



GET 4 ECTS CREDITS WITH THIS PROGRAM

**3 WEEKS AT ACCENTS AND UNIVERSITE SAVOIE MONT-BLANC CHAMBERY & ANNECY**



# 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.



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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**: Human-environmental 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/>)

**COURSE CONTENT**

**40 HOURS PER WEEK**

**French as a foreign language: 15 hours per week**

- > Oral and written communication skills;
- > Development of intercultural competence.

**Outdoor sport: 12 hours per week**

- > Outdoor Sports activities in a local context and expertise development;
- > Visits to innovative labs and meetings with researchers;
- > Field trips to iconic places to put theory into practice.

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

- > Students will reflect on the topics discovered during this exchange program and discuss best practices;
- > Student performance will be assessed through:

- Attendance and level of participation in the different activities;
- Quality of the student's weekly journal and subsequent progress report;
- Progress in learning French language skills.

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

- > Visits to some of the region's top tourist sites.



Non-contractual program, subject to change. A minimum of 10 students is required. The terms and conditions of sale including booking, cancellation and payment can be found on the Accents website: <https://www.univ-smb.fr/accents/>

\* We kindly recommend students to have a good level of physical fitness to fully engage in the proposed activities.

Duration  
**3 WEEKS**



PERIOD: June

Location  
**CHAMBERY, ANNECY AND THE FRENCH ALPS**

French ⊕ Outdoor Sports & University accommodation **€2,200**



WEEK

1

FRIDAY

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

SATURDAY

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

SUNDAY

- > **All day:** Kayak trip – part 2

MONDAY

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

TUESDAY

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



FRIDAY

- > **Morning:** French language classes
- > **Afternoon:** Hiking trip with overnight stay – part 1



WEDNESDAY

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



WEEK

2



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 inter-universitaire de Biologie de la Motricité, LIBM laboratory  
Group brainstorming work session #2 with the objective to create posters

FRIDAY

- > **Morning:** French language classes

SATURDAY

- > **Hiking trip – part 2**



SUNDAY

- > **Free time**



- > **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

SUNDAY

- > **Free time**



WEEK

3



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



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 Inter-universitaire 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

SATURDAY

- Departure



FRENCH+ OUTDOOR SPORTS

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