

Weekly program

(Sample schedule, subject to change)

	Morning	Afternoon	Evening
Sunday	Arrival of new students		Welcome evening for new students
Monday	Lessons	Beach, basketball, or optional paid activity	Evening with host family
Tuesday	Lessons	Excursion to Chateau de Chillon, sports, or optional paid activity	Jazz festival
Wednesday	Lessons	Hiking or optional paid activity	Free evening
Thursday	Lessons	Water sports, swimming or optional paid activity	Barbeque on the lake side
Friday	Lessons	Sports tournament, 'Petanque', or optional paid activity	Disco party
Saturday	Excursion		Free evening
Sunday	Arrival of new students Continuing students: Day with host family		Welcome evening for new students

Samples of included afternoon/evening activities and excursions

Included in the cost

Sports	Evening Activities	Excursion
Volleyball	Cinema	Montreux, Vevey
Basketball	Disco	Geneva
Badminton	Barbeque or Restaurant	Lausanne
Football	Beach party	Chateau de Chillon
Swimming	School party	Le Bouveret
Beach volleyball	Game night	Gruyeres
Beach games	Theme evening	
Street hockey	Talent Show	
Table Tennis	Sports tournaments	
Handball		
Ping-pong		
Vita Route		
Walking/Hiking		
Tchoukball		



AmeriSpan Teen Study Abroad in Montreux, Switzerland

Sample Activities

Optional activities and excursions

To be paid for onsite

Optional activities

(Approx. 10-35 CHF – prices subject to change)

Tennis
Paddle boating
Horseback riding
Mountain biking
Water park
Skate park
Rowing
Bowling
Mini-golf
Shopping in Lausanne
Fun Planet (bowling, go-karts, etc)
Aerobics/break dancing

Adventure Activities*

(Approx. 25-140 CHF – prices subject to change)

Adventure park
Go-karts
Tandem Paragliding
Water skiing
Wakeboarding
Banana boat
Windsurfing
Sailing

***All adventure activities require additional parental authorization forms. See the Downloads section of our website for further details.**