



ARLES À LA CARTE
immersions linguistiques

Immersive French language programme

Arles : art, cuisine et histoire

Intermediate level (A2-B1) for adults



2026 Intermediate program dates

- 1) Monday April 27th - Friday May 1st
- 2) Monday June 22nd - Friday June 26th
- 3) Monday July 6th - Friday July 10th
- 4) Monday July 20th - Friday July 24th
- 5) Monday September 21st - Friday
September 25th

31, bd Georges Clemenceau – 13200 Arles – T : +33 (0)4 90 52 35 39 – P : +33 (0)6 60 15 25 89

E : info@arlesalacarte.fr / www.arlesalacarte.com

Siret : 522 929 256 00041 – APE : 8559A



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Bienvenue à Arles!

Located in sunny Southern France, **Arles** is a vibrant Provençal city where history, art, and nature come together to create an unforgettable cultural experience. Located in the **Bouches-du-Rhône department** in the **Provence-Alpes-Côte d'Azur** region, Arles sits at the crossroads of the Rhône River and the edge of the wild Camargue Natural Park, just a short drive from the Mediterranean sea.



This UNESCO World Heritage city, once a key outpost of the Roman Empire, is home to **remarkably well-preserved Roman monuments**, winding medieval streets, bustling open-air markets, and a rich artistic legacy – including the iconic works of **Vincent van Gogh**, who painted some of his most famous masterpieces here. Whether you're enjoying a glass of rosé on a shaded terrace, exploring Roman amphitheatres, or watching pink flamingos take flight over salt

marshes, Arles offers the perfect setting to **immerse yourself in French language and culture**.

One of the great pleasures of life in Arles is the **local cuisine**. Rooted in Mediterranean tradition and Provençal flavors, the food here is simple, fresh, and full of character. From **bull meat stews (gardiane de taureau)** and **olive tapenade** to freshly caught fish and goat's cheese drizzled with lavender honey, every meal is a celebration of local produce and culinary heritage. Don't miss the lively weekly markets, where you can taste seasonal delicacies and practice your French with local vendors.

With its warm climate, **dynamic arts scene**, and vibrant community, Arles is more than a place to learn French – it's a place to live it. Our immersive French language programme invites you to experience everyday life *à la provençale*, in a city that is as inspiring as it is authentic.

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Course structure

Our week-long **intermediate language and culture program** is designed to provide you with **practical skills** that can be immediately applied in **daily life**. Over the course of the first four days, you will attend **dynamic and interactive French language classes**, held both inside and outside of the classroom. These lessons focus on **real-world communication**, helping you to build the confidence to speak French with locals. We'll concentrate on oral skills—**speaking and understanding**—so you can feel more comfortable engaging in conversations. This course is designed for **intermediate learners** who have already gained a basic grasp of the language and who would like to improve their language skills and fluency. All participants



will have a short exchange with a member of our team prior to the course to ensure that they are able to meet the pre-requisite level for the course.

What sets our course apart is the **unique combination of indoor and outdoor learning**. While our language classes are **engaging and practical**, we take the learning beyond the classroom. You'll have the opportunity to use French in **real-life settings**, interacting with locals and practicing the language in the vibrant streets of Arles, cafes, markets, and other public spaces.

After all, the best classroom is the world outside!

Each week's theme ties into your experience, and for this particular course, the focus is on **"art, cuisine et histoire"**. You'll learn **vocabulary and expressions** to talk about - and also listen to others talking about - artists inspired by Arles and the surrounding area as well as local dishes and the rich local cultural heritage of this beautiful Provençal town.

We maintain a **small group size**—no more than 8 people—ensuring that each learner receives plenty of individual attention and valuable practice. This allows for more meaningful exchanges and tailored learning experiences.

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In the afternoons (*or mornings, depending on final schedule*), you'll enjoy **outings** that complement your language lessons. These may include **cooking workshops**, where you'll not only discover local culinary traditions but also practice your French in a relaxed, enjoyable setting. You'll also **visit nearby museums, monuments and art foundations** in Arles, while engaging in conversation in French to maximize immersion.

A Wednesday highlight will be a trip to the **local market**, where you'll get to sample fresh produce, chat with vendors, and learn more about the regional specialties.

Lunchtime is an opportunity for further language practice during our "language lunch" excursions. You'll visit different local restaurants, enjoying traditional Provençal meals while continuing to converse in French with fellow participants and your teachers.

