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# **FRENCH+** OUTDOOR SPORTS

With this program designed by Université Savoie Mont Blanc, in partnership with Campus France, participants will have the opportunity to practice outdoor sports in a beautiful French region known for its mountainous landscape, broaden their knowledge in sports science and practise their French. This rich and varied three-week program combines outdoor sports activities and scientific aspects taught in English with French classes starting at beginner level. A wide range of outdoor sports will be offered and different topics will be studied and analysed, including motor performance, sports equipment and related local industry, link between sport and health, sport tourism.



de Jacob-Bellecombette Bâtiment 14 BP 1104 73011 73011 Chambéry cedex (0033)4 79 75 84 17 contact.accents@univ-smb.f https://www.univ-smb.fr/accents With over 15,000 undergraduate and 240 PhD students, USMB stands as a university on a human scale, close to its local environment and very open to Europe and the rest of the world. The university has a solid network of partners in some sixty countries while its internationalisation policy focuses on cross-border relations. French-speaking countries and developing cooperation networks.

USMB is a founding and active member of the UNITA Alliance, which brings together 12 Universities from seven different countries around shared values and goals, to promote a new form of European academic collaboration.  USMB boasts 18 state-of-the-art research labs and, thanks to the recognised skills of its researchers and support staff, along with its cutting-edge technological platforms, the University actively collaborates with national research organisations (CNRS, INRAe, IRD, etc.) and other international partners. USMB visibly contributes to the production and dissemination of knowledge in order to meet current and future scientific and societal challenges. The University specialises in three interconnected areas of excellence: Humanenvironmental interactions; Services and Industry of the Future; and Cultural heritage - changing societies.

This three-week program is the perfect opportunity to develop expertise in outdoor sports while exploring related topics including motor performance, sports equipment, link between sport and health, sport tourism, elements on the local industry. Interdisciplinary research in sports science is a core focus at USMB and this program combines theory and practice, innovation, new technologies and the latest technical developments.

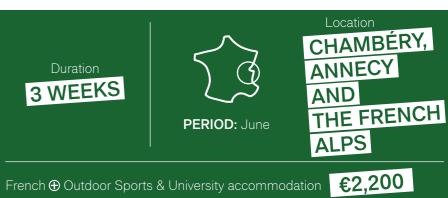
Located in the beautiful French Alps, in the Savoie and Haute-Savoie region, on the borders with Switzerland and Italy, between Geneva, Turin, Lyon and Grenoble, USMB and its French language centre ACCENTS have plenty to offer students. While enjoying stunning landscapes and visiting famous natural landmarks, participants will benefit from quality French language classes, high-profile scientific research, and USMB's connections with an extensive network of companies of all sizes, such as Outdoor Sports Valley (OSV - https://www. outdoorsportsvalley.org/)

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### COURSE CONTENT HOURS **PER WEEK**

- French as a foreign language: 15 hours per week



#### ACCENTS - UNIVERSITÉ SAVOIE MONT-BLANC



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WITH THIS

PROGRAM

Outdoor sport: 12 hours per week

- local context

#### Project module/ guided project: 3 hours per week

- topics discovered and discuss best

- Quality of the journal and
- Discovering the beautiful French Alps, and Savoie and Haute-Savoie region: 10 hours per week





#### FRIDAY

- > Morning: Arrival and checkin accommodation
- > Afternoon: Kick-off session with presentation of the 3-week program and USBM courses in Sports Science and offers in Outdoor Sports
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#### SATURDAY

> All day: Kayak trip with overnight stay in a camping - part 1

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#### SUNDAY

> All day: Kayak trip – part 2 ••••••

#### MONDAY

- > Morning: French language classes
- > Afternoon: Rock climbing



- > Morning: French language classes
- > Afternoon: Focus on sporting equipment with IUT (University Institute of Technology) educational offer and Outdoor Sports Valley (OSV) Academy



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#### WEDNESDAY

- > Morning: French language classes
- > Afternoon: Bike ride around the Lake du Bourget with sightseeing in Chanaz or Abbaye de Hautecombe



#### THURSDAY

- > Morning: French language classes
- > Afternoon: Work session #1 at the Laboratoire interuniversitaire de Biologie de la Motricité, LIBM laboratory, with a workshop on motor performance
  - Group brainstorming work session #1 with the objective to create posters

#### FRIDAY

> Morning: French language classes

> Afternoon: Hiking trip with overnight stay - part 1



#### SATURDAY

> Hiking trip - part 2



#### SUNDAY

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> Free time



WEEK

#### MONDAY

- > Morning: French language classes > Afternoon: Molard Noir via
- Ferrata .....

#### TUESDAY

- > Morning: French language classes
- > Afternoon: Focus on the link between sport and health with the Science and Mountain Department (SceM) educational offer and USBM student health service

#### WEDNESDAY

> Morning: French language classes > Afternoon: Canyoning



#### THURSDAY

- > Morning: French
- language classes > Afternoon: Work session #2 at the Laboratoire interuniversitaire de Biologie de la Motricité, LIBM laboratory Group brainstorming work session #2 with the objective to create posters

FRIDAY

> Morning: French language classes

- > Afternoon: Hiking to the Saint Christophe or Choranche caves to discover more on the geology of
- Savoie region. ••••••

#### SATURDAY

- > All day: Win the Cross Challenge: hiking, abseiling, speleology, via ferrata

> Free time



#### MONDAY

- > Morning: French language classes > Afternoon: Sailing in the Lake
- of the Bourget, session #1 ••••••

#### TUESDAY

- > Morning: French language classes
- > Afternoon: Focus on Sport Tourism with the University Institute of Business Administration (IAE) educational offers







#### **BULENT INAN** Responsable programmes French + / Head of French+ Programs Marketing & Mobility Department, Campus France bulent.inan@campusfrance.org



SUNDAY

#### WEDNESDAY

- > Morning: French language classes
- > Afternoon: Sailing in the Lake of the Bourget, session #2 ••••••••••

#### THURSDAY

- > Morning: French language classes
- > Afternoon: Work session #3 at the Laboratoire Interuniversitaire de Biologie de la Motricité, LIBM laboratory Group brainstorming work session #3 with the objective to create posters



#### FRIDAY

- > Morning: French language classes
- > Afternoon: Closing session

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#### SATURDAY

#### Departure



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