



Welcome to Haute-Savoie



Active Seniors

Project N° : 2025-1-FR01-KA210-ADU-000350126

We are delighted to welcome you to our magnificent region for your Erasmus+ experience. This welcome book has been designed to help you explore and fully enjoy everything that Haute-Savoie has to offer. Welcome to Haute-Savoie and make the most of your Erasmus+ experience!

www.active-seniors-project.com



SUMMARY

01 WELCOME INFORMATION

02 WELCOME HAUTE-SAVOIE

- HAUTE-SAVOIE CULTURE
- ACTIVITIES TO DO IN ANNEMASSE
- FRENCH CUISINE



This booklet contains useful information for your stay in Annemasse. You will find important contact details, a map of the Annemasse surroundings, general information about Alpes Secrétariat office and our program.

If you want to discover nature, you can walk around the Geneva Lake or explore the wonderful streets of Annecy. These activities are very popular with locals, especially on weekends. Interesting places to visit in the area include :



- The old town of Geneva
- The castle of Annecy
- Mount Salève and its panoramic cable car
- The Museum of Natural History of Geneva
- The shores of Lake Geneva in Versoix
- The Botanical Garden of Meyrin
- The must-see cities: Yvoire, Lausanne, Thonon-les-Bains

ADDRESS AND IMPORTANT CONTACT DETAILS

CONTACT



6 rue du Parc, 74100 Annemasse
2nd floor / Blue Business Building



9:00 AM to 12:00 PM
13:30 PM to 17:00 PM



[www.https://www.alpes-secretariat.fr](https://www.alpes-secretariat.fr)



info@alpes-secretariat.fr



+ 33 4 50 92 54 12



Director of organization : Christophe



Assistant : Ioana

PROXIMITY STATIONS



Train station: Annemasse



Tram stop: Parc Montessuit

EMERGENCY NUMBERS



Police : 17



Emergency Medical Service : 15



Fire : 18

ROADMAP

Sunday June 28th

- **Morning**
Your arrival at Geneva Airport is scheduled for 11:30 a.m.
- **Campanile Annemasse**
 - Check-in
- **Lunch in Annemasse**
La Taverne
- **Afternoon**
Annemasse visit

Monday, June 29th

- **Morning**
 - 9:00 AM : Management meeting
 - Visit to Annemasse Town Hall
- **Lunch in Annemasse**
 - Le Globe
- **Afternoon**
 - Visit to Yvoire
- **Evening**
 - Free time

Tuesday, June 30th

- **Morning**
 - 9:00 AM : Welcome for trainees and trainers with coffee and croissants
 - Free time
- **Lunch at Annecy**
- **Afternoon**
 - Visit to Annecy
- **Evening**
 - Free time

Wednesday, July 1st

- **Morning**
 - Action plan meeting
- **Lunch**
- **Afternoon**
 - Closing ceremony and certificate award ceremony
- **Evening**
 - Event France
 - Convivial time

Thursday, July 2nd

- **Morning**
 - Check-out
 - Transfer and visit to Geneva
- **Lunch in Geneva**
- **Afternoon**
 - Departure flight 18:15

MAPS

Download the maps by clicking on the photos or the text below the photos.



[Haute-Savoie](#) 



[Annemasse](#) 



[Annecy city](#) | [Annecy lac](#) 

GENEVE AIRPORT > ANNEMASSE

Arrival at Geneva Airport

A taxi shuttle service will be provided between Geneva Airport and your hotel in Annemasse.

The driver will be waiting for you at the arrivals exit, holding a sign reading "Active Seniors Project". The driver will take you directly to the Campanile Hotel in Annemasse.

