

Summer 2024

P-O Life

Life in the Pyrénées-Orientales

N° 81
FREE / GRATUIT



'Deux femmes courant sur la plage in Collioure'
by Margaret Dibdin



www.anglophone-direct.com

FOOD
and **DRINK**
Reader
Restaurant Reviews

WALK *the*
REGION
Les Crêtes
de Serrabona

OUT *for*
the **DAY**
A Truly French
Experience

TEST *your*
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Featured artwork: Sylvie Dubal, detail from *La fille de Georges*, 1973-1976, oil on canvas,
161 x 215cm, private collection. Photo: © Philippe Petiot, rights reserved Sylvie Dubal



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Deux traducteurs à bord d'une
barque Catalane.
"Savez-vous nager?"
dit l'un à l'autre
"Non" répond l'autre "mais je
sais crier 'Au secours!'
en neuf langues."
barque - small (fishing) boat
Au secours - help

AÏE AÏE AÏE!
THAT ENGLISH HUMOUR!
What do you call a French man
being mauled by a lion?
Claude



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EDITORIAL

For editorial queries & comments:
info@anglophone-direct.com 06 79 61 96 46
(editorial only)

Summer's here and we are full to
overflowing with walks, days out,
interesting bit'n bats about the region,
French language exercises, some
silly stuff, some serious stuff.....and
scattered around are the adverts
which ensure that we can continue to
publish on paper and still meet the high
printing costs.

Don't forget to check out our 'Yellow Pages'
too at the back of the mag if you need a
butcher, a baker, a candlestick maker (or a
builder, plumber, electrician...). **It's thanks
to our advertisers that the magazine
remains free - and thanks to you, dear
readers, that they continue to advertise
with us.** What would we do without you?

And of course, a big thank you to a host of
talented guest writers whose names you
will find amongst these pages. They are
what make P-O Life special!

Check out our airport news to plan your
next trip to or from local and Spanish
airports, find out about some rather
lovely Catalan traditions, and **don't miss
our 'Reader Restaurant Reviews' and
'Eating Out Guide'**.....and if you're worried
about your waistline faced with a summer
of cold beer, BBQs and dinners beneath
the stars, buy shorts or a skirt at least one
size too big and pull nonchalantly at the
waistline during the evening apero.

**Wishing you sunshine, laughter, cold
beer, chilled wine and plenty of shade
this summer!**

Kate

**WE CONTINUE TO STRUGGLE TO FINANCE HEAVY COSTS INVOLVED TO
PRODUCE A PAPER MAG. PLEASE, PLEASE SUPPORT OUR ADVERTISERS.**



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Join over 5000 members in our Facebook group. Search Facebook for 'P-O Life Mediterranean Pyrenees' Keep up to date with us by following our Instagram 'POLifemag66' Facebook page 'P-O Life Mag' Twitter @magazine_po Or simply visit our website www.anglophone-direct.com for daily articles and have your say in the comments.



DO YOU LOVE OUR FRONT COVER AS MUCH AS WE DO?

Inspired by Picasso's painting 'Deux femmes courant sur la plage' (1922). Look out for more of Margaret Dibdin's work at VinArt, Domaine Treloar this summer or contact her on margaretdibdin@yahoo.fr.

Impression: ROTIMPRES (Girona): 15.000 ex.
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Concepteur et rédacteur: Kate
Collaboratrice et rédactrice indispensable : Laura
Maquette & Création: Maite

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Property Experts for *Les Albères* and *La Côte Vermeille*

PRICE: 147 000 €

BANYULS-SUR-MER



In a residence with lift, a step away from the beach, very pleasant 36 sqm apartment with sea and mountain views. Bright living-room with large balcony, fully equipped separate kitchen, 1 bedroom, shower-room. Private parking space. **MUST SEE!**

PRICE: 536 000 €

SOREDE



Single storey 150 sqm villa on 671 sqm flat and private fenced land with pool and mountain view. Quiet area, short walk to shops. Spacious double living room, 4 bedrooms, one with en suite and walk-in closet. Garage. **EXCELLENT CONDITION.**

PRICE: 212 000 €

BANYULS-SUR-MER



Centre of Banyuls-sur-mer, a step away from the beach! Pleasant 42 sqm one-bedroom apartment with terrace and private parking space. Very bright living-room with fantastic mountain view. Air conditioning, lift. **EXCELLENT CONDITION.**

PRICE: 499 000 €

SOREDE



Modern 140 sqm villa on 734 sqm flat and fenced low maintenance land with private pool. 3 bedrooms + separate 1 bedroom accommodation and garage! Spacious and bright living room. Reversible in-ceiling air con. Short walk to shops in Sorede and Laroca des Alberes! **PERFECT CONDITION**

PRICE: 135 000 €

BANYULS-SUR-MER



Large 28 sqm studio flat including living room with equipped kitchen opening onto superb 18 sqm terrace with sea and mountain view. Shower room with toilet. Double glazing and reversible air conditioning. **VERY GOOD CONDITION.**

PRICE: 389 000 €

SOREDE



Villa of 100 sqm on 600 sqm flat, fenced land with pool possibility. Short walk to Sorede shops. Spacious bedroom and shower room on ground floor, bedroom and study upstairs, 21 sqm garage with shower, which can be converted into further bedroom suite or self contained accommodation! **TRADITIONAL WITH CHARACTER**

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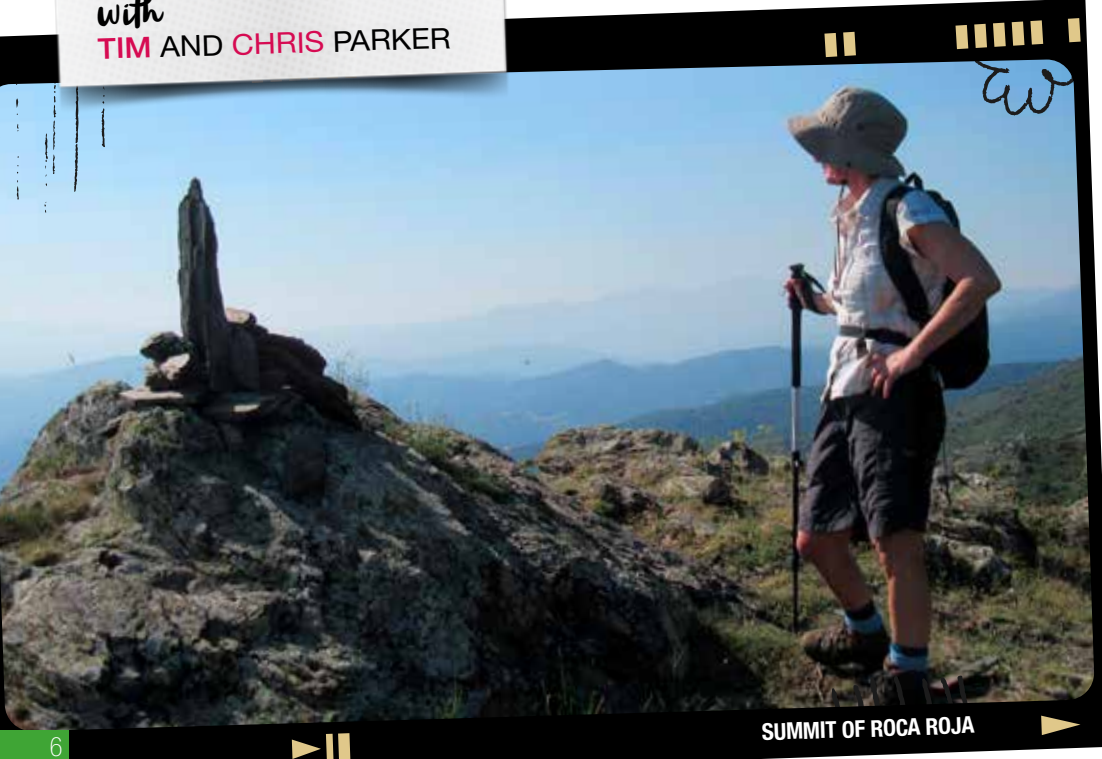
OUT ^{for} THE DAY

walk the region Les Crêtes de SERRABONA

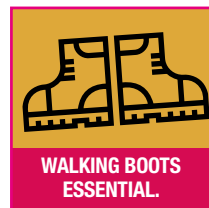


with
TIM AND CHRIS PARKER

An invigorating 4½ hour circular walk with 680m of ascent. The walk offers wonderful views and some interesting historical/archaeological features. **Can be shortened by 1 hour if you choose not to visit the unique ice well.** Walking boots essential on the rocky, sandy paths. Walking poles helpful. **Head torch for visit to ice well.** Route offers shade in early and later sections. **Waymarking is yellow and white in parts with unofficial orange spots.**



SUMMIT OF ROCA ROJA



Access: map IGN 1:25,000 Ceret/ Amelie les Bains 2449 OT; Thuir, Ile sur Têt 2448 OT

Take the N116 from Perpignan towards Prades, turning left at Bouleternère (end of dual carriageway). Priory of Serrabonne signed from this roundabout. Follow D618 through the village and up the valley to right turn, D 84, to Priory.



LA PRIEURÉ DE SERRABONE

(meaning 'bonne colline' or 'good mountain') Views from this small 12th Century priory are stunning, and well worth the rather torturous but panoramic mountain drive. **It is a fine example of Romanesque art with its cloistered hall**, perfectly preserved pink marble carvings of plants and animals sculpted onto the pillars, arches (tribunes) and an indoor cloister also carved from the region's famous pink marble. A real treat! Immaculate gardens provide an ideal spot for a picnic, quiet meditation and contemplation.

Religious life wasn't always treated with the respect and discipline required by Catholic priests. **In 1413 Canon Bernat Taillet was ordered to get rid of the woman who had moved into the priory with him and in 1448 Prior Bernat Joer was removed from office for 'crimes énormes'!**

Small admission charge but on "jours de patrimoine" (check with any local tourist office) entrance is free and there are many interesting exhibitions such as lace making and mock battles.



START OF WALK From car park walk towards Priory. At entrance to gravelled area footpath signed "Les Crêtes" on right up steps.

THE WALK After 20 metres take right fork, signed "Roca Roja". Path rises steadily uphill, eventually passing through gate to reach more open area and then steeper climb to the crest at 970m altitude. (1 hour to this point). Superb view of Le Canigou.

Choice here to go right to peak Roca Roja and the ice well, a little further on, **or turn left to continue crest**. The first option adds 1 hour to the walk but is well worth it if you want to see the best preserved ice well in the department..... and have the energy.

Option 1 Roca Roja and ice well

Turn right for 20 metres, pass through gate and follow path behind Pic Ambrosi (on right), to head towards Roca Roja. After a section of ferns and brush the path rises to summit at 1015m. 360° panorama is stunning. Orange spots mark the path off the summit, (continuing in same direction) to the Coll. **Behind a lone cork oak tree on right is the top of the ice well.**

Beware – it is 12m deep!!



