LA VAQUERIE
FARM

2027 DATES/RATES GUIDE

LIFECOOK

WHAT: A 12-day cooking intensive focused on the practical skills and confidence to cook for yourself and others, while discovering a different way to think about food in France.

WHO: Gap year, current or graduated college/university students **ages 17-22**

COST: €2,650 inclusive of all room, board, meals, instruction, nearest train station pick up/drop off. Airfare/travel to our nearest train station not included. Rouen Extension €1,650 inclusive of rooming, meals and travel from Normandy to Rouen.

TRAVEL DETAILS: Instructions are given to get to our nearest train station in Normandy, a 3-hour train ride from central Paris. Private car service can be arranged for nervous students/parents.

WHEN:

Winter 2027
January 15–26, 2027
Rouen Extension: January 27–Feb 2, 2027

Spring 2027:
May 15–26, 2027
Rouen Extension: May 27–June 2, 2027

Summer 2027:
August 22–September 2, 2027

GREAT FOR: Gap year and university students who want to become confident, independent cooks while discovering a different way to think about food, from what they buy and where it comes from to how they cook, eat and share it with others.

DISCOUNTS: 10% Early Enrollment Discount if you apply before Dec 1st, 2026.

DEADLINES: No deadlines. Rolling admissions until the program is full.

HIGHLIGHTS | A practical, confidence-building experience that fits easily into a gap year.

- **Skills for independent living:** Students live in their own house and learn to shop, plan meals, understand ingredients and cook confidently for themselves and others.
- **Not a culinary school:** Designed for students of all abilities, including complete beginners. The focus is on practical everyday cooking, not professional chef training.
- **Discover France through food:** Local markets, bakeries, farms and artisan producers introduce students to French food traditions and a different approach to shopping, cooking and eating.
- **An easy addition to a gap year:** With sessions in January, May and August the program fits between longer programs or can be combined with independent travel in Europe.
- **Extend with Rouen:** An optional seven-day culinary extension following the January and May sessions offers more time to explore French gastronomy and culture.

COOKING & CULTURE

WHAT: A two-week summer culinary experience that brings France to life through food. Build real skills in the kitchen and experience the people and traditions that make food such an important part of life in France.

WHO: Current high school/secondary, early gap year students **ages 14-19**

COST: €4,800 inclusive of all room, board, meals, instruction, airport pick up/drop off, transportation to and from our location. Airfare not included.

TRAVEL DETAILS: Students are met in person at Paris CDG airport and brought to Normandy by our staff. Students are returned to Paris CDG by our staff and seen through check-in on departure day.

WHEN:
June 23 – July 6, 2027
July 9th - July 22nd, 2027
July 25th - August 8th, 2027

GREAT FOR: Anyone looking to build their cooking skills while experiencing one of the world's great food cultures, from culinary arts students considering food-focused careers to enthusiastic home cooks and complete beginners.

DISCOUNTS: 10% Early Enrollment Discount if you apply before Dec 1, 2026

DEADLINES: Rolling admissions until the sessions are full. Recommended to apply before April, particularly for Session 2.

HIGHLIGHTS | A hands-on introduction to French cooking and culture in a homestay setting

- **Learn to cook in France:** Students prepare classic French dishes, learn essential techniques and build confidence working with fresh, seasonal ingredients.
- **A cultural experience, not just a cooking course:** Students discover Normandy's history, landscape and everyday life through excursions and shared experiences.
- **No previous cooking experience or French language skills required:** The program is taught in English and welcomes enthusiastic beginners as well as students with established culinary interests.
- **A personal alternative to large summer camps:** Students live together at La Vaquerie, our historic Normandy farm, with hands-on instruction and support
- **A manageable first international experience:** The two-week format combines structured activities, group living and opportunities to develop independence in a supportive environment.