On Friday, we'll do a **full-day excursion** by train to **Avignon**, visiting the historical **Palais des Papes** and other museums / sites. We'll also enjoy a "language lunch" together in an Avignon restaurant.



Evenings are free for you to explore the town at your own pace. Whether you decide to wander through the charming streets of Arles, relax with a glass of wine at a local bar, or simply enjoy the serene atmosphere, the evening is yours to enjoy.

By the end of the week, you'll not only have improved your French but also gained a deeper appreciation for the local culture, cuisine, and way of life. The course is designed to help you feel more confident and comfortable using French in real-world situations, all while enjoying the beauty and history of Arles.

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Schedule

The following is a sample / tentative programme to give you an idea of the types of activity on offer (final programme subject to change)

| DAY | DATE | TIME | ACTIVITY |
|-----------|------|-------------|-------------------------------------------------------------------|
| Monday | | 9h-9h30 | Welcome! Programme for the week / the stay, essential information |
| | | 9h30-12h | Language class 1: inside and outside |
| | | 12h15-13h45 | Language lunch |
| | | 14h-16h | Guided discovery tour of Arles + possible tasting |
| Tuesday | | 9h-12h | Language class 2: inside and outside |
| | | 12h15-13h45 | Language lunch |
| | | 14h-16h | Discover the major local historical monuments |
| Wednesday | | 9h-12h | Language class 3: inside and outside |
| | | 12h15-13h45 | Language lunch |
| | | 14h-16h | Discover local art foundations in Arles |
| Thursday | | 9h-12h | Cookery workshop |
| | | 12h15-13h45 | Language lunch |
| | | 14h-16h | Language class 4: inside + class conclusion |
| Friday | | 9h-17h30 | Excursion including group lunch and entrance fees |

Regarding the language classes, you will gain confidence in practical skills such as:

- Interacting with locals (small talk)
- Making requests and asking questions (finding your way around, buying produce, learning about local sites of interest)
- Learning about food and local *cuisine* (ingredients, recipes, dishes, restaurants...)
- Other useful phrases and structures to enhance your experience of living in France.

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Our language school - *Arles à la carte*



Founded in **2010** by Katie Thornton, Director, with over 20 years of experience organizing language programs abroad, *Arles à la carte* is a dedicated language centre with a focus on providing **immersive** and **effective language learning experiences**. We cater to people of **all ages** and **backgrounds**, ensuring that every learner finds their ideal program.

Our instructors are all **highly qualified language professionals** with years of teaching experience, carefully selected for their academic and professional backgrounds, as well as their **engaging pedagogical approaches**. At *Arles à la carte*, we believe that successful learning is driven by motivation, enjoyment, and personalized strategies, which is why we use our exclusive "A.R.L.E.S." method to optimize your language acquisition.

The "A.R.L.E.S." Method:

- **A is for Authentic** : using authentic resources adapted to each learner's needs and objectives
- **R is for Realistic Routine** : getting regular practice and setting up a realistic learning routine help keep up « good habits »
- **L is for Learner-Centred** : bringing the language into your daily life ; being at the center of your own learning with teachers that help you set and reach your objectives
- **E is for Engaging** : getting involved in the learning process with a personalised program and resources, challenges and assessment means based on your objectives
- **S is for Support, Strategies and Success!** : our teachers are there to guide and support you along the way and help you discover your own learning strategies as well as new ones!

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Located just steps from the town centre, our centre features **four comfortable classrooms** and a **serene outdoor space**, providing a peaceful learning environment despite our central location. In addition to French, we also offer courses in English, Spanish, and Italian for the local population, giving you the opportunity to meet and interact with fellow language learners.



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Prices + practical information

Cost per person : from **700€ / person**

This includes:

- Over 30 hours of French practice through classes, activities, guided discoveries and lunches, in a small-group setting, both in and out of the classroom
- 4 “language lunches” either in a local restaurant (dish of the day or similar plus a dessert) or in a cookery class (preparing and then sharing the meal!) accompanied by a French teacher
- 1 day excursion to Avignon, by train, to visit the Popes’ Palace and other museums / sites in Avignon and enjoy a restaurant “language lunch” together

* If we have fewer than 3 participants, we will send you an updated proposal to see if you would like to join us for an even more personalised program with individual / duo pricing (and / or fewer activities to remain on a similar budget).

