

YOUR VIE EN ROSE

Live in France, Feel at Home

Today is the day you
decide to have the life
you deserve in France.



Seven steps
for a brand new life in France

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This document is a gift
from



Comme une Française

to you
for a brand new life in France

Don't speak French very well? Say it!

You are not fluent but not stupid. Ask again and you will figure it out. If not, ask to have to have it written down.

Learning French is a loooong process. It is not easy. And you will have hard times. BUT don't let important information pass you by!

When you ask a question to the paediatrician, the head teacher or the butcher, but don't understand a single word of the answer, ask them to repeat!

Excusez-moi, je ne parle pas très bien français. Est-ce que vous pourriez répéter s'il vous plaît?

Excuse me, I don't speak French very well. Could you repeat please?

These 2 phrases are perfect together. You can use "**Excusez-moi, je ne parle pas très bien français.**" before all of the following ones.

Est-ce que que vous pourriez me l'épeler s'il vous plaît ?

Could you spell it please?

To understand a word spelled, you have to know the pronunciation of the letters. Careful with the vowels A E I O U. My students often mix them up!

Est-ce que que vous pourriez me l'écrire s'il vous plaît ?

Could you write it down please?

The best option for a medicine, a street name or the person you are supposed to meet. Perfect if you are not 100% ok with spelling.

Je suis désolée, je ne comprends pas.

Sorry, I don't get it.

If you don't understand at all, say it!



Saying Bonjour during the day

In English, when you meet a person for the second time of the day you would say , “hi” or “hello”. But in France, you don’t say “Bonjour” every time!

When you come across someone again in the day, you don’t really know what to say. So you lower your gaze when you when you pass a colleague after having already greeted him/her for the day.

You got it partly right, you shouldn’t repeat “Bonjour” several times in a day.



But attention: it is very impolite to lower your gaze, even if you’re trying to avoid committing a blunder.

What should you do? When you meet a colleague again after a few hours, look him/her in the eye, smile and give a slight nod. That’s all!

If it’s a close friend and colleague, you could say:

Ça va depuis ce matin ?

How has your morning been so far ?

In a relaxed office setting only , you could also say:

Re bonjour

Hello again

And sometimes you’ll hear people saying only “re” instead of “rebonjour”

If you repeat “ Bonjour” and the person looks at you in a bizarre way, smile and say :

Ah oui, excuse-moi, on s’est déjà vues ce matin ! Désolée, j’étais plongée dans mes pensées.

Oh yes, I’m sorry, we already met each other in the morning! Excuse me, I was lost in thought.

(And smile to make up for the blunder!)

Solve a problem in a shop

«When you have a problem at a store, you don't manage to resolve it like you would have done in your country just because you don't know what to say.»

You could chain yourself to the counter until you grab the attention of a customer service executive worth his salt. But, let's be honest. That's not the way things are done. So to help you deal with the stubborn French salesperson, here are few expressions.

C'est hors de question.

It's out of the question.

Très bien. Et comment pourrait-on régler cela ?

Very good. How can we resolve this ?

Je comprends. Mais ceci ne règle pas la question.

I understand. But this doesn't answer the question.

D'accord. Appelez-les pour moi s'il vous plaît, tout de suite, vous serez le mieux placé pour expliquer la situation.

Okay. Could you please call them, immediately. It's better if you could explain to them the situation. (If they tell you to call up Customer Care)

Je ne partirai pas tant que je n'aurai pas une réponse.

I will not leave until I get a reply.

Je veux parler à votre responsable.

I want to speak to your manager.

Expliquez-moi la procédure, pour qu'on puisse trouver une solution.

Could you please explain the process to me so that we can come up with a solution.

When the issue is taken care of, to thank them :

Formidable. Merci. A bientôt.

Oh. Excellent. Thanks. See you later.

Since you clearly don't sound French, certain people will pretend not to "understand" your french because of your accent. They are idiots. Don't give up !

Don't stay sick, Ask the pharmacist!

«You are embarrassed to explain and mime your symptoms. The ones you don't want the 10 people in the waiting line to know about.»

Have you ever been sick in a foreign country? Me too! And I remember very well my embarrassment while explaining my symptoms to the pharmacist. You know what I'm talking about... The symptoms you don't want the 10 people in the waiting line to know about.

Let me relieve you from this. Don't mime your symptoms ever again!

The pharmacist is called **le pharmacien** here. And the Pharmacy is called **la pharmacie**.



The pharmacist sells **des cachets** (medicines in tablet form) or **un sirop** (syrup) or **des sachets** (packets) or **des comprimés effervescents** (fizzy tablets).

