



## General Information

### GAP

Located between Provence, the Dauphine and Northern Italy, the department of the Hautes-Alpes has a wonderful geographical location with a Mediterranean climate.

Here in Gap people boast of the exceptional 300 days a year of sunshine that they enjoy in this region.

Gap is at an altitude of 800 meters, in the midst of a beautiful mountainous scenery, it is located near the well-known Lake Serre-Ponçon and the National Park of the Ecrins. Gap offers a very nice quality of life.

There are 40, 000 inhabitants, which makes it is the largest town in the Southern Alps. It is dynamic and expanding, with the recent additions made on the faculties at the Universite de la Mediterannee.

The town has renovated and enhanced its medieval centre; it is a real pleasure to stroll down the charming narrow streets or to take a break in the lovely town squares.

Gap is a small and quaint town where everything is accessible and since it is tucked away between the mountains it is a place where you feel safe and secure. No matter where you are in town, there is always a breath-taking view to enjoy! It is a place with many things to do! In the summertime there are several different events set up at night for everyone to enjoy and that are free to the public. Almost every night during the summer some type of event is organized in town, including free concerts – both classical and modern music- and street entertainment. It is a pleasure to walk around town and see all these different types of events offered by the city. However, keep in mind that Gap is not Nice there are not a lot of nightclubs here!

People that live in Gap are welcoming and friendly; it's a great place to be! !!

### UELAS

Our school has a very good reputation because we take care of each and every student!

We provide a very family-type atmosphere, which enables our students to progress quickly!

As early as the first day students feel at home, which makes speaking only French all day long much easier to do. Our program includes courses, relaxing and fun activities that enable you to discover our beautiful region while speaking French in a laid-back environment!

With us, you will make a lot of progress!!!

Our University is very user-friendly. You work in small groups, which makes learning French more of a pleasure.

Plus, from morning to evening, you are emerged into the French culture and language. In any event, our method based on communication will enable you to progress quickly. The language immersion represents on the whole approximately 72 hours per week.

### FOR YOUR FIRST DAY OF CLASS YOU NEED TO PROVIDE THE FOLLOWING ITEMS FOR THE DIRECTOR OF THE UELAS

-The balance of stay

-One photograph

-A copy of your health insurance

We recommend that you do take this insurance because it is better to be vigilant.

-Particular health issue

## **THE WEATHER:**

Our region is very fortunate as far as the weather is concerned. The Hautes-Alpes is known for its nice weather and sunshine, it is not often that we see fog, rather to the contrary, it we enjoy a bright blue sky almost everyday, year around.

In the summer, the average temperature is 25°! It can be very hot during the day, but at night we sleep well because of the cool mountain temperatures that we have.

In the winter, it gets cold but fortunately it is a dry cold that does not get into your bones. Sometimes it snows here in town, but it is rare. However it does frequently snow in the mountains surrounding the town, which adds to the charm of the region.

## **TOURISM AND SPORTING ACTIVITIES:**

These activities are divided between 3 afternoons and one full day, which is Saturday. On your first day here, you can have a look at the Saturday program and sign up directly with the director of the UELAS for the activity or activities that interest you. For these additions you pay the UELAS directly. See the price sheet.

## **NECESSARY CLOTHING/BACKPACK**

**For the summer:** good walking shoes: mountain shoes or tennis shoes, a pair of sunglasses, a camera, sun cream, a light backpack, swimming suit, 2 towels and 2 sweaters and a coat incase it rains, for our mountain hikes and for the evening.

**For winter:** good walking shoes: mountain shoes or tennis shoes, a pair of sunglasses, a camera, sun cream, a light backpack, winter clothing (parka, sweaters, gloves, warm socks, cap, scarf and boots), swimming suit and 2 towels.

Don't forget to put your medicine and toilette bag inside of your luggage !

There are several laundry mats in town and one near to the student housing, so you can do your washing inexpensively. For those of you who have space in your luggage, a small iron can be useful especially in the summer.

## **ACCOMMODATION INFORMATION**

**Student's residence** : The majority of the students choose this option because it is good one. It is an 8 minute walk from the University and only 2 minutes from the centre of town. There are individual rooms as well as shared ones (with 2 beds). The shower and the bathroom are located in the room and bedding is provided. There is also an office in the room. The residence is clean and practical. There is a cafeteria in the ground floor (where you will have your breakfast and there is a self-service store for the lunch and dinner). French breakfast is included except sunday.

There are many snack bars and small restaurants at reasonable price around the University. Take into account that, if you eat every day for one week with the self-service store of the residence you will need a budget of approximately: 7 X 15 Euros: 105 Euros for one week. Important information to do your budget.

**Family** : formulate very appreciated !

Half-board (breakfast and dinner). Individual room. French family meal ! Good Atmosphere !

The family selected by the UELAS Director according to the registration form writing by student (allergy(ies), food specificities...)

**Flats** : on request