

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: 2018

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: (Sessions run from 9.30am-11.30am in Le Vesinet, Croissy or Chatou)

Wednesday 3 rd Oct 2018	Welcome session & « <i>Running a home in France</i> »
Wednesday 10 th Oct 2018	« <i>Driving in France</i> »
Wednesday 17 th Oct 2018	« <i>Culture without the shock</i> »
Wednesday 14 th Nov 2018	« <i>Activities for kids</i> »
Wednesday 21 st Nov 2018	« <i>Staying healthy</i> »
Wednesday 28 th Nov 2018	« <i>Café Bonnes adresses</i> »

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, parents & toddler groups, Paris visits and English-French conversation groups). For more details about LIFT and the AVF, see the website www.avf-levesinet.org

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

*(Annual membership is €24.)



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