Suppositories are a myth. They are only used for babies and little children.

Headaches, colds, sore throat

Vous auriez quelque chose contre la toux ?

Do you have medicines for cough?

Toux grasse ou toux sèche ?

Do you have a cough with mucus or dry? (They often ask it)

Vous pourriez me donner quelque chose contre le mal de tête?

Can you give some medicines for headaches?

J'ai un rhume.

I have a cold.

J'ai le nez qui coule.

I have a running nose.

J'ai mal à la gorge.

I have a sore throat.

J'ai la gorge très sèche.

I have a parched throat.

J'ai des glaires.

I have mucus.

J'ai de la fièvre.

I have a fever.

Stomach issues

J'ai mal au ventre.

I have a Stomach Ache.

Je suis constipée. / J'ai la diarrhée.

I'm constipated. / I have diarrhoea

J'ai des nausées. / J'ai vomé.

I feel nausea/ I feel nauseated and I vomited.

Women requests

J'ai mes règles. J'ai très mal au ventre.

I have my period and have severe cramps.

Je suis enceinte.

I'm pregnant.

Note: always tell the pharmacist if you ask for medication!

Ask for a doctor

Est-ce que je dois aller voir un médecin ?

Should I see a doctor?

Note: If they tell you to go to the doctor, GO TO THE DOCTOR. In France, you will pay around 25€ for a consultation. Don't stay sick!

Est-ce que vous avez un médecin à me recommander?

Do you have a doctor to recommend?

Vous avez son numéro ?

May I have the phone number of the doctor you recommend?

Getting a doctor's appointment in France

«You've got a stomach ache for the past 3 days. And you feel that you need medications to feel better. Why suffer when there are doctors available to help?»

All you need to do is take an appointment. How? This is what we are going to see.

Usually frequented doctors: **le généraliste** (general practitioner), **le dentiste** (dentist), **l'ophtalmologiste** (ophthalmologist), **le pédiatre** (paediatrician), **le gynécologue** (gynaecologist). If you need to visit a specialist, you have to go through your General Practitioner first.

Where to find them?

Ask a friend to recommend a doctor. Or else you could" also consult the Pages Jaunes (yellow pages) of your locality. Type your address in "Où " (where) and tick "à proximité de" (in proximity of).

You might have to speak to the doctor's secretary or the doctor himself.

The doctor's clinic is called "**le cabinet**" (*Note : « les cabinets » = the toilet*).

Conversations

Secretary: – Cabinet du Docteur Maxime bonjour.

Good morning, Doctor Maxime's Clinic.



You: – Bonjour, excusez-moi de vous déranger, je voudrais prendre rendez-vous avec le Docteur Maxime s’il vous plait.

Good morning, sorry for disturbing you. I wanted to take an appointment with Doctor Maxime, please.

S: – Quelles sont vos disponibilités ?

When would you like to take an appointment?

Y: – Je préfère le mardi matin. / Tous les jours après 17h. / Le plus tôt possible. / Tout me va.

I prefer Monday morning. OR anyday after 5pm.
OR As early as possible. OR Anything will do.

S: – Je vous propose le jeudi 12 à 10h.

Is Thursday the 12 at 10am convenient?

Y: – Merci beaucoup, c’est très bien. / Non, je ne suis pas disponible ce jour-là. Avez-vous autre chose (à me proposer) ?

That’s good. Thank you very much. / No, i’m busy on that day. Could you suggest another vacant time slot?

S: – Vous pouvez me laisser votre nom ?

Could you give me your name ?

Y: – Tout à fait. Maria Boucher. 06 45 34 23 12

Certainly. Maria Boucher. 06 45 34 23 12

If it is urgent

Y: – C’est assez urgent, est-ce que vous pourriez me prendre plus tôt ?

It’s urgent, can you please give me an appointment at the earliest ?

S: – Non, désolée. Tout est plein.

No, sorry. We are full.

Y: – Est ce que vous auriez un autre collègue à me recommander ? J’ai absolument besoin de voir quelqu’un.

Can you suggest any other doctor? I desperately need to see one.

Record your answering machine message in French

«A 15 secondes message can take hours to record. Here are ready to use scripts for you.»

And as I know you might be stressed by leaving a message after the tone, here are the scripts as well.

Your answering machine message

Very formal

Bonjour, vous êtes bien sur le répondeur de Amy Adams. Je ne peux pas vous répondre pour le moment. Laissez-moi un message et je vous rappellerai.