CAMPANILE > ALPES SECRETARIAT

Getting to Alpes Secrétariat

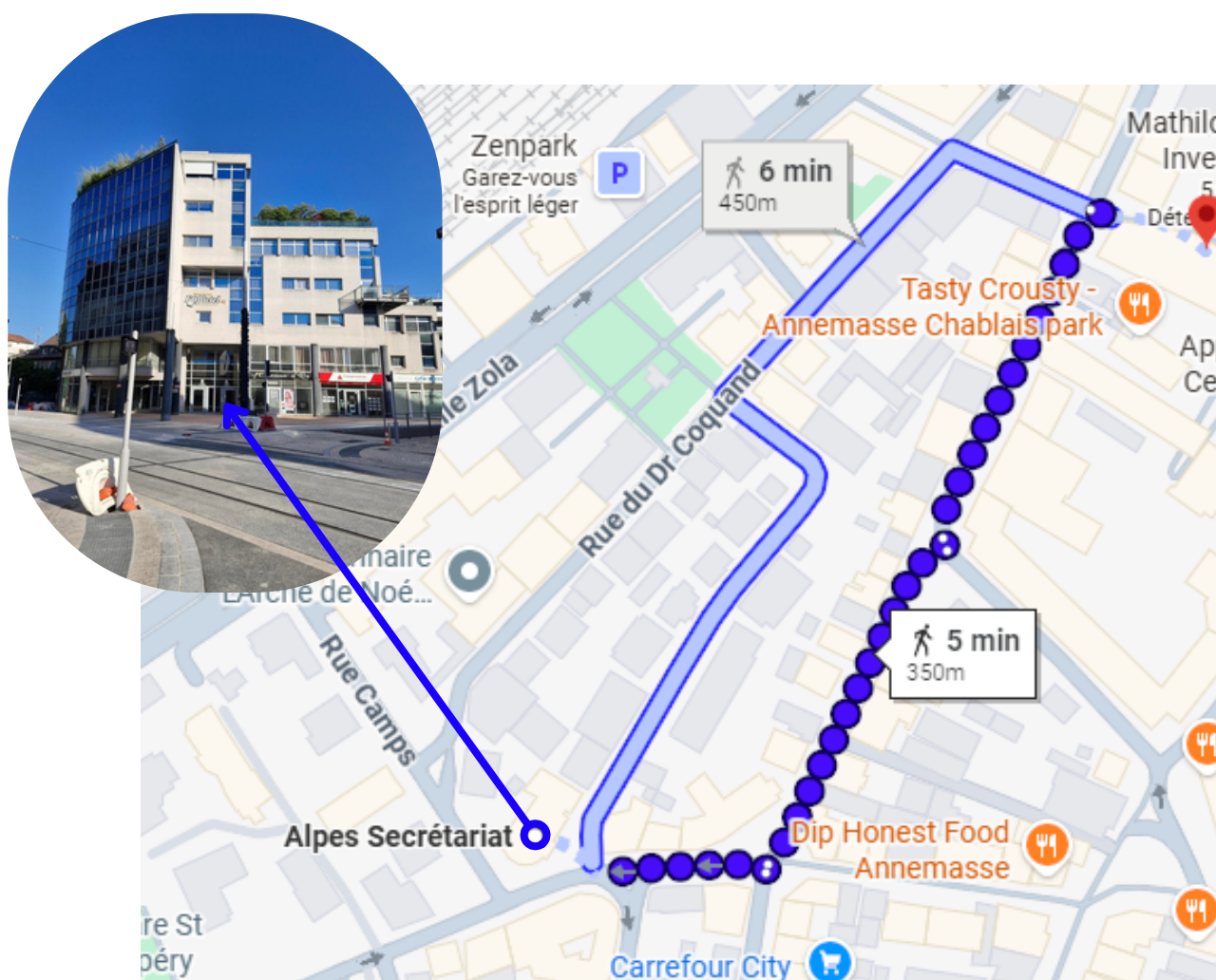
The offices of Alpes Secrétariat are located just a 5 minutes walk from your Campanile Hotel, at: 6 Rue du Parc, 74100 Annemasse

The quickest way is to walk towards La Poste via Avenue de la Gare, then turn right onto Rue du Parc.