TOP OF THE PUIG DE GLACE

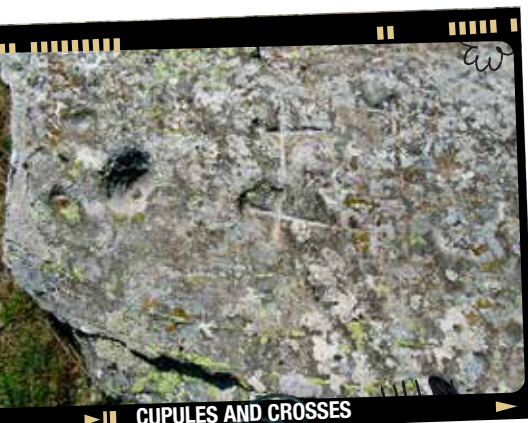
Not mentioned on the map, this ice well is the best preserved example in the department. **The corridor for access, lower down, is about 12 metres long.** The stonework inside is in excellent condition.



Retrace your steps over Roca Roja back to where you emerged onto crest. **Continue circular route at Option 2.**

Option 2 Continuation of circular route

Follow the undulating line of the crest with **old electric fence on your right**. After approx. 30 mins pass through metal gate. Almost immediately on left notice a very large flat rock with curious cupules and engraved crosses, **Cementiri dels Moros**.



CUPULES AND CROSSES

Cupules (coming from the Latin for 'small cup') were used by ancient healers to control rain and weather. They were carved with lines and grooves to channel the rain, often in the shape of a cross or several circles. Nobody is absolutely sure of their usage really but they are acknowledged as a form of prehistoric art.

Walk the region

Les Crêtes de SERRABONA

with **TIM** AND **CHRIS** PARKER

Although this is called the **cemetery of the Moors** it is not thought to be an Arab cemetery but rather the **remains of a Neolithic dolmen**.

A dolmen is a prehistoric monument of two or more upright stones supporting a horizontal stone slab. These ancient stone constructions are still to be found, especially in Britain and France, and believed to be early tombs or burial chambers. Very little else is known for sure about their original usage. They showcase the skill of Neolithic builders, some of the crowning stones weighing in at as much as 160 tonnes.

About **20 metres before Le Col des Arques and its stone orri**, look out for a cairn on your left, marking the footpath which descends to the Coll de Saleig (reach Coll 20 mins from crest).



ORRI

As far as we know, this word originated here in the Languedoc Roussillon and describes an enclosure used to shelter sheep and shepherds from the elements.

Summer isn't summer without a taste of Terrassous

WINE GAMES

Barrel race & meal of local products

13th July & 3rd August
Fourques

18€

GUINGUETTE

Celebrate summer with live music and local food

19th July & 9th August
Terrats

6€

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OUT ^{for} THE DAY



Join a double track and **follow it until you reach an old blue camionette**. A rusty old sign indicates the route down, to left. Serrabone is also written on the camionette!



Descend to a piste, turn right 20 metres and **pick up path on left**.

Descend 100 metres to **Coll d'Aspic** to join **ancient path between Boule d'Amont and Serrabonne**. Turn left.



Walk the region Les Crêtes de SERRABONA

with **TIM** AND **CHRIS** PARKER

Footpath **contours round mountainside in shady oak woodland** before it drops to ravine (cross stream) and zig zags up the other side to col. Cross a piste and continue straight on.



The Aspres, the range of hills between the Roussillon Plain and Canigou, are so called because of their harsh (âpre), dry and schisty landscape, which has a beauty of its own.

Kermes oaks, cork oaks, strawberry trees, gorse, lavender, thyme, rosemary, sage are in their natural habitat here. Walks are a delight, punctuated by the smell of the garrigue, but fire is a very real hazard in this pretty, aromatic tinderbox.

Contour round hillside again to **return to the Priory**.



The small village of **Boule-d'Amont nearby** has a **pretty cobbled square with old well in the middle**, and houses built of exposed stone, but it is really for its church, **St Saturnin**, that lovers of religious relics should visit. A magnificent gold altar piece depicting Christ and the four evangelists, an unusual black Madonna, chalices, silver crosses and other treasures make the short detour worthwhile.

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ZA de la Tuilerie, Av de la Tuilerie, 66740 ST GENIS DES FONTAINES



unbelievably BAD JOKE

(but good for your French)

L'oiseau rare

Lucien a presque 50 ans. Ses amis se sont déjà mariés, mais Lucien continue à sortir avec des femmes différentes toutes les semaines.



Un jour, un ami lui demande:

"Tu cherches la femme parfaite? Tu ne penses pas que tu es un peu exigeant? Tu ne trouves vraiment personne qui te convient?"

"Non, ce n'est pas ça le problème", répond Lulu. "Au contraire. Je rencontre beaucoup de belles femmes sympas, mais dès que je les ramène à la maison pour rencontrer mes parents, elles ne s'entendent pas avec ma mère. Alors, comme j'aime bien la vie tranquille, je continue à chercher!"

"J'ai une bonne idée" dit son amie. "Pourquoi tu ne trouves pas une fille qui ressemble à ta mère?"

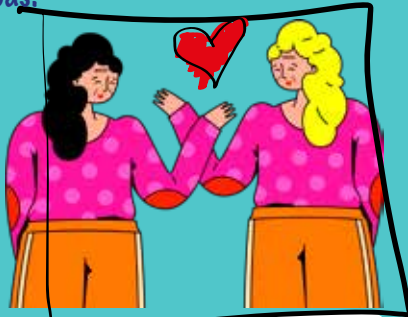
Plusieurs semaines plus tard, Lucien et son ami se retrouvent à nouveau.

"Alors, Lulu, tu as trouvé la fille parfaite, celle qui ressemble à ta mère?"

Lucien hausse les épaules: "Ben, oui et non. J'en ai trouvé une qui ressemble beaucoup à ma mère. Ma mère l'a beaucoup aimée, et elles sont devenues de très bonnes amies très vite.

"Mais c'est impeccable. Tu penses que tu as finalement trouvé l'oiseau rare?"

"J'ai bien peur que non. Mon père ne la supporte pas!"



presque - nearly
exigeant - demanding
personne - nobody
(qui te) convienne - (who is) suitable/right for you
ramène - bring back
elles ne s'entendent pas - they don't get on
qui ressemble - who is similar
se retrouvent à nouveau - meet up again
hausse les épaules - shrugs his shoulders
l'oiseau rare - Mrs Right
ne la supporte pas - can't stand her

SUMMER Saint-Cyprien STYLE

THE PORT

Miles of golden sand, a port full of sail and motor boats, golf course, great walking and cycling, beautifully manicured Parc de la Prade with exercise circuit, kiddie's play area with lakes and fountains, peaceful botanical garden with peacocks strutting their stuff... Add to that plenty of 'pieds-dans-l'eau' restaurants, bars, casino, disco, quayside fish sold straight from the sea, boat trips, Aqualand, and you can see why Saint Cyprien Port is very much a family resort.



THE VILLAGE

And whilst it's true that much of the summer action tends to take place around the port and beaches, **don't dismiss the pleasant village, a 10 minute drive from the lively beach resort.** It's not ancient ('tho it has an attractive church with 17th Century bell tower and interesting 'rentables') or particularly beautiful – but it has **some good restaurants and shops** and a very original museum, which is absolutely worth a visit.

>...

THE ART

"Les Collections de Saint Cyprien" Museum of Modern Art is based on the **private collection of François Desnoyer** and includes works by **Maillol, Dali, Chagall and Desnoyer** himself. They often have daring, sometimes shocking exhibitions, mostly following (not surprisingly) a theme of 'collections'.



MAR
KETS

Thursday morning – Place de la Mairie – **VILLAGE** • Tuesday and Friday – **BEACH**
Catalan produce market from June – September - 5pm to 12am - **BEACH**
July and August – Sunday morning – Boulevard Maillol

P-O Life

SOME
SUMMER

HIGHLIGHTS...

Saint-Cyprien ...OUR PICK

FÊTE DE LA SAINT PIERRE

JUNE 28TH - 30TH

Each year, the town pays homage to the hardworking folk who make their living from the water, and particularly those lost at sea. **Bandas, correfocs, launching of Catalan barques, castellers, blessing of the boats and tasty and festive sardinade** (sardines on the BBQ) followed by a spectacular pyrotechnic display.

FIREWORK DISPLAY

One of the most talked about firework displays in the region, the **'setting alight'** of the port and the firework extravaganza attract folk from far and wide. The display is preceded at 7pm by a **'sardinade'** when local fishermen share their sardine catch in this **traditional Catalan feast of grilled sardines, bread and aioli**. Plan ahead. Parking and traffic in and out take a bit of patience!



LATE SUMMER DAYS

20TH - 22ND SEPTEMBER

The sun is still shining, the sea still sparkling, the traffic has thinned out.....and the roads of Saint Cyprien are taken over by the Chapter 66 Harley Davidson club.

Mean machines, leather-clad bikers from all over Europe, information stands, market stalls, tattoos, clothing, jewellery, accessories, barbers, motorbike exhibitions and demos, parades...

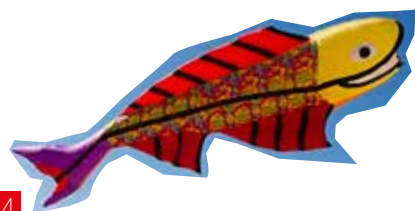


LET'S GO FLY A KITE:

FESTIVAL DU CERF VOLANT

24TH & 25TH AUGUST

Mary Poppins would be in her element as the skies above Saint Cyprien fill with a **spectacular range of multi coloured, multi shaped kites** ...courtesy of the wind of course. Team flying, artistic & giant inflatables.....endless fun for the whole family.



FOR MORE INFO
Office de Tourisme de Saint Cyprien
Quai Arthur Rimbaud, 66750 Saint-Cyprien
Tel: 04 68 21 01 33
contact@otstcyp.com
www.tourisme-saint-cyprien.com

Your festive weekends in Saint-Cyprien



Tra'Montagne

May 31st > June 2nd

The largest concentration of Porsches in Occitania - Port



Fête de la Saint-Pierre

June 28th > 30th

Sardine and fishermen's festival - Port



L'heure bleue

July > August

Classical concerts accompanied by sweets Plant garden



Les nuits du 7^e art

July > August

Film screenings in a sumptuous setting Plant garden



Feux d'artifice

July 14th / August 15th

Gaston Godail Stadium / Port



Les Épicuriens

July 23th / August 13th

Unusual musical dinner Lagune / Plant garden



Festival du cerf-volant

August 24th > 25th

Acrobatic piloting, team flying, artistic kites, giant kite inflations... - North Beach



Festa Major

September 13th > 15th

The festival of Saint-Cyprien and its regions Village



Late summer days

September 20th > 22th

Harley Davidson Rally Stands, concerts, parade - Port

www.tourisme-saint-cyprien.com



Discover our complete program!



OUT ^{for} THE DAY

BALADA'DEUCHE: a Truly French Experience



WHAT BETTER WAY
TO discover the P-O
THAN A TOUR IN A DEUCHE?

Oh là là! La belle France! Wine & cheese, the Eiffel Tour, baguettes, garlic, black berets, twirly moustaches...and the iconic 2CV!

The original 2CV, also known as a TPV (Toute Petite Voiture) or Deuche, amongst other names, was initiated by Citroën President Pierre Boulanger, mainly to motorise farmers in rural areas who were still using horse and cart for transport. It was designed to go anywhere and do anything, with a bouncy suspension good enough to drive over a ploughed field.

Boulanger's original specifications included...

