

# V'ICI

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## RUGBY, CULTURE & CONVERSATIONS *in the Heart of France*

*An immersive French escape for lovers of  
sport, food, and connection*

# This is your experience – and we want you to enjoy it to the fullest!

This unique programme has been personally designed by **Nathalie and Valérie**, **two experienced and passionate French coaches** who have worked together for over ten years.

With two dedicated team members accompanying you throughout the retreat, every element of your stay is thoughtfully **curated and entirely flexible** – ensuring a truly bespoke and personal experience. *Whether you wish to take part in every activity or enjoy a quieter moment to yourself, your comfort and enjoyment always come first.*

This retreat has been carefully crafted to blend **cultural discovery, personal growth, and authentic French living.**

Nathalie, who was born and raised in the Jura region, shares her time between the UK and France. When in France, she lives right here in Lons-le-Saunier, and she's **proud to welcome you to the place she calls home.**

**You'll be welcomed not just as a visitor, but as a friend – and everything you experience will be 100% authentic, local, and full of heart.**

*We promise that all planned activities will take place, though the agenda may vary slightly depending on weather conditions or unforeseen circumstances. We'll always adapt to ensure you have the best experience possible.*



# Agenda

## Day 1 – Thursday, 26 February

- **Departure from London Heathrow** at 09:45
- **Private transfer to Lons-le-Saunier** – a charming and authentic town, and the capital of the Jura
- **Coffee and patisserie at Café du Théâtre** to meet your fellow guests and receive an overview of the days ahead
- **Visit to the town's bustling market** and opportunity to mingle with locals  
→ *Participants will take part in specially prepared language challenges designed to spark fun and meaningful conversations with French speakers*
- **Lunch at the classic French Brasserie** Le Strasbourg
- **Visit to La Maison de La Vache qui Rit** – a museum-style exhibition tracing the story of this humble cheese with global ambition
- **Cooking workshop** incorporating La Vache qui Rit into creative and surprising French dishes
- **Evening apéritif** with cheese and charcuterie platters, hosted in a local bar – a convivial end to your first day France.





# Agenda

## Day 2 – Friday, 27 February

- Two-hour morning **French lesson**
- **Excursion to Fort des Rousses** – a vast former military base now home to one of France's most prestigious Comté cheese ageing cellars
- **Dinner at Les Marronniers**, a much-loved local restaurant
- **French-themed quiz and digestif** at Nathalie's apartment – *just across from the restaurant!*





# Agenda

## Day 3 – Saturday, 28 February

- Two-hour morning **French lesson**
- Apéritif with Christian, a local friend and host who opens his **private wine cellar** to the community every Saturday
- **Visit to Château-Chalon** – officially listed as one of the most beautiful villages in France
- Lunch at Le **Bouchon du Château**, a highly regarded gastronomic restaurant.
- **Wine tasting at a local vineyard** in Château-Chalon
- Scenic walk in **Baume-les-Messieurs**, another village ranked among the most beautiful in France
- **Dinner and evening at the Casino de Lons-le-Saunier** – a relaxed and entertaining experience with local cuisine, wines, and a few games (with a little help from your morning French class!)





# Agenda

## Day 3 – Sunday, 1 March

- Short morning **French lesson**
- **Rugby Match-day experience** at *Cercle Sportif Lédonien* – a friendly yet competitive Fédérale 2-level rugby club, proudly supported by VICI
- **Pre-match lunch with local fans**
- Watch the **game and enjoy post-match drinks** and conversation with supporters – a true immersion into French rugby culture







# Agenda

## Day 4 – Monday, 2 March

- Morning visit to **local shops** to purchase fresh ingredients
- **Group cooking session** at Nathalie's apartment – prepare and enjoy a final lunch together
- Final **French lesson**, designed around the lunch table, offering a warm and convivial conclusion to your stay
- Mid-afternoon **transfer to the airport** (departure around 15:30)





# A Short Yet Intensive French Language Retreat

This immersive retreat is designed to benefit learners from upper beginner to advanced level – *ideally from A2 through to B1 and beyond*. Whether you're gaining confidence or refining fluency, this experience is tailored to meet you where you are and help you grow.

You'll be **fully immersed in French** throughout the weekend – *from structured lessons to local tours, aperitifs, and even our VIP shopping evening*. It's a complete experience of **living the language**.

Each lesson focuses on functional, **real-life French**, directly linked to the day's activities. From ordering at a restaurant to chatting with local artisans, everything is designed to be practical and immediately useful.

This retreat guarantees a rich and rewarding learning experience – ideal for learners with a solid foundation who are ready to deepen their skills, expand vocabulary, and build lasting confidence in using French in the real world.

## ***What do A2 and B1 levels mean?***

**A2 (Upper Beginner):** You can use basic everyday expressions, ask and answer simple questions, and participate in short conversations.

**B1 (Intermediate):** You can handle everyday conversations, understand the main points in clear communication, and navigate common travel situations in French-speaking environments.

You'll be supported throughout by **two experienced French coaches**, always on hand to adapt to your level and help you get the most out of every moment.



## What Our Guests Say...



### Real stories from past retreat participants:

“Just had four days away on a French retreat in the Jura region. Absolutely brilliant! Lovely group and really good teaching. I feel it’s really improved my confidence in French. Nathalie organised a fantastic itinerary full of variety and interest. I would go again – and hope to do so! The school truly cares about its students. Highly recommend.”

– ***Rebecca Creedy-Smith***

“We’ve just returned from a wonderful trip with the VICI team to France. From start to finish, it was an immersive experience – living and breathing the French way of life, with fun and interesting lessons to match. I loved every minute. Huge thanks to Nathalie, Joséphine, Valérie and the whole team for working so hard to help us learn.”

– ***Joanne Leray***

“Just back from a four-day intensive French course in the Jura. A great mix of structured instruction and natural conversation, with a varied and engaging schedule – and some delicious food! It was a lovely group and Nathalie and Valérie were fantastic teachers. I got home and found myself thinking in French the next morning!”

– ***Jane Connor***

## ***What's Included?***

Everything is taken care of – so you can simply relax, learn, and enjoy the experience.

- **Return flights** from London Heathrow to Lyon
- **Private transfers** to and from the retreat (Lyon airport to Lons-le-Saunier)
- **All transportation** during your stay in France
- **Hotel accommodation**, including daily breakfast
- **Daily French lessons** focused on real-life communication
- **Cooking class** at La Maison de la Vache qui Rit
- **Wine tasting** with a local winemaker
- **All scheduled cultural and language-based activities**
- **Two dedicated team members** on-site at all times for personalised assistance
- **VICI Members:** £1,195 (until 30/11/25), £1,240 after 30/11/25, price may vary after 20/12/25
- **Non-Members:** £1,320 (until 30/11/25), £1,365 after 30/11/25, price may vary after 20/12/25





# ***An Exclusive Invitation...***

*This retreat is limited to **just 12 participants**, ensuring an intimate, personalised experience where each guest receives dedicated attention and support.*

*With only a few spaces available, this promises to be a truly special getaway – combining language, culture, and connection in the heart of authentic France.*

*We would be absolutely delighted to share this unforgettable journey with you.*

**À très bientôt,  
Valérie & Nathalie**



**For more information or to book your place,  
please contact us at [ndanon@thevici.com](mailto:ndanon@thevici.com)**

**VICI**  
LANGUAGE EXPERIENCES