.

\* It is possible to arrive on Sunday before the start and/or to leave on Saturday morning after the end of your course.

Price per extra night, half-board : **93 €** double room ; **129 €** single room.

\* Group size cooking classes: minimum 4, maximum 8.

\* General and cancellation conditions: see price list on website.

## Others

\* At your disposal to work individually : library, films, television, CD-pronunciation, books, newspapers, cooking books etc.

\* Leisure activities : swimming pool, hike in the region or a tour on our bicycles (mountain bikes and electrical assisted bikes), billiard room, fitness area, piano; free transfer to neighbouring village ; organized evenings, free Internet access with Wifi.

\* Group transfers from and to Marseille airport and Aix-TGV station upon arrival on Sunday evening and at departure on Saturday morning with supplement. See price list.

[www.crealangues.com](http://www.crealangues.com)  
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since 1984