...tall enough to take the owner and passengers to church in their Sunday-best hats

...big enough to carry 50kg of potatoes

...able to carry a basket of eggs over a ploughed field without breaking one of them

...cheap

The motor was held by four screws so that owners could do their own repairs.



It was ready to launch in 1939. Then came the war.

The TPV construction line was requisitioned by the occupation, but Citroën continued to work secretly on the prototype. Boulanger refused to collaborate with the German occupiers and was listed as an 'enemy of the Reich' by the Gestapo. Almost all assembled cars were dismantled and the rebellious Citroën team hid the remaining cars in various secret locations. In 1994, three of the original prototypes were discovered buried in a barn!



Former driving instructor, Cyril, fell in love with the diversity and beauty of the Pyrénées-Orientales...and the iconic 2CV. A qualified tourist guide and a certified passenger transport operator, join him aboard Albertine, his 1982 2CV.

QUINTESSENTIALLY FRENCH
AND A WHOLE LOT OF FUN.



Discover the beauty of the Pyrénées-Orientales...
in a 2CV

Original, unique,
your 2CV adventure
can include
gourmet picnic
and wine tasting



ONE BOY & THREE PRETTY GIRLS

Join **CYRIL**, your personal guide and driver aboard **Albertine** or head off on your own aboard **Augustine** or **Léontine**.

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OUT ^{for} THE DAY



Love playing around?

COME AND JOIN US ON AND OFF THE GOLF COURSE

In 2010, 4 brave souls journeyed across the frontier into Spain to play the par 3 pitch and putt course at Mas Pagès, just north of Girona. They enjoyed it so much that they decided to form the first U3A golf group in the Pyrénées-Orientales.

Fourteen years later, the 4 musketeers have become 38+, living locally, or seasonal visitors from Ireland, England, Scotland, Switzerland, and other faraway places.



"I know I am getting better at golf because I am hitting fewer spectators."

Gerald R. Ford (Former US President)

This year, 2 Captains organise weekly excursions to **5 different par 3 pitch and putt courses in Spain (Peralada, Castello, Gualta, Mas Pagès and Franciac) plus two long courses in France (Falgos & Montescot) and one in Spain (Peralada)**

NOT INTO GOLF? DOESN'T MEAN YOU CAN'T ENJOY A GOLF COURSE!

Treat yourself (and others if you're nice!) Domaine Falgos' 'Lunch & Spa' deal at a very reasonably priced 49€. Dine in the excellent restaurant with panoramic veranda, then enjoy unlimited access to the spa facilities: heated pool, sauna, hammam, fitness centre (massages & treatments extra).

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RESORT - GOLF - SPA

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From 128 € / person



Restaurant open every day, lunch and evening

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A collage of images related to golf. At the top left, the text "OUT for THE DAY" is written in white on a green background. Below this is a large photo of a golf course with a Ferris wheel in the background. To the right of the golf course photo is a pink silhouette of a person in a golf stance. Further right is a quote in a green box: "If you think it's hard to make new friends, try picking up the wrong golf ball." attributed to Jack Lemmon. Below the quote are two smaller photos: one of a group of people sitting at a table outdoors, and another of a man in a maroon shirt standing in a wooded area with a white circle around a golf ball on the ground. To the right of that is a photo of a man in a cap and shirt standing next to a tree with a white arrow pointing to a golf ball on the ground.

Jack Lemmon.

Whilst golf (and its multiplicity of rules and regs) is taken seriously, the focus is on **enjoying the sport and, more importantly, the social aspects of the day.**

Well organised and “well oiled”, booking the post-match restaurant is as important as the handicap calculations and the booking of the courses in advance. Added to the weekly newsletter, online scoresheets, website, and tracking of the competitions (with trophy for most points scored in the year and another for the most birdies), **the group also organises golfing away breaks in Spain from 3 to 6 days**, with hotel stayovers and a few matches on different 18-hole courses.

Welcoming, **friendly and of course trilingual** (“2 bières et un verre de vin s’il vous plaît” or “2 cervezas y una copa de vino por favor” or even “2 cerveses i una copa de vi si us plau”). **The group loves a good game of golf but also enjoys each other’s company.**

Sounds just what you're looking for? Come and join us. **Drop a line to u3apogolf@gmail.com** and find out more.

They called it golf because all the other four-letter words were taken."

Raymond Floyd.

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DALÍ IN CÉRET

In 1965, with great fanfare and pomp, **Dali descended on the sleepy, little town of Céret** and announced his engagement to his artistic muse, Gala.

Traditional Catalan bands and dancing, alongside the most important municipal representatives, were given the surrealist makeover. **Flourishes included a giant cardboard rhinoceros and a 2 metre skeleton, whose articulating arm offered flowers to the impressive (and impressed!) crowd.**



it's siesta time

In Ancient Rome, the hours of the day were counted from sunrise to sunset. Noon of the Roman day was six hours after sunrise. **This sixth hour, (*sexta hora* in Latin), was nap time.** As Latin developed into Spanish on the Iberian Peninsula, ***sexta* became *siesta*.**

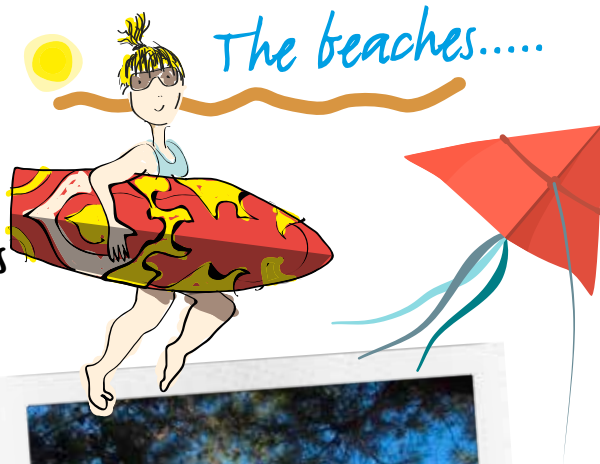
ZZZZZZZZZZZZZZZZ



Beaches & LAKES

OF THE PYRÉNÉES-ORIENTALES

As the summer temperatures rise here in the P-O, our thoughts turn to water! It's been in short supply this year so we appreciate it even more. Not only is it the best way to keep cool on a hot day, but scientific research has shown that being near water can lower stress and anxiety, increase our sense of well-being and happiness, lower heart and breathing rates.... and just make us feel good.



The beaches.....



ARGELES
NORTH AND CENTRE

Superb, long sandy beach with stunning views in the distance, separated from the hustle and bustle of restaurants, cafés and souvenir shops by a shady, tree lined walkway and separate cycle paths.

Rarely OVERcrowded as it is so big but in August, parking around the central area and traffic jams along Argelès plage main road can raise those stress levels.

Delightful port & marina at the south end, a people watcher's paradise.

Supervised in season. Dogs not allowed.



LE RACOU
(ARGELES)

Family beach feel, with shops selling buckets and spades, **shabby chic bars and cafés**, **small family supermarket** (everything you need for a picnic plus English and Dutch produce if you're feeling a bit homesick). There's a loo too, if you're brave! Various building works going on as we write could mean changes by the time you read this.

Supervised in season.

Dogs allowed at far end only



Did you know that you can **walk from the port via the Racou along the cliffs to Collioure** and get either a bus or boat back?



BETWEEN
ST CYPRIEN AND
CANET

The road between the two towns runs between the sea and an étang (a kind of salt water lake) complete with pretty thatched fishermen's huts. Long stretch of fine, duney sand uncluttered by buildings, with fantastic views over the étang to Canigou. Parking along road

free and plentiful but gets crowded in high season so best to arrive between 12pm and 2pm when many beach-goers leave for lunch and just pop into their spot.

Parts supervised in season. Dogs not allowed.



STE MARIE PLAGE
AND TOREILLES PLAGE

Pleasant small resorts with camp-sites, apartments and villas, the beaches are good...and if you're looking for an all-over tan, there is a 'plage naturiste' at the southern end of Toreilles Plage.



LE BARCARÈS

Much more attractive than you might expect of a purpose built resort. The stretch of beach immediately past the town (heading north) is relatively quiet, golden sand (access Exit 15). Behind is an Aqualand which is great for the kids.

Dogs ARE allowed on the beach opposite Aqualand.



OUT for THE DAY

Beaches & LAKES OF THE PYRÉNÉES-ORIENTALES

The lakes.....

(DROUGHT PERMITTING)

.....in the cool of the mountains



WHERE IT'S RUDE NOT TO BE NUDE

In 2015, 'The Richest', a web site which describes itself as "Everything about The Richest people in the world and their net worth" ranked **Leucate Beach** the best nudist beach in the world, describing it as having "the best fine golden sand in France", being located near "many world-class resorts" and being "private and spacious... ideal for first timers."

Despite being more of a naturalist than a naturist myself (or is it the other way round?) I would say that it is indeed a very pleasant beach – but I'm not too sure about the nearby world class resorts, or the privacy! Find it on the left bank of the port, between the dam and the oyster farms, **along with an entire naturist village, reserved exclusively for naturists.**



LES BOUILLOUSES

Between Font Romeu and les Angles, the man-made lake of **Les Bouillouses** is one of the most beautiful lakes in the area at an altitude of 2070 metres. A dam was built here at the turn of the century which provided some of the electricity to run **the little yellow train**. Busy in summer, when shuttles operate from nearby car park la Borde. **Walkers may enjoy taking the chairlift from lake Matemale, to the Roc d'Aude (2325m high), leaving a walk of about two hours to Les Bouillouses.**



LACS DU MASSIF
DU CARLIT

This cluster of a **dozen lakes in a wild and beautiful landscape** make the climb to a height of 2100 – 2300 metres worthwhile and rewarding. Quiet, remote and atmospheric, **the views will take your breath away.**

...and back down on the plain...



Villeneuve-de-la-Raho

Originally intended as a reservoir to supply local agriculture, **the lake at Villeneuve-de-la-Raho quickly became a leisure area for sailing**, fishing and sunbathing on the beaches specially created to accommodate the growing number of locals and tourists attracted to it for its easy access. **Only 15 minutes from Perpignan centre** (direction Porte d'Espagne/Barcelona) this lake is used all year round for walkers and joggers and also **provides the water necessary for the 'canadairs'** in case of forest fires.



Saint Marti.
Palau-del-Vidre

Stocked with trout and carp for fisherfolk, with a 'parcours de sante', (fitness trail) **to encourage you to hop, skip, and jump around the lake**, a delightful day out with a picnic, the dog and the kids.



Saint Jean Pla
de Corts

Two lakes for the price of one. A perfect spot for picnics, summer swims, and lakeside walks, with tree top adventure around the lake, guinguette, bouncy castles, pédalos and plenty of entertainment for children. **Smaller lake completely devoted to a télé-ski** – drought permitting! Small entrance fee for car park.



Restaurant REVIEWS

SUMMER 2024

MAISON PARÉ

Perpignan...with Jan



Chem. de la Fauceille, Perpignan
Tel: 04 68 82 00 00

Near the car concessions. Booked up every day so lucky to get a table at bar and **watch kitchen in action.** Mainly meat cooked on coal. We took the menu de jour: carrots three ways or carpaccio de duck, followed by secreto ibérique with mash or chicken with prawns and a prawn sauce. 19 euros well spent for 2 courses. **Enormous beef ribs being flung onto grill and coming out still in flames.** Butcher's counter to buy & take home too. **Would definitely recommend.**

QUATTROCENTO

Céret...with Steven

Had some brilliant nights there, such a humble, **friendly place in the beautiful Place des Neuf Jets**, great acoustics when they have live musicians. Highly recommended, good grub, great fun.

