

WEEK-ENDS

During your time in Toulouse, you'll have four weekends.

The first will be dedicated to getting settled with the help of Program Assistants and students

The first organized week-end will be "Carcassonne, the Cathar Land", the second will be "The Pyrenees Mountains" and the third called the "optional" week-end will allow students to choose their destination : success guaranted with Spain of the Mediterranean Sea !

"Carcassonne and the Cathar Land": During this weekend, you'll be stepping into the pages of history as you visit "La Cite", the beautiful medieval city of Caracssonne, where you can stop at the Count's castle, the Narbonne gate, or take your own walk through the streets of the city. You'll also be visiting some of the surrounding areas of Carcassonne, including Cavayere Lake and "Gouffre de Cabrespine". So, be ready to experience medieval history first hand!

Last year's program (adapted each Summer)

Saturday

Morning:

Meeting at ESAP (on the parking lot) at 8:45 am
Departure for Gouffre de Cabrespine
Visit of the Gouffre Géant de Cabrespine
Picnic at "le lac de Cavayère"

Afternoon:

Visit of « La cité de Carcassonne »,
Free time in Carcassonne
Meeting point «Tour Narbonnaise »
Departure for the hotel
Departure for the restaurant
Dinner at restaurant

Sunday

Morning:

Breakfast at the hotel
Departure for Foix at 9:00 am
Visit of the castle
Lunch and free time

Afternoon:

Departure for Vernajoul
Visit of « La rivière souterraine de Labouiche »,
1h15 with a guide
Departure for Toulouse
Back at ESAP at 5:00 pm



“The Pyrenees Mountains”: Now it’s time to breathe some sweet mountain air as you go hiking in the Ariège. You’ll have the opportunity to picnic, become one with nature, and spend a night in a mountain refuge.

Last year’s program
(adapted each Summer)

Saturday

Morning:

Meeting at ESAP (on the parking lot) at 7:45 am
Departure for Gavarnie
Stop at the point of view of “Gèdre”
Walk to the Gavarnie Cirque (1h)
Picnic

Afternoon:

Walk back to the bus (0h45)
Check-in at the refuge in the village
Diner

Sunday

Morning:

Breakfast at the refuge at 8:30 am
Meeting in front of the bus
Departure for the “Troumouse Cirque”

Afternoon:

Little walk (1h30) with picnic near th
“Lac des aires” or bigger walk around the
“Troumouse Cirque” (2h30) with picnic
halfway
Meeting in front of the bus
Coming back to Toulouse



“Optional” : You may also choose to spend the weekend at the sea (Collioure) or in Barcelona as others have done in the past. If you have any other ideas, go for them. You aren’t in Toulouse for long, so make the most out of it!!”

Collioure : <http://www.collioure.com>

Région : Languedoc-Roussillon : <http://www.sunfrance.com>

Barcelone : <http://rsintes.free.fr/Barcelonecosta.html>

“The Study Abroad Program provided us with an allowance for the weekend, transportations to our destination and assistance with finding accommodations. We were advised to remain within a few hours of Toulouse. Suggested destinations were Bordeaux, Barcelona, and Collioure. A small group of us chose to go to Collioure, a small town on the Mediterranean Sea. We spent the weekend sunning on the beach, shopping in the many little stores in the city, and doing other relaxing activities. At night, we enjoyed listening and dancing to the live music played in the streets.”

Kyra Everhart, 2001

Examples of SSAP internships

MAIN PRODUCTION		ACTIVITIES OF THE FARM / TASKS OF THE TRAINEE
ANIMAL PRODUCTION	SWINE	Swine production (swine production, dairy sheep production) Taking part in all kinds of tasks from feeding the pigs, giving antibiotics + vitamins to insemination + observing parturition + semen collection...
	CATTLE	<u>Dairy cows</u> Participate in the usual work of July : milk the cows, other tasks like hay, corn irrigation and wheat harvest
		<u>Sheep / meat cows</u> Milk sheep for the production of Roquefort cheese ; feed cows Lambing - Harvesting of hay - Will work everywhere, but will be more in charge of one production
		<u>Goat / Cheese production</u> Milking – Goat cheese dairy work (processing, ripening) – Taking care of animals (feeding, moving the sheep herd) - Eventually hay harvesting & welcoming visitors - Taking care of horses.
		<u>Horse production</u> Development of the Merens breed Taking care of horses : daily care (do the beds, feed horses, bandaging = groom work) - Ride horses in the mountains.
		<u>Riding School</u> Taking care of horses : daily care (stalls, feeding...) - Poney club : assist instructors who teach kids - Races : according to abilities & wishes (ride horses...)
AGRO-TOURISM	FERME AUBERGE	Production : cereals, animal productions (porc, sheep, ducks), near the “Grésigne” Forest & the “Bastides” circuit. Taking part in all activities, from farm activities to helping with the cuisine & with receiving people
PLANT PRODUCTION	VINEYARD	<u>Bordeaux</u> Winery, vineyard (33 acres). Different types of wine (sweet and dry white wine and red wine) - 1ères côtes de Bordeaux Vineyard maintenance, mailing wine, reception of tourists, wine tasting, work in the cellars, thinning of leafy vine-branch, leaf stripping
		<u>Saint-Emilion</u> All vineyard activities + cellar activities (bottling) + selling
		<u>Entre deux-mers</u> Vineyards (58 acres : 16 white, 42 red) and Winery (wine tasting, and selling at the Château) - Vineyard maintenance, wine making, bottling, work on new plantations.
		<u>Gers : Pacherenc / Red & White</u> Vineyards (8 hectares) - Crops (32 hectares): corn, soybean... - Involved in the wine-making process - Work in the field
		<u>Languedoc</u> Vineyard activities mainly (maintenance, weeding : organic wine) - Eventually bottling & cellar activities - Selling & welcoming groups
	HORTICULTURE	<u>Flower Producer</u> Horticulture, cut flowers, fresh flowers, dried flowers, plants. Research and development of Zantedeschia (colored arum) & on edible flowers in relation with Toulouse restaurants.