

LE MOIS DE JANVIER

THE MONTH OF JANUARY

FRENCH CITY OF THE MONTH

GRENOBLE

Grenoble is located in the Auvergne-Rhône-Alpes region. Sitting on the Isère River and the backdrop of the Alps, Grenoble is a stunning city especially during January. Jump on a cablecar and visit the Bastille, an old fortress from the 15th Century.



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IDIOM OF THE MONTH

J'ai une mémoire de poisson rouge

To have the memory of a goldfish



FRENCH SPEAKER OF THE MONTH

Name: Bradley Cooper

Nationality: American

Profession: Actor and Filmmaker



Bonne Année - Happy New Year



Hiver - Winter



Froid - Cold



Neige - Snow



Trois Rois - Three Kings



Bonhomme de Neige - Snowman

SPECIAL DATES

'Fête des Rois'

The Epiphany

Different locations across France

Commemorates the visit of the Magi to the Christ Child. It is a tradition to serve a special cake called "une galette des rois".



TONGUE TWISTER

As-tu vu le vert ver allant vers le verre en verre vert ?

Did you see the green worm going towards the green glass?

RECIPE OF THE MONTH

Galette des Rois - King Cake

This cake, usually a puff pastry with frangipane, contains a small figurine (representing the Christ Child). Whoever gets the slice with the figurine wins a prize.

RECIPE



LE MOIS DE FÉVRIER

FRENCH CITY OF THE MONTH

Nice is a coastal town on the South of France. Known as the cultural capital of the French Riviera, it has a perfect blend of rich history and beautiful beaches. It is a popular destination all year round for its "comfortable" temperature.

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IDIOM OF THE MONTH

Mieux vaut tard que jamais

Better late than never



FRENCH SPEAKER OF THE MONTH

Name: Sandra Oh**Nationality:** Canadian-American**Profession:** Actress

Le jour de la Saint-Valentin - Valentine's Day



Amour - Love



Pluie - Rain



Fleurs - Flowers



Fraise - Strawberry



Amitié - Friendship

THE MONTH OF FEBRUARY

SPECIAL DATES

'Carnaval de Nice'

Nice Carnival



Hosted in Nice on the French Riviera

Each year, a special theme is chosen, and artists create 18 floats and other figurines in traditional papier-mâché for this colourful parade.

TONGUE TWISTER

Cinq chiens chassent six chats.

Five dogs hunt six cats.

RECIPE OF THE MONTH

Tarte Tatin - French apple upside-down cake

This pastry is named after the Tatin sisters who invented it and served it in their hotel as its signature dish. The apples are caramelised in butter and sugar before the tart is baked.

RECIPE

LE MOIS DE MARS

FRENCH CITY OF THE MONTH

PERPIGNAN

Perpignan is France's closest city to Spain and its Catalonia region, so there is a strong Catalan influence. Visit the Palace of the Kings of Majorca for magnificent views of the city.



IDIOM OF THE MONTH

Regarder les choses du bon côté

To look at the bright side of things



FRENCH SPEAKER OF THE MONTH

Name: Tom Hiddleston

Nationality: English

Profession: Actor



Feu de Joie - Bonfire



Carnaval - Carnival



Printemps - Spring



Papillon - Butterfly



Arc-en-ciel - Rainbow



Temps - Weather

THE MONTH OF MARCH

SPECIAL DATES

'Fête des Violettes'

Violet Festival

Tourrettes-sur-Loup village

A celebration of early spring. A flower parade starts in the early afternoon. The day ends with the flower battle, which everyone can take part in.



TONGUE TWISTER

Un chasseur sachant chasser chasse sans son chien.

A hunter who knows how to hunt hunts without his dog.

RECIPE OF THE MONTH

Quiche Lorraine - French tart/flan

Originating in the Northeastern region of Lorraine, the classic quiche is open pastry case, filled with cream, eggs, and bacon or ham. Serve hot or cold.