Not included:

- Transportation to and from Arles
- Accommodations (but see ideas below!)
- Other meals
- Individual insurance

Practical information

The cost and organisation to and from Arles for the programme is not included in our language programme. Here is some practical information to help you to organise your stay.

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Transportation to and from Arles

By Plane: The closest airports to Arles are:

- **Nîmes-Alès-Camargue-Cévennes Airport (FNI)**
 - **Distance to Arles:** About 25 km (30 minutes by car).
 - **International Connections:** This airport offers a limited selection of flights mainly from European cities.
 - **Getting to Arles:** From the airport, you can take a taxi or rent a car to get to Arles.
- **Marseille Provence Airport (MRS)**
 - **Distance to Arles:** About 75 km (1 hour by car).
 - **International Connections:** Marseille Provence Airport is a major hub for both international and domestic flights, with connections to cities across Europe, North Africa, and beyond.
 - **Getting to Arles:** You can take a shuttle bus to the nearest train station (Vitrolles-aéroport) and then a direct train takes you to Arles (about 1 hour), rent a car, or take a taxi from the airport to Arles.
- **Montpellier Méditerranée Airport (MPL)**
 - **Distance to Arles:** About 100 km (1 hour 15 minutes by car).
 - **International Connections:** This airport serves destinations across Europe.
 - **Getting to Arles:** From the airport, take a taxi or rent a car to reach Arles.

By Train:

Arles is well-connected by train, making it easy to travel by rail from other major cities in France and Europe.

- **From Paris to Avignon:**

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- You can take a **TGV (high-speed train)** from **Paris Gare de Lyon** to **Avignon TGV** (2 hours 30 minutes approx). From the Avignon TGV station, a shuttle will take you to Avignon Centre, from where you can take a train to Arles.
- **From Marseille to Arles:**
 - Trains from **Marseille Saint-Charles** station to **Arles** run frequently, with the journey taking just under **1 hour**. This is one of the most common routes.

Arles' **train station** is located just a short walk from the city center, making it easy to get to your accommodation upon arrival.

By Car:

Arles is accessible by car from a variety of international locations, and driving gives you the flexibility to explore the surrounding area.

- **From Paris:**
 - The drive takes about 7 hours via the **A7 motorway**, which connects Paris to the south of France.
- **From Marseille:**
 - The drive takes about **1 hour** via the **A54 motorway**.
- **From Montpellier:**
 - The drive from Montpellier to Arles takes about **1 hour** via the **A9 motorway**.

Once you arrive in Arles, there are several parking options available near the town center, but be mindful of restricted zones in the historic parts of the city.

Local Transportation: Arles is a small town and is best explored on foot.

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Accommodations

Ideas for accommodations in Arles!

We have a network of **Arlesian host families**. Let us know if you'd like to find out more!

In addition to host family options, Katie and her partner Nasser operate a number of centrally located, recently renovated **apartments** in Arles as well as a house in the Alpilles that are rented out via Airbnb and other rental sites. You can see below the Airbnb links for the apartments to check availability, see photos and get an idea of pricing.

However, you'll be able to book directly to avoid additional fees, just let us know by email!

Airbnb links:

- House in the Alpilles, near Fontvieille:

www.airbnb.com/h/lemazetdesoliviers

- Central, calm apartment with a terrace (right above *Arles à la carte*), 29 blvd Clemenceau, 13200 Arles:

<https://www.airbnb.fr/h/suite29clemenceau>

- Apartments located in HP Les Oliviers at 10 rue Théophile Rives, 13200 Arles:

www.airbnb.com/h/hp1suite

www.airbnb.com/h/lesoliviershp2

www.airbnb.com/h/hp3

www.airbnb.com/h/hp4

www.airbnb.com/h/hp5

- Small house in Arles, right next to the Roman Amphithéâtre, 23 rue Renan, 13200 Arles: www.airbnb.com/h/ruerenan
- Studio apartment in Arles, near the Roman Amphithéâtre, 27 rue Portagnel, 13200 Arles: www.airbnb.com/h/rueportagnel

Here also is a list of nearby hotels:

- [Hôtel l'Amphithéâtre](#)
- [Hôtel le Calendal](#)
- [Hôtel le Cheval Blanc](#)
- [Hôtel la Muette](#)

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