Our offices are located on the 2nd floor of the Blue Business Building.

Upon arrival, please ring the intercom labeled "Alpes Secrétariat". The entrance door will open automatically.

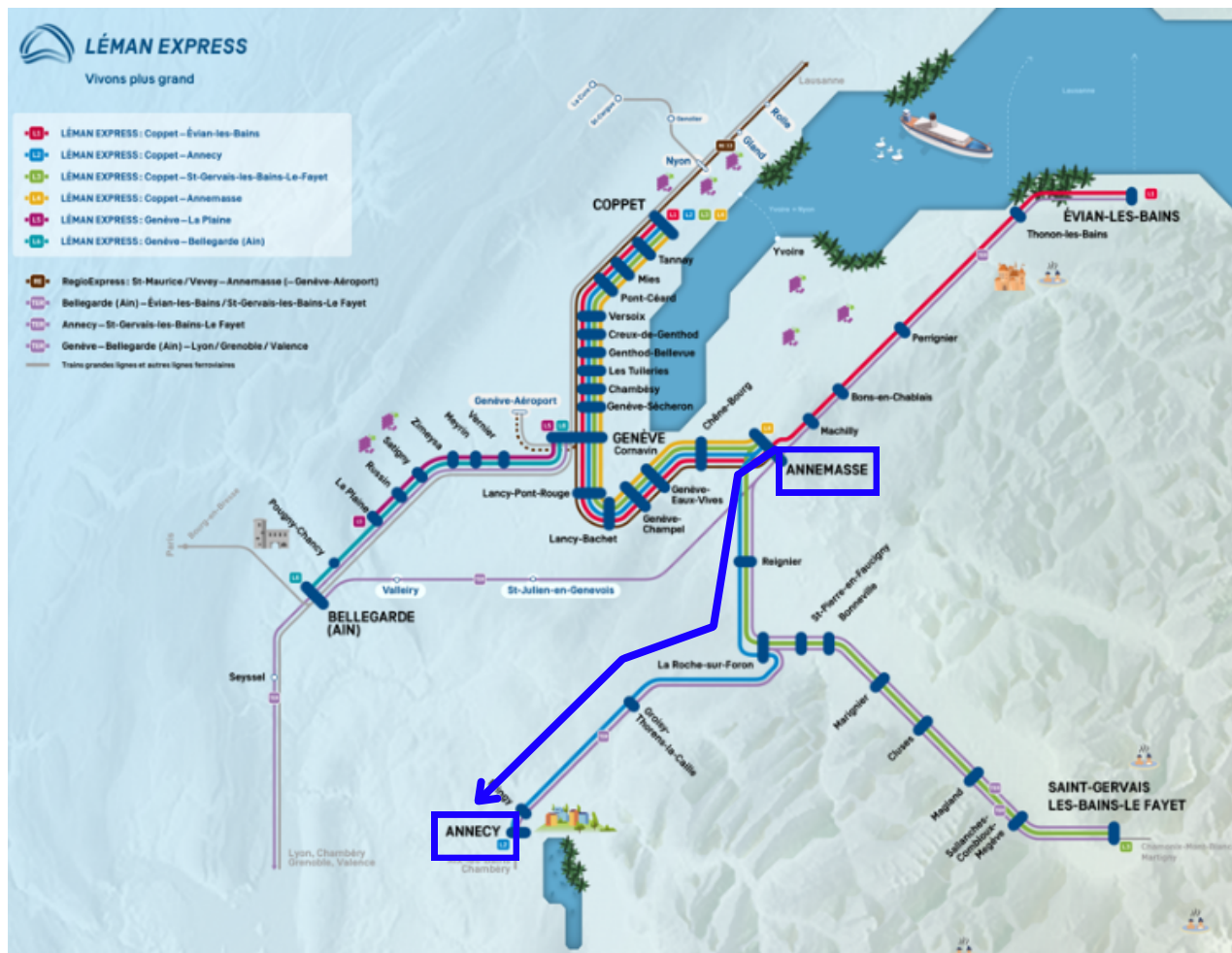
Once on the 2nd floor, the reception desk is located on the right-hand side as you exit the elevator.