RECIPE



LE MOIS D'AVRIL

FRENCH CITY OF THE MONTH

Paris, the city of love, is the capital of France, known for its romantic scenery and architecture. It is also considered the global center for art, fashion, gastronomy and culture.



IDIOM OF THE MONTH

Au mauvais temps bon visage ✨ ✨ ✨

To bad weather, good face
To look at the bright side of things

FRENCH SPEAKER OF THE MONTH

Name: Timothée Chalamet

Nationality: American

Profession: Actor



Fête Foraine - Fair



Orange - Orange



Semaine de Pâques - Easter week



Danse - To dance



Fête-Party



Œufs - Eggs

THE MONTH OF APRIL



SPECIAL DATES

'Poisson d'avril'



April Fools Day

Custom observed in many countries

The French tradition of 'le poisson d'avril' means 'April Fish'. Stick a paper fish on the back of somebody who is a young, easily caught fish and a gullible person!

TONGUE TWISTER

Son chat chante sa chanson.

Their cat sings their song.

RECIPE OF THE MONTH

Gratin Dauphinois - Dauphinoise potatoes

This dish from the Dauphiné region is made with potatoes and cream, and baked using the Gratin technique (topped with buttered bread crumbs or cheese and baked to form a crust).

RECIPE



LE MOIS DE MAI

FRENCH CITY OF THE MONTH

LA ROCHELLE

Sitting on the Southwest coast of France, La Rochelle has been a significant port town in French history and now is an up and coming tourist destination.



19  11 

IDIOM OF THE MONTH

Tu as dépassé la limite

You have crossed the line



FRENCH SPEAKER OF THE MONTH

Name: Penélope Cruz

Nationality: Spanish

Profession: Actress



Cour Intérieure - Courtyard



Chemin - (The) Way



Pèlerin - Pilgrim



Chrysanthème - Chrysanthemum



Poisson - Octopus



Coccinelle - Ladybird

THE MONTH OF MAY

SPECIAL DATES

'La fête du Travail'

May Day

All across France



Like many countries across the world, May 1st is Labour Day in France, or International Workers Day. It started in the 19th century in the United States with a demand for an eight-hour workday

TONGUE TWISTER

Douze douches douces.

Twelve smooth showers.

RECIPE OF THE MONTH

Steak frites - *Steak and chips*

A classic French dish, commonly served in brasseries, consisting of steak cooked in a pan reduction sauce (sometimes with hollandaise or béarnaise sauce) and french fries.

RECIPE



LE MOIS DE JUIN

FRENCH ISLAND OF THE MONTH

AJACCIO

South of France, Ajaccio is the capital of Corsica, a mountainous island with 2/3 of its land being a single chain of mountain. It is great for hiking and has also clear seas for snorkelling, such as Palombaggia Beach.



25°C 14°C

IDIOM OF THE MONTH

Une image vaut mieux que mille mots

A picture is worth a thousand words



FRENCH SPEAKER OF THE MONTH

Name: Novak Djokovic

Nationality: Serbian

Profession: Tennis Player



Faire du vélo - Bike Riding



Êté - Summer



Chaud - Hot



Nager - To swim



Vacances - Holidays



Plage - Beach

THE MONTH OF JUNE

SPECIAL DATES

'La Fête de la Musique'

21

National Music Day

Locations across France

The National Day of Music is celebrated across the country with many concerts and events all day and night.

TONGUE TWISTER

Je veux et j'exige d'exquises excuses.

I want and I demand exquisite excuses.

RECIPE OF THE MONTH

Soupe à l'oignon - French onion soup

A soup made with meat stock, onions, melted cheese and croutons on top. In the 1960s, it became popular in the US because of increasing interest in French cuisine.

