



# Ageing well: don't hesitate, be active!

11<sup>th</sup> - 14<sup>th</sup> June 2014 - Arles - France  
Meeting



## 10<sup>th</sup> and 11<sup>th</sup> June 2014 – Wednesday

### **Arrival of participants**

*We'll leave for you at your hotel a bag with the paper map of the city and other useful information for your stay. Ask it at the reception desk.*

## 12<sup>th</sup> June 2014 – Thursday

<b>8.20</b>	<b>Departure from the bus stop to go to the CCI headquarters</b> <i>Take the free shuttle or go walking, as you prefer, according to the information available in the little bag you'll find at the reception desk of your hotel.</i>
<b>9.00</b>	<b>Welcoming at the Chamber of commerce headquarters</b> Avenue de la 1 <sup>ère</sup> division France Libre (square A5 of paper map) <i>Presentation speech by a manager of the CCI ?</i> Discussion about the required tasks completed / to be completed Discussion about the positive and negative aspects of the project
<b>11.00</b>	<b>Coffee break</b> With presentation of a series of photos souvenir by FR
<b>11.30</b>	15 min presentations by CZ (video and Powerpoint) "quiz" about our Grundtvig project proposed by CZ
<b>13.00</b>	<b>Lunch at the CCI's restaurant (offered by CCIPA)</b>
<b>14.30</b>	<b>Free time in Arles</b> <i>Our students team will be available and happy to recommend you some visits and/or accompany you.</i>
<b>17.45</b>	Option offered by Claude : Visit of a <b>folkloric dances workshop</b> by the company Rosy & Roland at Maison de la Vie Associative, Bd des lices (city center) Free attendance duration (till 20:00 max.) <b><i>If you are interested in participating you are invited to carry a CD of typical music of your country in order to share experiences about dances.</i></b> <i>Meeting point and time to go : 17:45 in front of the tourist office, Bd des Lices.</i>
<b>20.00</b>	<b>Dinner at restaurant La Bohème</b> <i>(2 menus : 15€ or 18€, beverages not included)</i> 6 rue Balze (behind the City hall - square D3 on paper map)

## 13<sup>th</sup> June 2014 – Friday

Please, for your confort and pleasure, wear light but long clothes (trousers, longhanded shirt or tee-shirt, socks, etc.) - at least, have them with you - because of mosquitoes. Our team will provide protection product but if you have a favourite one, take it.

Also take a hat, sunglasses and a skin protection lotion if you are sensitive to the sun.

<b>9.15</b>	<b>Departure by bus to the Camargue</b> Meeting boulevard des Lices on the small car park in front of the hotel Jules César (near the tourist office) The bus is booked for us for the whole day: it is be possible to leave things in it.
<b>10.00</b>	<b>Visit of the museum of the Camargue</b>
<b>12.30</b>	<b>Lunch</b> at a restaurant in Les Saintes-Maries-de-la-Mer <b>(offered by CCIPA)</b>
<b>14.30</b>	<b>Free visit of Les saintes-Maries-de-la-Mer</b> We recommend the church in honor of Sara, the Gypsies' Black patron saint and/or a bath in the Mediterranean sea (take your swimming costume and towel)
<b>15.45</b>	Meeting at the bus to go and embark on the "Tiki III" boat for a <b>cruise on the Rhone river</b>
<b>18.00</b>	<b>Back trip to Arles by bus</b> crossing the Camargue
<b>19.00</b>	<b>Free time at the hotel (or anywhere else)</b>
<b>20.00</b>	<b>Dinner party (last moment all together !)</b> (offered by CCIPA) at restaurant La Cigalière, place Voltaire (square F2 on paper map)

## 14<sup>th</sup> June 2014 – Saturday

### Departure of the participants

If you have time before, we recommend a walk at the market (8:30 to 12:30) on boulevard des Lices.

Some of our students would be happy to accompany you if you wish.