ANNEMASSE <> ANNECY

How to get to Annecy by train from Annemasse

- Take a direct **LemanExpress L2** train from Annemasse to Annecy
 - Plan : <https://www.lemanexpress.com/en/i-discover>



- Duration: 57 minutes (no change required)
- Buy tickets at the station or via the SNCF :
 - Price : 13,80€ (*one-way ticket*)
 - Buy tickets online : <https://www.ter.sncf.com/auvergne-rhone-alpes>

INSTRUCTIONS FOR LEAVING YOUR LUGGAGE AT GENEVA CORNAVIN STATION

If you wish to visit Geneva before your departure, you can leave your luggage in the self-service lockers available at Geneva Cornavin railway station. The lockers are located in the east wing of the station on the ground floor and are accessible every day. Different locker sizes are available for suitcases and travel bags.



TRAINING SCHEDULE

Participants are requested to be punctual at all times.

HOURS	PROGRAM
9:00 AM	Welcome coffee
9:30 AM	Session 1
10:30 AM	Break
10:45 AM	Session 2
12:00 AM	Lunch
13:30 PM	Session 3
14:45 PM	Break
15:00 PM	Session 4
16:00 PM	End

REFRESHMENT BREAK

You will find something to drink or eat at your disposal.
Smoked is not allowed anywhere on the center.

FREE WIFI

There is FREE WIFI available throughout the center.
FREE WIFI is available in many places around Annemasse including most coffee shop, restaurant, public places.

END OF QUESTIONNAIRE

At the end of each training, we ask our participants to answer a questionnaire so we can assess whether you are satisfied with the training.

PHOTOGRAPHY NOTICE

As part of your visit to Annemasse, photographs may be taken and may be published on our communication channels (LinkedIn, Facebook, and our website) for the purpose of promoting and showcasing our activities.

In accordance with the General Data Protection Regulation (GDPR), please note that:

- The legal basis for this processing is our legitimate interest in promoting our training activities and highlighting the Erasmus+ Programme.
- You have the right to object to the use of your image at any time, without having to provide a reason and without any consequences for your participation in the training.
- To exercise this right, simply inform us in writing before the start of the training by sending an email to: euvb.projects@gmail.com.

WELCOME TO HAUTE-SAVOIE

HAUTE-SAVOIE

Haute-Savoie, located in the Auvergne-Rhône-Alpes region, is a French department renowned for its spectacular alpine landscapes, crystal clear lakes and rich cultural heritage. Nestled in the heart of the Alps, it attracts visitors from all over the world for its outdoor activities.



With its charming mountain villages, renowned resorts like Chamonix and Megève, and iconic sites such as Mont Blanc and Lake Annecy, Haute-Savoie stands out as a mustvisit tourist destination in France. In addition to its natural attractions, the region also offers delicious Savoyard cuisine and a welcoming atmosphere throughout the year.

The Haute-Savoie, a land of traditions and know-how, is renowned for its tasty gastronomy and high-quality local products, including iconic cheeses such as Reblochon, Abondance, and Tomme de Savoie. With local markets, farms, and artisans offering a diverse array of fresh, artisanal produce, visitors have the opportunity to savor the authentic flavors of the region and bring home a piece of its rich tradition.

HAUTE-SAVOIE CULTURE

During your visit, you'll get to see different places in Haute-Savoie and learn about its culture.

ANNECY

Welcome to Annecy, known as the "Venice of the Alps"! This picturesque city on the shores of Lake Annecy is famous for its canals, charming streets, and medieval atmosphere. Explore the old town with its historic buildings like the Palais de l'Île and the Castle of Annecy. Enjoy walks along the lake and Savoyard delights in cafes and shops.



