



Dealing with everyday life

You have chosen our region because of the quality of life, the sun and the food. But let's not forget its inhabitants. Understanding their traditions can enable you to adapt better and avoid feeling as if you're living in a hostile environment.

Learning the principal language is the key to:

- holding day-to-day conversations
- getting through administrative procedures by yourself
- relating to your local shop owners, artisans, the postman, etc
- broadening your vocabulary while having fun with the language
- discovering the region; its history, traditions, customs and people
- discussing your own culture with others



Joining a FLE school (French as a Foreign Language) is a very practical option as they are perfect places to talk freely without feeling inhibited. It's also an opportunity to meet other people in the same situation and with the same aim. All this will help you to feel more integrated and not regret your move here!

*Delphine Lupi
FLE teacher in Nîmes*

"Imagine going to see a doctor, dentist or perhaps, worst of all, a hairdresser and not being able to tell them what you want.

You wouldn't do it in England so what is the difference? How about making an emergency call, or giving directions to a delivery man over the phone? From ordering a taxi to dealing with your accountant and all the other things that you take for granted, you cannot expect somebody else to talk for you." Brian & Esperanza, Rencontre Internationale

"If you don't already have the language, then you will have to work at it, but it will pay off. Upping the volume in English is just counter-productive and insulting. Even if you think your French isn't very good, if you try to speak it you will find the effort is appreciated. You will also understand contemporary French life better."

Bob, Rencontre Internationale

"The feeling of isolation comes in the end and you know you have to communicate to integrate. I dreaded the systematic translation and never ending irregular verbs but it's not like that at all. We've met so many interesting people too, from all parts of the world and who've got amazing stories to tell. All in French of course!"

Sarah, Université Populaire de l'Uzège