3 Pl. des Neuf Jets, Céret
Tel: 04 68 87 15 60



RESTAURANT LE CATALAN

Laroque-des-Alberes...with Cilla

Good food and friendly service in the atmospheric old part of the town. My steak was cooked exactly as I wanted it and our chosen red wine (chosen from a very good wine list) was delicious and reasonably priced. **Always busy on summer evenings and for good reason.** We recommend this restaurant without hesitation and will certainly be returning!



2 Pl. de la République,
Laroque-des-Albères
Tel: 04 68 98 20 57

LA ROUILLADE

Argelès-sur-Mer...with Sophie

Located in a quiet area **close to the beach**, this was a **great discovery.** **The owner, Paul, created this restaurant alongside his father to offer mussels, specifically 'moules La Rouillade.'** Everything is homemade, and the owners are very friendly. It was a wonderful time spent eating outdoors with family. It's worth mentioning that **they are half French, half German**



11 Bd de la Mer, Argelès-sur-Mer
Tel: 06 24 97 55 60

LA PECHERIE

St. Cyprien...with Tom

I have only been once but can't wait for the return trip. **Absolutely fabulous if you love fish and seafood by the port!** I had an excellent lunch with great service and everything was super fresh! Really nice place!



4 Quai Arthur Rimbaud, Saint-Cyprien
Tel: 04 68 37 45 81

L'ENTREPOTES

Sainte Marie...with Marc

A delightful dining experience with its delicious cuisine, exceptionally friendly service, and a very relaxed atmosphere. Notably, one of the staff members speaks Dutch, adding a comforting touch for Dutch-speaking visitors. This charming eatery is an **excellent choice** for those looking for a welcoming place with **great food and a laid-back vibe.**



16 Av. des Marendes,
Sainte-Marie-la-Mer
Tel: 06 19 73 47 15

Restaurant
REVIEWS

LE BOUILLON MARINADE

Collioure...with Caroline

New in Collioure and will be open all year round! A great place to eat good food on the terrace or inside, with good value for money. It may take some time, if it is full, but cooking needs it and enjoying a meal in good company can last! I am not sure about the staff speaking English, so may be the opportunity to practice your best French.



12 Pl. du 18 Juin, Collioure
Tel: 04 68 82 09 76

SHANGHAI CHINESE BUFFET

Argeles...with Liz

Went for Sunday lunch at this fixed price menu where you can eat as much or as little as you want. **Very good quality food.** Hadn't been for a while but I was very impressed with the food, atmosphere and service. **Would highly recommend.**



Av. de Hurth, Argelès-sur-Mer
Tel: 04 68 98 88 88

O GRAIN DE SEL

Perpignan...with Harbeer

A young chef owner who is also your server, very serious, committed and well trained. A small place with limited seating, reservations a must. A very good effort and we would go back to try other dishes. **Dishes well seasoned and flavoured.**



14 Rue de la Fusterie, Perpignan
Tel: 06 45 82 86 88

L'ESCULAPI
RESTAURANT-PIZZERIA

Sant Martí d'Empúries...with Emily

Excellent lunch and if you have coeliac disease or are gluten free I **highly recommend this restaurant.** Starter main and pudding all gluten free and delicious. From fish dishes to paella to pizzas (which aren't gluten free) **everything was well cooked and the service was excellent.**



Plaça Major, 1, 17130 Sant Martí
d'Empúries, Girona, Spain
Tel.: +34 972 77 00 53

LE MAJA

Villeneuve de la Raho lakeside...with Toni

Fresh local produce and delicious - **run by Julien and Leti.** Despite the rain there were 20 people there for lunch today!



Lakeside, Villeneuve-de-la-Raho
Tel: 06 30 19 97 52

CAMPING DE LA LYRE

Corsavy...with Linda

New owners this season, a young enthusiastic couple very anxious to please. Delicious home made pizzas and **probably one of the best burgers I have ever had!** Irish sourced beef with grilled onions, bacon and cheese from La Cazette, the sheep farm up the hill. **Certainly recommend them if you are heading up into the mountains north of Arles!!**



450 Rte de Batere, Corsavy
Tel: 07 49 82 29 41

OVER THE BORDER
WITH HARBEER

CAL SAGRISTA

Peralada

New passionate owner. Cozy and comfortable it was excellent. Dessert carts are always nice.



C.de la Rodona, 2, Peralada, Spain
Tel: +34 972 53 83 01

EL MOTEL

(Hotel Empordà Restaurant) Figueres

We loved it. Again the dessert cart is always fun. Chef/owner comes out personally to greet after service. Loved the atmosphere inside.



Avinguda de Salvador Dalí i Domènech,
170, Figueres, Spain
Tel: +34 972 50 05 62

DO YOU KNOW A RESTAURANT YOU WOULD LIKE TO RECOMMEND?

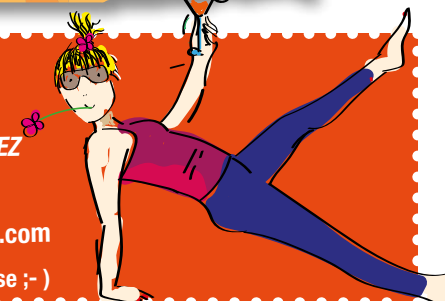
We'd love to hear from you.

CONNAISSEZ-VOUS UN RESTAURANT QUE VOUS VOUDRIEZ RECOMMANDER?

On serait ravis de vous entendre.

Send your comments to us at info@anglophone-direct.com

No restaurant owners please ;-)





Ideas for EATING OUT



Summer is here – and as usual, we are bursting with great restaurant suggestions for you to try, from a quick snack to the Full Monty (but you can keep your hat on). Eat in, eat out, go pieds-dans-l'eau, or under the stars, eat Catalan, Italian, traditional French, Asian... the freshest of fresh fish, oysters, classic moules/frites, paëlla... Support our advertisers and you support P-O Life. Without them, we would not exist!

BON APPÉTIT!

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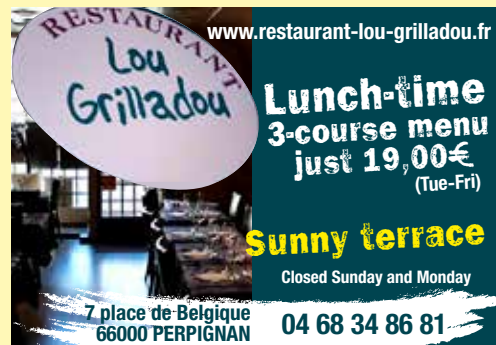
Le Catalan04 68 98 20 57
Bar - Cave à Vins



2, Place de la République - Laroque Des Albères
Bar - Cave à Vins - Réservation 04 68 98 20 57

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Lou Grilladou04 68 34 86 81
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Minami06 65 61 75 37
facebook.com/minamiperpignan



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...PORT- VENDRES

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CATALAN PROVERB

El vi, vell; i la dona, jove
Le vin, vieux; et la femme, jeune
(CLEARLY WRITTEN BY A MAN !!!)

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..... www.restaurant-auberge-alberes.fr

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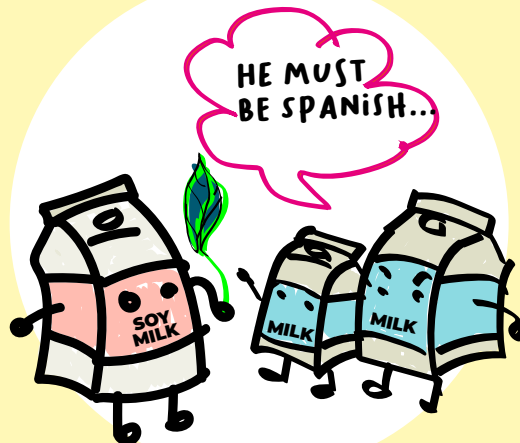
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FOOD and DRINK

Summer Ceviche

WITH SUZANNE DUNAWAY

Ingredients

SERVES 4

- 2 very fresh boneless white fish filets (sea bass, cabillaud) or 8-10 scallops.
- Juice of 4 - 6 limes
- Pinch of ground up espelette
- 2 firm tomatoes, chopped
- 1 small sweet onion, chopped fine or grated, or 3 young green onions, minced
- 1 small bunch fresh cilantro, chopped fine
- 4 tablespoons olive oil
- Salt and pepper to taste



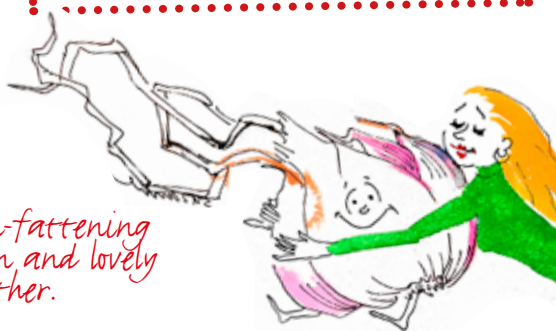
Method

The scallops, if you are using them, should not be put in the processor but sliced or chopped by hand. In a mixing bowl, toss the scallops or fish with the lime juice and mix well. Refrigerate for 30 minutes or until you will be serving. Drain off any extra lime juice and use it in soups or salads. The fish should now be opaque and you can toss it with all the rest of the ingredients.

Add the espelette, tomatoes, onion, cilantro. Taste for salt and pepper and chill again. Just before serving, toss with the olive oil.

I OFTEN SERVE THIS IN A HALVED AVOCADO AFTER CHOPPING UP THE AVOCADO INTO LITTLE PIECES TO MIX WITH THE CEVICHE. IT IS GOOD WITH CRACKERS AND A GOOD WHITE WINE.

A wonderfully non-fattening dish, full of protein and lovely in hot weather.



EATING OUT



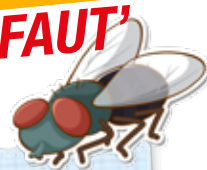
Before the French Revolution in 1789, around 80% of the French population lived off the land, on a diet based around bread and cereals. After the Revolution, a new ruling class of bourgeoisie ironically recreated the luxurious cuisine of the very 'aristos' they had beheaded, and food became a symbol of social status.

We only publish good reviews. We know that even the best restaurants can have a wobbly day and we believe in telling you where to go, not where NOT to go - but of course, we also know that dinner out is not always perfect. Here is some useful vocabulary to help you to explain politely when a 'plat' is not quite 'comme il faut'.

C'EST (TROP).... 'IT'S (TOO)...

- ...fade - bland/tasteless
- ...sucré - sweet
- ...salé - salty
- ...poivré - peppery
- ...épice/piquant - spicy (hot)
- ...acide/aigre - sour
- ...amer - bitter
- ...dur - tough
- ...cuit - overdone
- ...cru - raw
- ...tiède - luke warm

WHEN A 'PLAT' IS NOT QUITE 'COMME IL FAUT'



C'EST.... 'IT'S...

- ...mangeable/immangeable - edible/inedible
- ...dégoutant - disgusting
- ...infect - awful

IL MANQUE DE...IT DOESN'T HAVE ENOUGH... (it's lacking..)