YVOIRE

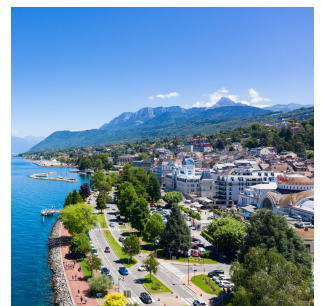
Welcome to Yvoire, a medieval village on Lake Geneva! Explore cobbled streets, flower-filled houses, and stunning gardens. Don't miss Yvoire Castle and the beautiful village gardens with lake views.

Enjoy craft shops, cafes, and the peaceful atmosphere.



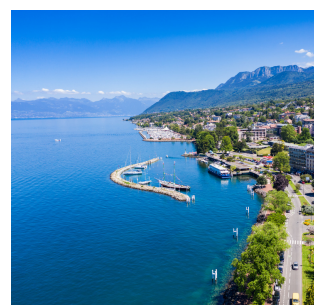
THONON-LES-BAINS

Welcome to Thonon-les-Bains, a charming spa town on Lake Geneva! Relax in soothing thermal waters, enjoy lake views, and explore historical sites like Château de Ripaille. Experience wellness, nature, and heritage in one memorable lakeside getaway.



EVIAN-LES-BAINS

Welcome to Évian-les-Bains, a famous destination on Lake Geneva! Known for its mineral waters, stunning views, and elegant atmosphere, it's the perfect place for relaxation. Explore the thermal baths, lakeside promenades, and cultural attractions like the Palais Lumière and the Casino. Enjoy wellkept gardens for a memorable lakeside retreat.



SALÈVE

Welcome to Salève, an iconic mountain offering panoramic views of Geneva and the Alps! Popular among outdoor enthusiasts, it features hiking trails, mountain biking tracks, as well as activities like climbing and paragliding.

Enjoy this must-visit destination to explore the natural beauty of the region.



CHAMONIX

Welcome to Chamonix, the world capital of mountaineering! Nestled at the foot of Mont Blanc, this town offers activities year-round. Skiing in winter, hiking in summer, and spectacular views from the Aiguille du Midi. Explore its charming shops and cafes, as well as its rich cultural heritage. Chamonix promises an unforgettable mountain experience.



GENEVA

Welcome to Geneva, one of Europe's most international cities! Situated on the shores of Lake Geneva and surrounded by the Alps and Jura mountains, Geneva is renowned for its stunning landscapes, rich history, and global influence. Discover the famous Jet d'Eau, stroll through the charming Old Town, visit world-renowned international organizations, and enjoy the city's vibrant cafés, shops, and cultural attractions. Geneva offers a unique blend of nature, culture, and cosmopolitan charm.



ACTIVITIES TO DO IN ANNEMASSE

CASINO

The Annemasse Casino offers an exciting gaming experience with slot machines, gaming tables, and poker tournaments. With live shows, bars, and restaurants, it's the perfect place for an entertaining evening during your visit to Annemasse.

Address : 2 avenue de l'Europe 74100 Annemasse



THE HOUSE OF SALÈVE

The Maison du Salève, at the foot of the mountain range of the same name, offers exhibitions on local history and nature, as well as hiking trails with panoramic views of the Alps and Lake Geneva. A must-visit stop to explore the region during your visit to Annemasse.

Address : 775 Route de Mikerne 74160 Présilly



CABLE CAR OF SALÈVE

The Salève cable car, near Annemasse, offers a panoramic ascent to the top of this iconic mountain. With spectacular views of the region, it's an experience not to be missed during your visit to Annemasse.

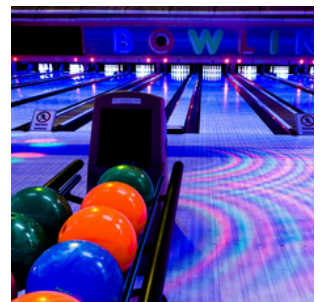
Address : Route du Téléphérique 74100 Etrembières



BOWLING

The Annemasse Bowling Alley is the perfect place to have fun with friends or family during your visit to Annemasse. With its modern bowling lanes and friendly atmosphere, it's a must-visit entertainment destination for all ages.

