



## **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 2023 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:

<b>Wednesday 27<sup>th</sup> Sept 2023</b>	<b>Welcome session &amp; « Running a home in France »</b>
<b>Wednesday 4<sup>th</sup> Oct 2023</b>	<b>« Driving in France »</b>
<b>Friday 13<sup>th</sup> Oct 2023</b>	<b>« Staying healthy »</b>
<b>Wednesday 18<sup>th</sup> Oct 2023</b>	<b>« Activities for kids»</b>
<b>Wednesday 8<sup>th</sup> Nov 2023</b>	<b>« Culture without the shock »</b>
<b>Wednesday 15<sup>th</sup> Nov 2023</b>	<b>« Café Bonnes adresses»</b>

(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/](http://avf.asso.fr/le-vesinet/)

To sign up or ask a question,  
please contact us at [avflift@gmail.com](mailto:avflift@gmail.com)

\*(Annual membership is €26)