- ...sel - salt
- ...poivre - pepper
- ...gout - taste

GENERAL GRUMPS

Nous attendons depuis très longtemps
We've been waiting for ages

Il doit y avoir une erreur dans l'addition.
Nous n'avons pas mangé/bu/commandé ce plat/cette boisson
There must be a mistake in the bill. We didn't eat/drink/order that dish/drink

AND TO HAMMER YOUR POINT HOME...

JE SUIS TRÈS DÉÇU



Un Anglais dans un restaurant :

- Garçon, il y a un mouche dans ma soupe!
- Ah non, monsieur, c'est UNE mouche
- Really? Vous avez de bons yeux..

HOW DO YOU LIKE YOUR STEAK? QUELLE CUISSON?

- bleu (raw inside)
- saignant (rare)
- à point (medium rare)
- bien cuit (well done)
- carbonisé (very very well done)



BANK HOLIDAYS

14TH JULY

Symbol of the absolute power of the monarchy of Louis XVI, the day of the storming of the Bastille was declared a French national holiday in 1880, a celebration of the birth of the Republic.



15TH AUGUST ASSOMPTION

Although France is supposedly laïque (secular), the 15th August is traditionally the celebration of the Virgin Mary's ascension to Heaven. For non Catholics, the date has been appropriated as a mid-summer celebration so whatever your beliefs, there will be plenty of entertainment for everyone. Again, fireworks and music are 'de rigueur', but beware... according to an old French saying, if it rains for Assomption, it'll rain through until the nativity!!

SCHOOL HOLIDAYS
Return to school
Monday 2nd
September 2024



WHEN IT'S TOO HOT FOR A DAY MARKET.... WHY NOT VISIT A NIGHT MARKET?

(July & August, usually from around 19h midnight)

HERE ARE JUST A FEW. CHECK OUT THE LOCAL TOURIST OFFICES FOR MANY OTHERS



SOME TREASURED CATALAN TRADITIONS

FESTA MAJOR

Most towns and villages have a FESTA MAJOR every year, often in honour of their own patron saint, usually held over several days, with music and dancing, fireworks and some or all of the traditions below.



SARDANE

Circles within circles, hands raised and joined together, small, precise steps... but don't be fooled. This 'hokey cokey' style dance may look like a sedate bit of hop, skip and jump but requires effort, muscle control and coordination. Music for the sardane is played by a 'cobla', a band of 11 people, including 10 wind instruments and a bass. Franco resented the Catalan national pride and desire for independence. When he enforced bans against certain aspects of Catalan culture, the dance quickly became a powerful symbol of national unity. Today the Sardane is danced in villages and towns throughout Catalonia, by Catalan and non Catalan alike, and is a great way to make friends and take a little exercise at the same time.



CORREFOCS

Meaning "fire runs", this spectacular show of devils and fireworks represents the fight of good against evil. Dressed in red and black, wearing horns and masks, 'colles de diables' (groups of 'devils') dance amongst the crowds accompanied by loud music, waving sparklers, firecrackers, and roman candles, spitting fire into the crowd.

Leave your health and safety training head at the entrance! Amongst other useful advice during a correfoec, the Generalitat de Catalunya suggests "If by any chance your clothing catches fire, throw yourself on the ground and roll over to put out the flames. Above all, do not run, as this will spread the flames and make them burn more fiercely."



GÈGANTS

Enormous painted papier-mâché figures, sometimes 14 or 15 ft tall, with traditional clothing and a very hot person inside! They usually appear in couples at carnivals and parades, often as king and queen, or some important person in the history of the town. They dance in the streets with little "big-heads" or 'cap-grossos'.





JAZZ EN TECH

JULY 28th & 29th
ST GÉNIS DES FONTAINES
AUGUST 1st/2nd/3rd/4th
CÉRET

More information: www.jazzentech.com



Family days OUT WITH THE BOND FAMILY



Nestled in a cave outside the walls of Villefranche de Conflent, Dinopedia Experience is a relatively new addition to family days out in the Pyrénées-Orientales. Despite the restrictions that undoubtedly come with being in a UNESCO site, the cave is an amazing, animated dinosaur experience. For anyone who visited the cave before, it's a remarkable transformation.

THE EXPERIENCE

As soon as you step into the entrance you can feel the cool of the cave. It keeps a steady 14 degrees all year round. A welcome relief from the heat of the mid summer and the cold snow of winter. **Packing a jumper in the heat may seem odd but I recommend it.**

It feels counter intuitive going up stairs to get into a cave, however, **the 124 steps** built the kids' excitement. At the top you open the door to a time long gone. There is something extra special about the setting. **The interior of the cave makes you really feel like you have stepped back in time.** I was told it is the only underground theme park in France.



Inside there are games, displays, sights, sounds and of course the cave itself. The life-size animated creatures have a real wow factor. It's not often the kids are shocked but they defiantly stopped in their tracks when the bear growled at them. Dinosaurs that come to life on a motion sensor were of great amusement – after our heart rates had gone back to normal! You see animals, giant insects and of course the dinosaurs.

Grotte de Fontrabieuse

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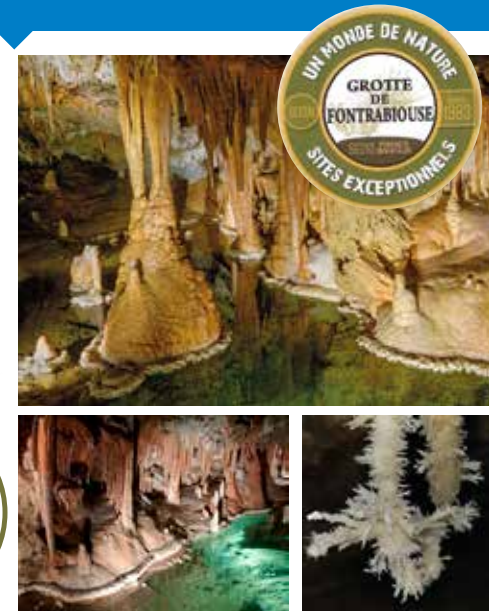
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Open from 2 January to 30 December 2023 (closed from 06 November to 01 December)



THE CAVE

"La Cova Bastera" or "Fortified Cave" has geological, historical and cultural significance. Connected with (Marquis de) Vauban, who was a French military engineer, these are the only European caves fortified by Vauban.

A visit out of the ordinary that testifies to the exceptional natural heritage of Conflent. Since 2008, **the cave is listed as a UNESCO world heritage site, along with the village and the Chateau Fort Liberia.**

Top Mum Tips

Visit the website before you visit Dinopedia Experience. Go to the game on the menu at the top. We won a free child's place that saves €12. Pack a jumper and use the free parking after the roundabout.

Top Kid Tips

Get the **Carnet de Voyage** and don't miss **La Toile!**

PRACTICAL INFO

***€15 for adults and €12 for children.**

*You can check out the opening hours on the Dinopedia Experience website.

In all, it is a great day out in the dept 66. I have one dino loving child, the other two loved it just as much. There is a nice mix of learning the history, games and a **coffee for mum** at the end to keep us all happy. **They also have additional seasonal activities** like an egg hunt for Easter and animations at Christmas. Pack a picnic for the park and wander the village to make a day of it.

You can read the full article on my blog

www.theadventuresofamum.com



Things are looking **UP** and **DOWN** in Perpignan

WITH **HENRY SHAFTOE**

A notable, but rarely celebrated, improvement, during the last ten years in **Perpignan's public realm, has been the reduction in dog mess on the pavements.**

Back in the day, one had to be constantly looking down to avoid stepping in doggy do. Nowadays the risk is much reduced and one can look up with impunity when walking the streets.

But this is not primarily an article about 'les crottes de chiens' ; I want to encourage you to cast your gaze upwards, as you wander through central Perpignan.

And also to take the opportunity to look down from a great height. **Look up, because sometimes the architects' finest moments are articulated at roof level.**

We tend to miss these flights of fancy because, as descendants of hunter/gatherers, **we tend to scan horizontally rather than vertically as we walk.** An acquaintance who made a living by doing up tatty houses and selling them on, explained to me, that as a result of this horizontally orientated tendency, it was most



important to tart up everything visible between 1 and 2 meters above the floor level ; the rest you could leave relatively tatty! Architects however, tend to design on horizontal (or slightly angled) drawing boards (or they did before computer aided design came along), so the top of a building seems to be just as important aesthetically as the lower parts.

You can find some magnificent examples of upper embellishment in (among others): **Boulevard Wilson, Rue Jeanne d'Arc, Rue du Castillet and Avenue de la Gare.**



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It can also be gratifying to look down on Perpignan, **from a great height, to see the glorious patchwork of roofs, terraces and upper stories.** You can do this from two central locations: Firstly, **the roof terrace of Galeries Lafayette** is accessible for the price of a cup of tea, and secondly, for the princely sum of 2 Euros, and assuming you do not suffer from vertigo, **you can climb the spiral staircases of the ancient Le Castillet gatehouse to the very highest point of this venerable building.** Both these locations offer spectacular 360 degree views of the city. There are some pretty impressive views also from various points in the sprawling Palais des Rois de Majorque, although you are slightly off centre.

So next time you are in Perpignan's historic core, don't worry too much about what man's best friend might have deposited on the pavement, and cast your eyes upwards.



SUMMER 2024

BY ROBBIE SHAW

Very few changes since our spring edition, this airport news bulletin sees us through to the end of the summer schedules ending on 26 October. **PLEASE REMEMBER TO REFER TO THIS ARTICLE AS A HELPFUL GUIDE ONLY.** Airlines constantly change schedules and add or cancel flights according to demand, and this was compiled well before publication due to printing deadline demands.

FRANCE

PERPIGNAN

Starting off with our very own local airport, good to see a few UK offerings. P-O Life editors Kate and Laura, both Yorkshire lasses, are particularly pleased to see the Leeds flights still on the menu!

FROM	OF WEEKLY FLIGHTS	AIRLINE
BIRMINGHAM	2	RYANAIR 2 June - 29 Sep
DUBLIN	2-4	AER LINGUS 1 May-29 Sep
LEEDS BRADFORD	2	RYANAIR 2 Apr - 26 Oct
STANSTED	5	RYANAIR 2 Apr - 26 Oct

DID YOU KNOW that Perpignan airport now has a brand-new waiting areas especially for families with entertaining games for the youngest, a reading corner for the quietest and even seats near the sockets to recharge smartphones



PERPIGNAN AIRPORT ALSO OFFERS FLIGHTS TO.....