Hi! You're through to Amy Adams. I'm sorry I'm not able to take your call. Please leave your name and number after the tone, and I'll call you back.

Normal

Bonjour, vous êtes bien sur le répondeur de Jane (Bailey). Laissez un message après le bip.

Hi! You're through to Jane (Bailey). Leave a message after the tone.

Familiar



Bonjour, c'est le répondeur d'Alice. Laissez un message !

Hi! You're through to Alice. Leave a message!

Leave a message in French

Formal

Bonjour, Michelle Scott. Je vous rappelais au sujet de notre rendez-vous de mardi. J'ai un empêchement. Appelez-moi au 06 12 34 56 78 pour qu'on refixe un RDV. Merci. A bientôt.

Hello. This is Michelle Scott. I call you about our appointment on Tuesday. I can't make it. Call me

back on 06 12 34 56 78 so we can fix a new date. Thank you.

Familiar

Bonjour Amy, c'est Géraldine. Je t'appelais pour te proposer de venir dîner samedi à la maison. Rappelle-moi. Salut !

Hi Amy, it's Géraldine. I was calling you back to propose you to come for dinner at home on Saturday. Call me back. Bye!



10 ways to end an email in 1 or 2 words in French

«Should you say “Bisous” to your mother in law? Or is “Cordialement” a good idea for friends? What if you want to ask for a service?»

You always copy expressions used in the emails you are answering to, a great strategy. But when you have to write one on your own... Ouch! We are going to see which expression to use and to whom. Let's go!

Cordialement,
Kind regards

Formal, ok everywhere. Don't use it with friends, it would be weird.

Amicalement / Amitiés

Kindly, Best wishes

For formal friends. Somebody you don't work with. People much older, for example. Not so close friends as well. “Amitiés” is a bit old. But very elegant.

Bonne journée / Excellente journée / Bonne soirée

Have a good day, Excellent day, Good evening



Like “Cordialement”, it goes everywhere. You can use “Bonne journée” and “Bonne soirée” with friends. Also “bonne aprem” (= “Bonne après-midi” = Good afternoon). But not “Excellente journée”, a little more formal.

A bientôt,
See you soon

Formal, ok everywhere. Even with friends.

A +
See you

It’s the diminutive of “A plus tard” (See you soon). It is familiar and very used between friends.

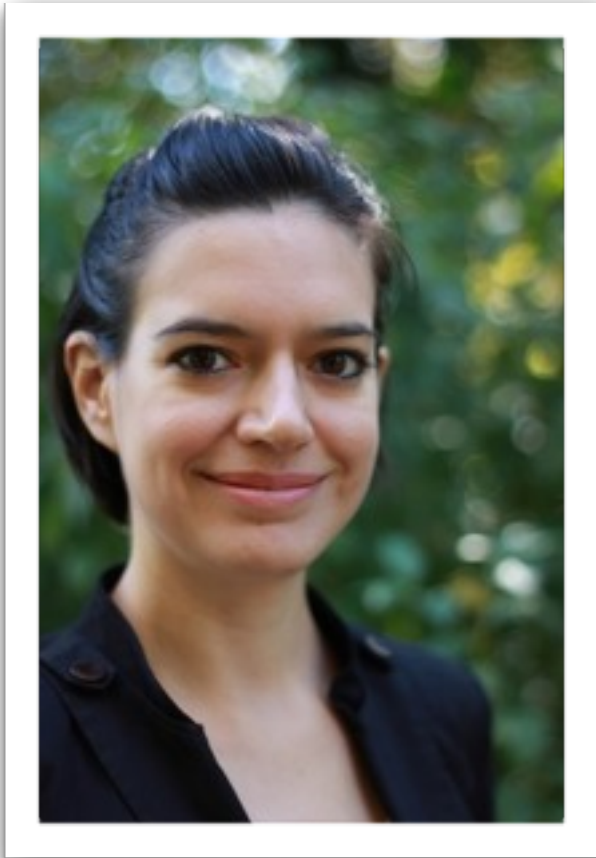
Bises
Kisses

Familiar and tender, keep it for your close friends.

Bisous / Gros bisous
Kisses, big bisses

Familiar and very tender, keep it for your closest friends. Bisous has a childly note.





Bonjour, I'm Géraldine
the creator of Your vie en rose

I live in Grenoble, in the Alps. I used to be an expat myself, in the UK (Leeds, Yorkshire). I stayed there for 2 years and understood how hard everyday life could be without a local guide. Now, I'm back in France and I will be your French friend in France.

Click here
to receive my free video lesson



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