Address : 2 route de Bonneville 74100 Annemasse



FRENCH CUISINE

Dive into a world of culinary delights with French cuisine. From its famous cheeses to its delicious pastries, French gastronomy is renowned for its refinement and diversity. Explore with us the emblematic specialties of French cuisine and let yourself be seduced by its unforgettable flavors.

BOURGUIGNON BEEF

Beef Bourguignon is a traditional French dish originating from the Burgundy region. It consists of beef stewed slowly with vegetables, aromatic herbs, and Burgundy red wine, giving it a rich and delicate flavor. Served hot, this comforting dish is often accompanied by potatoes, pasta, or mashed potatoes.



TARTIFLETTE

The tartiflette is a traditional Savoyard dish, originating from the French Alps. It is typically served in an individual earthenware dish or in a family-sized serving dish. It is presented as a hot, golden, and steaming gratin, with a crispy crust on top.



STEAK TARTARE

Steak tartare is an emblematic dish of French cuisine, appreciated for its freshness and simplicity. The raw beef is finely chopped and formed into a small mound in the center of the plate. Traditionally, it is accompanied by condiments and seasonings arranged around the steak, such as capers, gherkins, chopped onions, mustard, ketchup, Tabasco, salt, pepper, and sometimes even a raw egg yolk.



CRÊPES

The crêpe, a traditional specialty of French cuisine, is enjoyed around the world for its simplicity and versatility. Delicious and light, it comes in many variations, both sweet and savory, to satisfy every palate.



FRENCH PASTRIES

France is internationally renowned for its delicious pastries, a refined and exquisite culinary art that delights the taste buds of gourmets around the world. Here is an overview of sweet specialties: macarons, éclairs, tarte Tatin, mille-feuille, croissants, lemon meringue pie, profiteroles.

Pâtisserie Lesage :

8 Pl. Jean Jacques Rousseau, 74100 Annemasse



FRENCH CHEESE

France is internationally renowned for its rich cheese tradition, offering a wide variety of cheeses with unique and delicious flavors. Among these culinary treasures stand out the Savoyard cheeses, emblematic of the mountainous region of the Alps. Here is an overview of these cheese wonders: Beaufort, Abondance, Reblochon, Tomme de Savoie, and more.

Fromagerie du Noyer :

1 Rue de Genève, 74100 Annemasse



RESTAURANTS IN ANNEMASSE

LE BÉRÉNICE

Restaurant traditionnel situé au cœur d'Annemasse, Le Bérénice est une adresse reconnue pour sa cuisine française maison et ses spécialités savoyardes.

Adresse : 6 Avenue Pasteur, 74100 Annemasse



LE GLOBE

Located in the heart of Annemasse, Brasserie Le Globe is a welcoming bistro-style restaurant, renowned for its warm hospitality and authentic atmosphere. Guests can enjoy simple, generous French cuisine, including daily specials, classic brasserie dishes, and a lovely terrace in the town centre. A popular local spot where residents and visitors alike gather to share a meal and experience a truly French ambiance.

Adresse : 9 Rue du Commerce, 74100 Annemasse



POKAWA

Pokawa Annemasse is the perfect spot for fresh, colourful, and customizable poke bowls. A healthy and tasty option, ideal for a quick lunch or a light meal in the town centre.

Adresse : 7 All. Annie Girardot, 74100 Annemasse



BOULANGERIE PAUL

PAUL Annemasse is a well-known bakery, patisserie, and sandwich shop, ideal for a quick break in the city centre or a grab-and-go breakfast. It offers a wide range of pastries, sandwiches, salads, and baked goods in a modern setting, open throughout the day. A convenient and tasty spot for eating well at any time.

Annemasse : 75 Rte de Thonon, 74100 Annemasse





THANK YOU

We are excited to share the experience with you !