Agadir, Morocco (Ryanair)
Brussels-Charleroi, Belgium (Ryanair)
Marrakech, Morocco (Ryanair)
Nantes, France (Volotea)
Lille, France (Volotea)
Paris Orly (Transavia)

BEZIERS

Like Carcassonne, **Ryanair** has a free run at this small airport.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BRISTOL	3-4	RYANAIR 2 Apr - 26 Oct
EDINBURGH	2	RYANAIR 2 June - 29 Sep
LUTON	3	RYANAIR 31 Mar - 25 Oct
MANCHESTER	3	RYANAIR 31 Mar - 25 Oct
SHANNON	2	RYANAIR 1 Apr - 24 Oct
STANSTED	3	RYANAIR 31 Mar - 26 Oct

CARCASSONNE



Ryanair remains the sole operator here. New service is from **Bournemouth**, but **Edinburgh** has been dropped.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BOURNEMOUTH	2	RYANAIR 1 May - 26 Oct
EAST MIDLANDS	2	RYANAIR 3 April - 26 Oct
MANCHESTER	4	RYANAIR 1 Apr - 25 Oct
STANSTED	7	RYANAIR 31 Mar - 26 Oct
CORK	2	RYANAIR 3 June - 25 Oct
DUBLIN	4	RYANAIR 1 Apr - 25 Oct

MONTPELLIER



EasyJet operate from both **Gatwick** and **Luton**. The latter only for a short period. **British Airways** have a new Gatwick service. These are operated by their Gatwick subsidiary British Airways Euroflyer.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
GATWICK	2-3	BRITISH AWYS 2 Apr - 24 Oct
	12	EASYJET 31 Mar - 26 Oct
LUTON	2	EASYJET 26 June - 31 Aug

NIMES



Ryanair is the sole operator for P-O readers, but **Edinburgh** has been dropped.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
DUBLIN	2	RYANAIR 31 Mar - 23 Oct
STANSTED	2	RYANAIR 1 Apr - 25 Oct

TOULOUSE / BLAGNAC



Ryanair have added service to **Birmingham** whilst **Manchester** will be introduced by **Jet2**.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BIRMINGHAM	2	RYANAIR 1 Apr - 25 Oct
BRISTOL	7	EASYJET 26 March-28 Oct
EDINBURGH	3	RYANAIR 31 Mar - 26 Oct
GATWICK	6	EASYJET 31 March-25 Oct
HEATHROW	22	BRITISH AWYS 26 Mar-26 Oct
STANSTED	10	RYANAIR 31 Mar - 26 Oct
DUBLIN	3	AER LINGUS 31 March-22 Oct
	4	1 Apr - 26 Oct

Checked into Leeds to fly to Perpignan yesterday and was asked "Window or aisle?" "Window" I replied "... or you'll what?"

SPAIN

BARCELONA / EL PRAT



As always a huge variety of flights to **Barcelona**, most of which run all year round, but with seasonal increases. For those unfamiliar, take care on the Barcelona ring-road, one wrong turn could be very time consuming. Quite a few changes. **Ryanair** have restarted **Cork** and **Prestwick**. **Birmingham** has been added to the **easyJet** schedules – only four airlines on the route now ! This summer **Vueling** are no longer offering flights from **Edinburgh**, **British Awys** now operate a service from **London City airport**.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BELFAST INT'L	4-5	EASYJET 31 Mar - 25 Oct
BIRMINGHAM	2-4	EASYJET 31 Mar - 24 Oct
	2	JET2 31 Mar - 24 Oct
	7	RYANAIR 31 Mar - 26 Oct
	7	VUELING 31 Mar - 24 Oct
BRISTOL	12-14	EASYJET 31 Mar - 24 Oct
	6	RYANAIR 1 Apr - 26 Oct
EAST MIDLANDS	9	RYANAIR 31 Mar - 26 Oct
EDINBURGH	8-10	RYANAIR 1 Apr - 26 Oct
GATWICK	25-28	EASYJET 31 Mar - 26 Oct
	53	VUELING 31 Mar - 24 Oct
GLASGOW INT'L	4	EASYJET 31 Mar - 26 Oct
GLASGOW PRESTWICK	4	RYANAIR 2 Apr - 26 Oct
HEATHROW	55	BRITISH AWYS 31 Mar - 24 Oct
LEEDS BRADFORD	2	JET2 1 Apr - 25 Oct
LIVERPOOL	2-3	EASYJET 1 Apr - 26 Oct
	5	RYANAIR 31 Mar - 25 Oct

LONDON CITY	4	BRITISH AWYS 31 Mar - 24 Oct
LUTON	14	EASYJET 31 Mar - 26 Oct
	7	RYANAIR 31 Mar - 26 Oct
MANCHESTER	8	EASYJET 31 Mar - 26 Oct
	4	JET2 31 Mar - 25 Oct
	11	RYANAIR 31 Mar - 26 Oct
	10	VUELING 31 Mar - 24 Oct
NEWCASTLE	3	RYANAIR 1 Apr - 26 Oct
STANSTED	28	RYANAIR 31 Mar - 26 Oct
CORK	2	RYANAIR 3 Apr - 24 Oct
DUBLIN	14	AER LINGUS 31 Mar - 24 Oct
	21	RYANAIR 31 Mar - 26 Oct
	11	VUELING 31 Mar - 24 Oct

GIRONA



In the last couple of years there had been a **big increase in flights to Girona**. **Ryanair** has renamed the 737-MAX8 as the 737-8200, and many are now in service, with more to come. Subject to aircraft deliveries the number of flights listed could well change. **Ryanair** services in particular have increased with several starting earlier than last season.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BELFAST	1-2	RYANAIR 2 Mar - 26 Oct
BIRMINGHAM	2	JET2 1 Apr - 25 Oct
	2-4	RYANAIR 1 Apr - 24 Oct
BOURNEMOUTH	7	RYANAIR 31 Mar - 26 Oct
BRISTOL	1	JET2 4 May - 26 Oct
	3-5	RYANAIR 2 Apr - 25 Oct
CORK	2-3	RYANAIR 2 Apr - 26 Oct
DUBLIN	4	RYANAIR 31 Mar - 26 Oct
EAST MIDLANDS	1	JET2 5 May - 20 Oct
	3-4	RYANAIR 31 Mar - 24 Oct
GLASGOW	1	JET2 5 May - 20 Oct
KNOCK	2	RYANAIR 1 Apr - 23 Oct
LEEDS BRADFORD	2	JET2 From 31 Mar - 24 Oct
	5	RYANAIR 2 Apr - 26 Oct
MANCHESTER	2-4	JET2 1 Apr - 25 Oct
	5	RYANAIR 1 Apr - 26 Oct
NEWCASTLE	1	JET2 31 Mar - 20 Oct
SHANNON	3	RYANAIR 1 Apr - 25 Oct
STANSTED	2	JET2 1 Apr - 26 Oct
	10-12	RYANAIR 31 Mar - 26 Oct



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MORE THAN JUST A PRAT

Did you know that the full name for **Barcelona Airport** is actually **Barcelona Josep Tarradellas El Prat**, named after the first President of Catalonia?

LE CAMP DES FAMILLES: The Nomads de Rivesaltes

With Ellen Turner Hall

Who were the nomads of Rivesaltes? Nomads is used as a generic term to refer to such diverse groups as the French Manouches and Yenish of Alsace, the Sinti of Germany, Spanish and Catalan Gypsies, the Travellers of the central west and the Roma of central Europe. Over 1300 individuals from these groups were confined at the Camp of Rivesaltes between January 1941 and November 1942.

Why? The question was posed by **Friedel Bohny-Reiter**, who has left us a photographic record of the those imprisoned in the camp where she worked as a nurse.
The latest exhibition at the Rivesaltes Memorial responds to that question in three ways.
Firstly, by gathering scientific information to document the who, the what, the where and the why. **Dispossessed, marginalised and persecuted by the Nazi regime, the nomads were submitted to pseudo-scientific tests with the objective of proving their racial inferiority.**

Secondly, by devoting a book to individual prisoners, **each person's story serves as an antidote to nameless, faceless statistics.** (You can read about **Elise Weiss from Alsace** who escaped from the camp with her children, or **Jean Sarger** born in the camp in 1942 and photographed in his mother's arm in the poster for the exhibition.)



The final response is the work of three artists, each interpreting their nomadic heritage in a different way. **Marina Rosselle's** work is the most poetic, depicting a world of fragility and tenderness - innocent grasses grow from the suffering of the people buried under the earth.



CSF - Sud de France (11, 09, 66, 81, 82) Association no. W 112000594

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Sud de France

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Jill Merriam on 06 31 26 84 30

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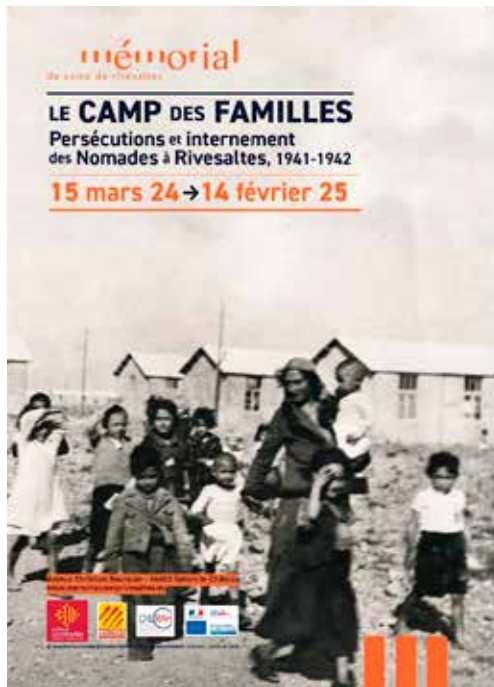
A warm welcome awaits you at our informal groups in **Céret** and **Ile**

Céret, Pablo's Bar - Place Picasso
10h30 to 12 noon, First Wednesday of the month

Fabregue, 15 Avenue Louis Prat, Prades.
10h15 to 12 noon, Third Wednesday of the month

and at our Book Exchange at

Laroque-des-Albères, Café des Artistes
10h30 to 12 noon,
Third Monday of the month



Because theirs is an oral culture, written records are sparse. Thanks to this exhibition, the nomads' story is finally being told.



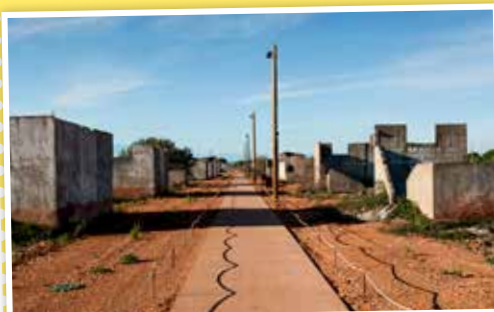
Millions of immigrants to Europe are living a similar fate today. We will be judged as a society on how well we treat them.

Le Camp des Familles runs from 15 March 2024 to 14 Feb 2025.
For details:
www.memorialcampprivesaltes.eu

THE HORRIFIC HISTORY OF CAMP JOFFRE



Camp Joffre in Rivesaltes opened in 1938 to house "undesirables", refugees from the Spanish Civil War, Jews and Gypsies... Its position was particularly handy for the railway. Destination: **Auschwitz, via Drancy.**



Outside the Memorial museum, the desolate, abandoned barracks and ruins of the former camp emphasise the stark reality represented.

Inside, the long single-story sunken construction in concrete, monolith style, is broken up by narrow patios, the only view the sky, visible through a few roof windows and the patios.

You will not come away unmoved.

Lest we FORGET

JOSEPH WILLEM KOLAKMAN
UNSUNG HERO

The former 'Maison Mazard' in Le Soler, since destroyed, was a safe house for Dutch refugees, Jews and resistance members fleeing the Nazis. Dutch vice-consul working in Perpignan, **Joseph Willem Kolkman**, provided food and shelter, and arranged safe passage for many thousands of escapees at considerable risk to himself.

Herman Grishaver passed through Maison Mazard in January 1941.



He wrote to P-O Life: "Kolkman's rescue work was from 1940 to early 1943. He rented the Maison in January 1941 to house refugees while engineering escapes over the Pyrenees or exit visas out of France for them.