RECIPE



LE MOIS DE JUILLET

FRENCH CITY OF THE MONTH

The historical city of Dijon features landmarks from a variety of eras including Capetian, Gothic and Renaissance. Dijon is known for its toits bourguignons which are polychrome roofs made from green, yellow and black terracotta.

DIJON

26 ↓ 14 ↓

IDIOM OF THE MONTH

Il faut souffrir pour être belle

One must suffer to be beautiful.



FRENCH SPEAKER OF THE MONTH

Name: Leigh-Anne Pinnock

Nationality: British

Profession: Singer



Défilé - Military Parade



Lampion - Paper Lantern



Eglise - Church



Omelette - Omelette



Célébrer - To Celebrate



Sandwich - Sandwich

THE MONTH OF JULY

SPECIAL DATES

'Fête nationale'**Bastille Day**

Celebrated nationwide

The national day of France is celebrated by festivities, including fireworks, military parades and parties.



TONGUE TWISTER

**Je suis ce que je suis, et si je suis ce que je suis,
qu'est-ce que je suis?**

I am what I am, and if I am what I am, what am I?

RECIPE OF THE MONTH

Boeuf Bourguignon - *Beef stew in red wine*

The hearty dish originates from the Burgundy region and features beef with carrots, onions, garlic, a bouquet garni, onions, mushrooms, and bacon braised in a red wine sauce.

RECIPE

LE MOIS D'AOÛT

FRENCH CITY OF THE MONTH

ANNECY

To the South of Geneva, Annecy lies in between the Alps and Lake Annecy. It is a small picturesque town with cobbled streets, winding canals and pastel-coloured houses.



25°C ↓ 14°C

IDIOM OF THE MONTH

Vous me mettez l'eau à la bouche !

To make one's mouth water



FRENCH SPEAKER OF THE MONTH

Name: Jodie Foster

Nationality: American

Profession: Actress



Montagne - Mountain



Lac - Lake



Feux d'artifice - Fireworks



Ville - Town



École - School



Vent - Windy

THE MONTH OF AUGUST

SPECIAL DATES

'Fête du Lac'



Lake Fireworks Festival

Annecy, Auvergne-Rhône-Alpes

Europe's biggest fireworks display lasting 70 minutes. The non-stop fireworks show features dazzling pyrotechnics, music, lights and special effects.

TONGUE TWISTER

C'est trop tard pour le tram trente-trois.

It's too late for tram 33.

RECIPE OF THE MONTH

Ratatouille - French stewed vegetables

Popularised by the 2007 Pixar film, Ratatouille is a vegetable stew from Nice. Traditionally, the ingredients are tomato, garlic, onion, courgette, aubergine and peppers.

RECIPE



LE MOIS DE SEPTEMBRE

THE MONTH OF SEPTEMBER

FRENCH CITY OF THE MONTH

On the French-Belgium border, Lille was part of the County of Flanders, so a Dutch dialect is still spoken around the city. It is a bustling university city with 17th-century brick town houses, cobbled pedestrian streets and the large central square, Grand Place.



IDIOM OF THE MONTH

Il fait un temps de chien !

It's dog weather
it's raining cats and dogs



FRENCH SPEAKER OF THE MONTH

Name: John Travolta

Nationality: American

Profession: Actor



SPECIAL DATES

'Braderie de Lille'



Lille Flea Market

World's largest flea market

The Lille flea market is the place to find hidden gems like vintage and retro items in large quantities.



TONGUE TWISTER

La roue sur la rue roule ; la rue sous la roue reste.

The wheel on the road turns; the road under the wheel stays put.

RECIPE OF THE MONTH

RECIPE

Crème Brûlée - *Trinity burnt cream*

A famous French dessert featuring custard with burnt sugar on top. It became popular in the 1980s during a time of self-indulgence.





LE MOIS D'OCTOBRE

THE MONTH OF OCTOBER

FRENCH CITY OF THE MONTH

Nantes was built along the Loire, the longest river in France, as a major port city. Additionally, it is home to the restored Château des Ducs de Bretagne where the Dukes of Brittany lived between the 13th-16th century.

