



LIFT : Lost In France Together

Are you new to living in France?

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

Autumn 2022 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:

Wednesday 28th Sept 2022	Welcome session & « <i>Running a home in France</i> »
Wednesday 5th Oct 2022	« <i>Driving in France</i> »
Friday 14th Oct 2022	« <i>Staying healthy</i> »
Wednesday 19th Oct 2022	« <i>Activities for kids</i> »
Wednesday 9th Nov 2022	« <i>Culture without the shock</i> »
Wednesday 16th Nov 2022	« <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 €26)