

Are you new to living in France?

Have a coffee, meet other newcomers and find out all you need to know

'LIFT' - Lost in France Together

Autumn 2020 Programme

LIFT is a series of meetings (in English) organised by the AVF (Accueil des Villes Françaises) in le Vésinet, designed to help newcomers from other countries adjust to life in France and meet other new arrivals.

You are welcome to attend any or all of the sessions; they are all free of charge for a small AVF membership fee*. The schedule for the LIFT program this year is as follows:

Friday 25 th Sept 2020	Welcome session & « <i>Running a home in France</i> »
Friday 2 nd Oct 2020	« <i>Driving in France</i> »
Friday 9 th Oct 2020	« <i>Culture without the shock</i> »
Friday 16 th Oct 2020	« <i>Staying healthy</i> »
Friday 6 th Nov 2020	« <i>Activities for kids</i> »
Friday 13 th Nov 2020	« <i>Café Bonnes adresses</i> »

(All sessions run from 9.30am-11.30am in Le Vesinet, Croissy or Chatou)

LIFT is one of many services offered to AVF members. At any of the sessions above, you can join* the AVF and find out more about the wide program of activities organised (including cooking groups, wine tasting evenings, Paris visits and English-French conversation groups). For more details about LIFT and the AVF, see the website avf.asso.fr/le-vesinet/

To sign up or ask a question, please contact us at avflift@gmail.com

*(Annual membership is €24.)