He did other underground resistance work which put him on the German hit list.

He was captured in early January 1943 trying to escape to Spain himself, and eventually sent to Camp Dora (slave labour making rockets) where he fell ill, and then died on a train to a concentration camp in Poland.

My family, with myself as a 1 year old, passed through Maison Mazard in January 1941. It is only thanks to him that I am here today"



SNAKE IN THE GRASS

Among seven species of grass snake to be found in the south of France, the largest is the **couleuvre de Montpellier**, whose males can measure (exceptionally) up to 2.50 meters. Newspaper 'Le Réveil Catalan' reported on 23rd June 1907 that a shepherd near Sournia village came across one of his sheep being strangled to death by an enormous 3 metre long 'couleuvre' or grass snake. Unable to save the poor beast, he nevertheless went back a few days later with a gun and killed the snake.. **Calmez-vous!** Grass snakes of this size are very rare in this region.



JUST A SHORT RIDE FROM ATHENS

Did you know that the cycle route that crosses Le Boulou is part of the Eurovélo8, a 5,000 kilometre cycle path linking Athens to Cadiz? It crosses 11 countries and is also part of the Pirinexus (350 km), linking North and South Catalunya and la Voie Verte Pyrénées-Méditerranée (90 km) linking the Med to the Catalan mountains? Don't forget your bike when you next visit Le Boulou.



Damsels & Dragons

BY LESLEY MCLAREN

Sitting by water, listening and watching for everything that lives in, on or around it can be entrancing and uplifting. Among the many fascinating things you may see in summertime around our rivers, ponds and lakes are damselflies and dragonflies. **In the P-O we're lucky to have around 60 species of these beautiful flying jewels.**

DAMSELFLIES, like this Large Red (*Petite nymphe au corps de feu*), can be thinner than a pencil. At rest, they hold their wings closed along the body.



coo

DRAGONS, however, like the dazzling Scarlet Darter (*Crocothémis écarlate*) are much bigger and always keep their wings spread to the side.



But all of them spend most of their lives – two or three years! – as nymphs, underwater.

Unlike butterflies, there is no pupation stage, and emergence from the nymph exoskeleton is a slow and risky process.

A **DAMSEL** – still expanding! – stands beside her empty nymph case.



All fresh adults are pale and won't get their full adult colours and markings until some time after their maiden flight. This one may be a **Common Bluet** (below) (*Agrion porte-coupe*).



coo

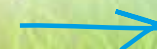
In contrast to nymphs, **adults only live for 6-8 weeks**, so it's chop-chop to reproduce!

Ever wondered exactly what's going on when dragonflies get hitched?

The male, having transferred sperm from near the tip of his abdomen to "**accessory genitalia**" close to his thorax, grabs a passing female and holds onto the back of her head with two prong-like appendages at the end of his abdomen. **She curls her body underneath her and locks onto his accessory genitalia.** Thus her eggs are fertilized. **Blue-tailed damsels** (*Agrion élégant*) (below) stay in this "wheel" position for hours.



coo



Lesley McLaren is an amateur naturalist. She can be contacted via www.mediterraneanpyrenees.com

Damselfs & Dragons

After fertilisation, some, like these **Lesser Emperor dragons (Anax napolitain)**, fly around with the female still attached by her head to the male. It's for protection during egg laying.

Assistance too for other females who completely submerge to lay eggs and rely on the males – hovering above – to pull them back out of the water!



Dragons have voracious appetites and **their huge compound eyes can spot insect prey up to 12 metres away** in any direction. This is a Southern Darter (*Sympétrum méridional*).



DID YOU KNOW?

The largest insect fossil ever found is of a dragonfly that lived about 275 million years ago. It had a wingspan of 75cm and body the size of a crow!

Our biggest dragons are the hawkers (wingspan about 11cm). Male **Southern Hawkings (Aeschna bleu)** are flashy, with green, blue and black markings. **They're also inquisitive and love to hover, sometimes right in front of you, eye to eye.** Trying to decide if you're too big a mouthful?



© Ebertakis

The male appendage of this well-named **Large Pincertail/Green-eyed Hooktail (Gomphe à crochets)** and his waspish colouring might look intimidating but all damselfs and dragons are harmless to humans. As long as our rivers keep running, you can enjoy them in complete peace.



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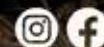
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Tongue Twister

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Charles cherche à
changer son siège.

Test your FRENCH

See Page 67 for answers

1 P is for Papa!

Match up the words, all beginning with P, with definitions.
(Why not try to work them out first just from the definitions?)

- | | | | |
|-----------|----|---|---|
| peau | 1 | a | insecte aux grandes ailes colorées |
| paon | 2 | b | débat d'idées différentes |
| pouce | 3 | c | petit mammifère à odeur nauséabonde. |
| puce | 4 | d | arbre à larges feuilles et écorce lisse |
| polémique | 5 | e | petit parasite sauteur qui pique |
| porc-épic | 6 | f | doigt le plus gros et le plus court |
| papillon | 7 | g | gros fruit gorgé d'eau à la pulpe rouge. |
| putois | 8 | h | qui recouvre le corps |
| platane | 9 | i | grand oiseau avec belle queue en éventail |
| pastèque | 10 | j | mammifère rongeur couvert de piquants |

Interesting French Quote

GÉNÉRALEMENT, LES GENS QUI SAVENT
PEU PARLENT BEAUCOUP, ET LES GENS QUI
SAVANT BEAUCOUP PARLENT PEU.

Jean-Jacques Rousseau

Confusing Verb...

*Se douter (de) quelque chose/de rien
to suspect something/nothing*

Je ne me doutais de rien

I didn't suspect a thing.

Je m'en doutais

that's what I thought/suspected

Bit of a softie? DON'T CONFUSE!

Doux = soft (gentle, pleasant, not rough) sweet (wine)
Mou = soft (limp, weak, floppy)

2

Match up these common acronyms

- | | | | |
|------|----|---|-----------------------------------|
| PV | 1 | a | Community service |
| ADN | 2 | b | Leasing with option to buy |
| DAB | 3 | c | Enclosed (business letter) |
| HS | 4 | d | No problems/issues (eg on a form) |
| SMIC | 5 | e | Parking ticket (fine) |
| LOA | 6 | f | Bank account details |
| RIB | 7 | g | DNA |
| PJ | 8 | h | Cash point (ATM) |
| RAS | 9 | i | Out of order |
| TIG | 10 | j | Minimum wage |

WORSE JOKE

Où vont les biscottes pour danser?
EN BISCOThÈQUE

BAD JOKE

QUEL EST LE SPORT
PRÉFÉRÉ DES CHÈVRES ?
L'AÉRO-BIQUE
(BIQUE ' GOAT)

...and here they are in full for an extra helping hand

Procès-verbal
Acide désoxyribonucléique
Distributeur automatique de billets
Hors service
Salaire Minimum Interprofessionnel de
Croissance
Location avec option d'achat
Relevé d'Identité Bancaire
Pièces jointes
Rien à signaler (informal)
Travaux d'intérêt général

3

Complete these sentences which are all related to the P-O.

- | | | | |
|----------------------------------|----|---|--|
| On peut visiter... | 1 | a | ...sont des tours humaines |
| Les castells... | 2 | b | ...est moins joli q'un petit cochon rose |
| Les Dragons Catalans... | 3 | c | ...est le saint patron de la Catalogne |
| Un sanglier... | 4 | d | ...est un club de Rugby à XIII français |
| Saint Jordi... | 5 | e | ...s'appelle Llabanere |
| L'âne catalan... | 6 | f | ...est une danse traditionnelle catalane |
| L'aéroport de Perpignan... | 7 | g | ...est nécessaire pour éviter les incendies |
| Le débroussaillage... | 8 | h | ...le musée d'art moderne à Céret |
| La sardane ... | 9 | i | ...est le symbole non officiel de la Catalogne |
| Pour appeler les pompiers, je... | 10 | j | ...compose le 18 |

Useful Expression

**DORMIR SUR SES DEUX OREILLES
TO SLEEP LIKE A BABY**

*J'aime bien mon nouveau lit.
Je dors sur mes deux oreilles*

Terrible Joke

What did the tourist say when
his mother asked if he could visit
France again?

OF CORSICAN!

LANGUAGE

Test your FRENCH

4

Hair raising!

In case you weren't confused before....

Hair - cheveux...or poil...or pelage

Cheveux - hair on a human head.

Poil - body hair (face, underarm, any other hairy bits), animal hair

Pelage - animal coat



And of course, there are some hairy expressions, which don't have anything to do with hair! Can you find their English equivalent?

de bon poil	1	a	to lisp
pile-poil	2	b	naked
repandre du poil de la bête	3	c	to perk up
avoir un cheveu sur la langue	4	d	in a good mood
à poil	5	e	spot on, exactly

Who loves ya baby?

Every language has 'baby talk' Try some of these french words on your partner – or even a child!

un toutou – doggy
les joujoux – toys
miam miam – yummy
le bibi – bottle
un doudou – favourite teddy
le cucu – bottom
un bobo – a wound, a poorly bit
le lolo – milk
les lolos – boobs
le popo – a potty
un dada – horsey
faire dodo – go to sleep
tonton/tata – uncle/auntie
le zizi/ kikounet – willy
la fufounette – girl willy!

Language tip CHERCHER MEANS 'TO LOOK FOR' SOMETHING.

The FOR is built into the verb therefore you do not need to use it again.

Eg Je cherche PO Life! – I am looking for PO Life!



Can the jokes get any worse?

They most certainly can....

CONNAISSEZ VOUS L'OISEAU OULALA?
C'EST UN OISEAU QUI A DE TOUTES
PETITES PATTES ET DE TRÈS GROSSES
COUILLES!
CHAQUE FOIS QU'IL DOIT ATTEIRIR IL
FAIT : OULALA OULALA OULALA!

pattes = feet

couilles = slang for testicles!

atterir = to land



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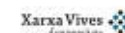
- ✓ From A1 to C2
- ✓ Lessons per module or semester
- ✓ Possibility to sit the DELF/DALF/TCF
- ✓ Socio-cultural activities programme

→ Objectives

- ✓ Improve oral and written communication skills
- ✓ Reinforce vocabulary and grammatical elements
- ✓ Develop understanding of French culture and civilisation



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Repeat quickly x 3....

She saw Sue sitting
shining shoes in a
shoe shop

See Page 67 for answers

Tongue twister
(virelangue)

1

To be or not to be....

Les idiomes suivantes, rentrées dans le langage de tous les jours, sortent directement de la plume de M. William Shakespeare. Trouvez leurs équivalents en français.

Wear your heart on your sleeve (Othello)	1	a	dans de beaux draps
In a pickle (The Tempest)	2	b	l'amour est aveugle
It's all Greek to me (Julius Caesar)	3	c	montrer ses émotions
A heart of gold (Henry V)	4	d	objet de risée
Wild goose chase (Romeo and Juliet)	5	e	il y a de l'ordre dans sa folie
The world is your oyster (The Merry Wives Of Windsor)	6	f	une fausse piste
Love is blind (The Merchant Of Venice)	7	g	très gentil
There's method to his madness (Hamlet)	8	h	e monde t'appartient
Laughing stock (The Merry Wives Of Windsor)	9	i	c'est incompréhensible
Green-eyed monster (Othello)	10	j	jalousie

2

Pluriel (p) ou pas pluriel? (pp)

- 1 He only has one pair of **trouser/trousers**
- 2 He has many **talent/talents**
- 3 He gives good **advice/advice**
- 4 You have a lot of **equipment/equipments**
- 5 I would like more **information/informations**
- 6 How many **people/peoples** are going?
- 7 There is too much **traffic/traffics** on the road today

ATTENTION!