NANTES



17 ↓ 9 ↓

IDIOM OF THE MONTH

Rira bien qui rira le dernier

He who laughs last, laughs best



FRENCH SPEAKER OF THE MONTH

Name: Hugh Jackman
Nationality: Australian
Profession: Actor



SPECIAL DATES

Fête des Vendanges*



Grape Harvest Festival

Celebrated in Montmartre

To celebrate the harvest season: concerts, street entertainment, tastings of artisanal and regional products, dancing, walks, visits, exhibitions, etc.



TONGUE TWISTER

Trois tortues trottaient sur un trottoir très étroit.

Three tortoises trotted on a narrow pavement.

RECIPE OF THE MONTH

Crêpe - Pancake

Originating from the region of Brittany, crêpes can be sweet (crêpes sucrées) or savoury (crêpes salées) or flambéed like crêpes Suzette, an orange flavoured crêpe with orange liqueur.

RECIPE



Récolte - Harvest



Citrouille - Pumpkin



Fantôme - Ghost



Raisins - Grapes



Effrayant - Spooky



Costume - Costume

LE MOIS DE NOVEMBRE

THE MONTH OF NOVEMBER

FRENCH CITY OF THE MONTH

Rouen is a former medieval city. During its time as part of Duchy of Normandy, it witnessed the death of the patron saint, Joan of Arc. The Church of St Joan of Arc now stands where she was burnt at the stake.



IDIOM OF THE MONTH

Tel père tel fils

Like father, like son



FRENCH SPEAKER OF THE MONTH

Name: Audrey Hepburn

Nationality: British

Profession: Actress



SPECIAL DATES

'La Toussaint'

All Saints' Day

Different locations across France

Tradition of decorating the graves of relatives with floral displays, candlelit processions, and eating roasted chestnuts and sweet potatoes.



TONGUE TWISTER

Ces cerises sont si sûres qu'on ne sait pas si c'en sont.

These cherries are so sour we're not sure if they are cherries.

RECIPE OF THE MONTH

Croque Monsieur - French ham and cheese sandwich

This is the national sandwich of France. It's a fried ham and gruyère cheese sandwich, topped with cheese or Béchamel sauce.

RECIPE



Famille - Family



Tombe - Grave



Bougies - Candles



Nuit - Night



Dinde - Turkey



Châtaignes - Chestnut

LE MOIS DE DÉCEMBRE

THE MONTH OF DECEMBER

FRENCH CITY OF THE MONTH

The two rivers Rhône and Saône confluence in Lyon forming Presqu'île, a peninsula that is now part of the UNESCO World Heritage List. Lyon is the 3rd largest city in France and has a booming economy especially for banking, chemical, pharmaceutical and biotech industries.

LYON



7 ↓ 2 ↓

IDIOM OF THE MONTH

L'habit ne fait pas le moine

The clothes don't make the monk
You can't judge a book by it's cover



FRENCH SPEAKER OF THE MONTH

Name: Emma Watson

Nationality: British

Profession: Actress



Le Réveillon De Noël - Christmas Eve



Présent - Present



Chants de Noël - Carols



Renne - Reindeer



Lumières - Lights



Touzeau - Swan

SPECIAL DATES



'Fête des lumières'

Festival of Lights

Celebrated in Lyon

Lasting around 4 days, Fête des lumières is for expressing gratitude for Mary, mother of Jesus. Traditions activities, including placing candles on windowsills.

TONGUE TWISTER

Un ananas n'a ni nid ni nanas.

A pineapple has no nest or ninas.

RECIPE OF THE MONTH

Pommes de terre à la lyonnaise- Lyonnaise
Potatoes

A potato dish from Lyon, made by sautéing sliced potatoes in butter with onions and parsley in a shallow frying pan or skillet.

RECIPE

