Discover Gastronomy

DG 2026

This program is designed for adults of various nationalities who wish to improve their French while discovering the culinary traditions of Provence. Combine group lessons that encourage intercultural exchange with cooking activities, tastings, and gourmet excursions in the heart of Provence.

Level

A1 to C2*

Start date

1 week:
October 26 to October 30, 2026
November 2 to November 6, 2026
2 weeks:
October 26 to November 6, 2026

Duration

1 or 2 weeks.

Intensity

Approximately 17 hours of activities per week, in addition to a General French course or a minimum of 20 private lessons.

Group

4 to 12 participants

Schedule

Organised by IS Aix-en-Provence, this programme perfectly complements French language learning through activities scheduled on selected afternoons and a half-day on Saturdays. It is available exclusively to participants enrolled in a General French course in the morning or in a minimum of 20 private lessons per week.

Objective

Discover local gastronomy and regional culinary specialities while promoting active language immersion through authentic experiences, encounters, and hands-on workshops. A friendly and enriching experience combining discovery, exchanges with passionate producers, and gourmet pleasures in Provence.

Program

- Guided walking tour of Aix-en-Provence city centre, followed by a welcome drink – the perfect opportunity to soak up the local atmosphere and discover the charm of this iconic Provençal town.
- Provençal Apéritif Workshop, accompanied by a glass of wine: prepare and enjoy regional specialities such as tapenade, anchoïade **OR** cod brandade, as well as courgette rolls filled with fresh goat's cheese and chives.
- Excursion to a Provençal vineyard, including a guided tour of the estate and a tutored tasting of several wines produced on site.
- French Bakery Workshop: discover traditional baking techniques and make your own croissant **OR** baguette before enjoying your freshly baked creations.
- Exploration of Marseille's historic centre and culinary heritage, featuring tastings of local specialities **OR** visit to a goat farm and artisanal cheese producer, with a tasting of handcrafted cheeses.
- Immersion in a traditional Provençal market to select fresh, seasonal ingredients, followed by a cooking class where you will prepare recipes inspired by the local terroir.

Partners

We carefully select our partners and visiting sites to ensure a high-quality gastronomic and cultural experience.

Rates

Course fees are available on our website.

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