AT six o'clock
IN the morning
(**but AT** night)
IN summer
AT the weekend

ARE YOU A UK PENSIONER WITH S1 STATUS?

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BOTTOMS UP FOR PETANQUE



According to the rules of pétanque, **when a player loses the game without scoring a single point, (13 to 0), "il a fait fanny"** (he has made fanny), and has to kiss the bottom of a girl called Fanny - the ultimate humiliation for boules players. As it is quite rare to find an obliging Fanny on the boules pitch, there is usually a substitute pair of buttocks available in the form of a **painting, sculpture, pottery bum....** If your name is Fanny, and you're looking for a bit of fun this weekend, why not take a stroll around the pétanque pitches!

FRENCH WORD FOR FRENCH KISS

To French kiss is actually an English description. **Until 2014, there was no single word for this in French.** Today, the word **'galocher'**, a slang term that had been around for a while meaning to kiss with tongues, **is in the Petit Robert French dictionary.** The word, comes from **"la galoché,"** an ice-skating boot! Don't ask me!



LANGUAGE

Améliorez votre ANGLAIS

3

Trouvez la bonne comparaisons

busy, clear,
cool, dry,
deaf, free,
good,
happy,
hard, light

- 1 asas a bee)
- 2 asas a bone
- 3 asas gold
- 4 asas a lark
- 5 asas mud
- 6 asas nails
- 7 asas a post
- 8 asas a feather
- 9 asas a cucumber
- 10 asas a bird

When the Brits talk
French...
He uses a lot of
double entendres
Il utilise beaucoup
d'expressions à
double sens

4

Raccourcis utiles texto... mais qu'est-ce qu'ils veulent dire?

- FYI 1 a Je ne sais pas
- TTYL 2 b A mon avis
- OMG 3 c je dois partir
- ASAP 4 d Super!
- BRB 5 e Pas important
- G2G 6 f Pour ton info
- GR8 7 g A plus tard
- IDK 8 h Mon Dieu
- NBD 9 i Dès que possible
- IMHO 10 j Je reviens vite

...ET LES VOILÀ, TOUS
MÉLANGÉS, POUR VOUS
DONNER UN COUP DE
MAIN SUPPLÉMENTAIRE

Be right back/No big deal/
Great/For your information/In
my humble opinion/
Got to go/I don't know/
Talk to you later/Oh my God/
As soon as possible

Another bad joke

Two friends are talking:

- My doctor told me I must stop playing football.
- Noooooo. Why? Is he sure? Did he examine you properly?
- Not really. But he did watched me play last weekend.

Would you continue to drive your right-hand drive car in France? So why continue with your UK tax planning?

Retaining the tax planning you set up in the UK can make things more challenging and costly. It can be harder to manoeuvre, with more room for error, and result in unnecessary taxation.

The French tax regime works differently from the UK's, so you need to take a completely fresh look at your arrangements and how you hold your assets. Our advisers live in France and can guide you through local compliant tax planning opportunities, analysing how they work for your circumstances and aims and how much tax you can save.

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DID YOU KNOW?



LOAD OF EURO

Did you know that the word 'euro' is always in the singular on a banknote (eg 20 euro) even if you have lots of them? In fact, guidelines on the use of the euro state that the plurals of both 'euro' and 'cent' should be written without the 's' as languages in the euro zone form the plural in different ways.

EARLY BANKERS

Avid historians and Dan Brown fans will already know that the Knights Templar had an enormous influence in the Languedoc Roussillon from the 12th Century until their fall from grace. Founded by French nobleman Hugues de Payens in 1119, they were originally a group of warrior monks protecting pilgrims en route to their Holy destinations.

They took vows of poverty and chastity but nevertheless became very powerful, the heroic aura surrounding them attracting many rich young lords, passionate to give up all their possessions and become legends. By 1150, the Order was guarding people's valuables and issuing letters of credit – one of the first early forms of modern banking.





Things You Might NEED To KNOW

Vérifiez que votre véhicule figure sur le FVA

Ce formulaire permet de vérifier que votre véhicule figure dans le fichier des véhicules assurés (FVA). Les données sont actualisées régulièrement et vous permettent de vous assurer que votre véhicule est bien enregistré auprès du constructeur ou du loueur de votre véhicule.

Interrogation du FVA

Vérifiez l'attribution de la licence d'assurance

AA-123-AA

123 ABC

GOODBYE GREEN VEHICLE INSURANCE WINDSCREEN STICKER

Since April 1, 2024, you no longer need to put the green vehicle insurance sticker (known as a 'papillon') as proof of insurance on your vehicle's windscreen.

Instead, police will check with the 'fichier des véhicules assurés' (FVA), an online insured vehicle file supplied by insurers, who must enter all contract renewals and new policies. This applies to all registered vehicles.

Your insurer will now provide you with a 'mémo véhicule assuré' when you take out an insurance policy or change your vehicle in case you are stopped before your vehicle has been added to the list. Hang on to it as it could also be useful if needing to make an accident report, or finding contact details of your breakdown assistance. Keep your present green 'papillon' as it will remain valid until its expiry date but expect to receive an insured vehicle memo too. You shouldn't need to do anything but 'mieux vaut prévenir que guérir' (better safe than sorry) and it is advisable, particularly at the beginning of any new initiative, to check that your details are listed, before removing the papillon! Visit: www.consultation-fva.fr and enter your license plate number and the vehicle identification number (found on the registration certificate) or contact your insurer.

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PLUS ÇA CHANGE

The government's anti-waste initiative means that you no longer receive a printed receipt in shops unless you specifically ask. However, one year on, most shops still print out the receipt and ask you "Vous voulez le ticket?". If you say no, they throw it in the bin for you! Same difference as before non?



fake parking ticket scam

A sadly successful summer (and year round) scam

across the whole country is the placing of fake parking tickets on windcreens.

The QR code on these forged tickets takes you to a very realistic, yet entirely fake version of the government's fine-paying website. Scammers after your dosh of course.

If you receive a parking ticket, double check that the QR code is taking you to <http://antai.gouv.fr>, or even better, don't scan anything and try to manually input the reference number into the government's official fine-paying website: <http://amendes.gouv.fr>



NEED A CHEMIST ON SUNDAY OR BANK HOLIDAY?

Details of the 'pharmacie de garde' can usually be found on pharmacie doors, in local newspapers and at the local police station.

You can also ring 32 37 to find out the location of the nearest chemist – but it's not a cheap call – or check out www.3237.fr and enter your town and postcode.

ON HOLIDAY IN FRANCE?

Make sure you have the following documents at hand in case of medical accident or emergency in order to be reimbursed medical expenses.

- European Health Insurance Card (EHIC)
- Passport

Ask for a "Feuille de soins" (form given to you by doctor/dentist/hospital), any medical prescriptions and invoices for payments made, and hand in or post all paperwork to the nearest caisse d'assurance maladie in the area where you are staying.

LOCAL INSURANCE COMPANIES WHO SUPPORT P-O LIFE

Need insurance or want to negotiate a better deal?

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AXA VALLESPR

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ALLIANZ

Céret: Tel.: 04 68 87 00 84

Pollestres: Tel.: 04 48 07 21 84

Toulouges: Tel.: 04 68 22 34 00

PLAN VIGIPRATE

Seeing increased police activity on the roads and more check points around the P-O?

It could be part of the 'vigipirate' plan triggered earlier in the year to monitor a possible rise in terrorist activity throughout France.

It authorises increased controls for people, vehicles, and public buildings, to order spot searches, set curfews, ban public meetings...

This state of maximum vigilance is put in place for a limited period, the time required for crisis management, and can be declared for the whole of France, or for a limited geographical area.

IF YOU WITNESS A SUSPICIOUS EVENT, CONTACT THE POLICE DIRECTLY BY DIALLING 17 OR 112.

LANGUAGE EXERCISES ANSWERS

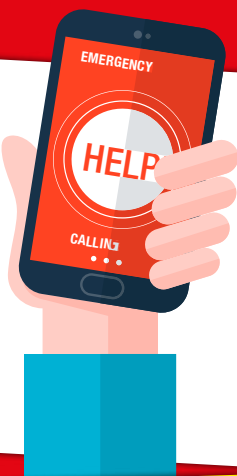
TEST YOUR FRENCH

- 1h 2i 3f 4e 5b 6j 7a 8c 9d 10g
- 1e 2g 3h 4i 5j 6b 7f 8c 9d 10a
- 1h 2a 3d 4b 5c 6i 7e 8g 9f 10j
- 1d 2e 3c 4a 5b

AMÉLIOREZ VOTRE ANGLAIS

- 1c 2a 3i 4g 5f 6h 7b 8e 9d 10i
- 1 pp 2 p 3 pp 4 pp 5 pp 6 pp 7 pp
- 1 happy 2 dry 3 deaf 4 cool 5 busy 6 free 7 light 8 good 9 hard 10 clear
- 1f 2g 3h 4i 5j 6c 7d 8a 9e 10b

EMERGENCY numbers



15 SAMU
(medical emergency)

17 POLICE
emergency

18 Fire service
emergency

112 European
emergency line

114 Emergency number
for the deaf and hard
of hearing by SMS

You can use the **European emergency number 112** in any EU country from any telephone. You do not need a card or money to ring this number from a pay phone. 112 may also be used from a mobile to connect you with all emergency services.

SOS Doctor 24/24 08 20 20 41 42
Emergency vet 04 68 83 35 85
Perpignan Hospital 04 68 61 66 33
CPAM (English spk serv) 09 74 75 36 46
Cancer Support France 04 68 69 01 37
MDPH (Departmental
House of Disabled People) 04 68 39 99 00

Directory enquiries 118 008
International Mastercard 08 00 90 13 87
Local weather forecast 08 99 71 02 66
Electrical emergency 09 72 67 50 66
Gas emergency 08 00 47 33 33

Useful Vocabulary

Help > Au secours!
It's an emergency >
C'est un cas d'urgence
I need an ambulance >
J'ai besoin d'une ambulance
I've had an accident >
J'ai eu un accident

The house/car is on fire >
La maison/voiture a pris feu
My husband has had a
heart attack/stroke >
Mon mari fait une crise
cardiaque/a souffert un AVC
(accident vasculaire cérébral
– pronounced ai vai cai)
My child is choking >
Mon enfant s'étouffe.

I'm bleeding (a lot) >
Je saigne (beaucoup).
I'm diabetic, I need insulin >
Je suis diabétique,
j'ai besoin d'insuline.
My wife is having the baby,
her water has broken >
Ma femme accouche,
I le bébé arrive, la poche
des eaux a percé.

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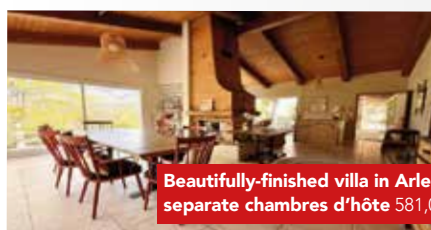
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