

Engaging Your French American Population

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Objectives

1. Describe the history of the French Community in America.
2. Identify the population distribution by state and national statistics of the French population.
3. Describe how a pharmacy owner can better engage with the French employees.
4. Describe how a pharmacy owner can better engage with the French patients.
5. Identify the stakeholders in the community committed to French health and explain how a pharmacy owner can expand his/her services.
6. Identify, explain, and debunk the stereotypes that pharmacy staff should be aware of when interacting with the French population.

Setting the Stage

- A community pharmacy owner living in south Texas has French population living within 5 miles of his pharmacy. However, he notices that he has not had many French patients get their prescriptions filled at his store. What can he do to become a trusted member in his community and increase his store sales?

History of French-Americans

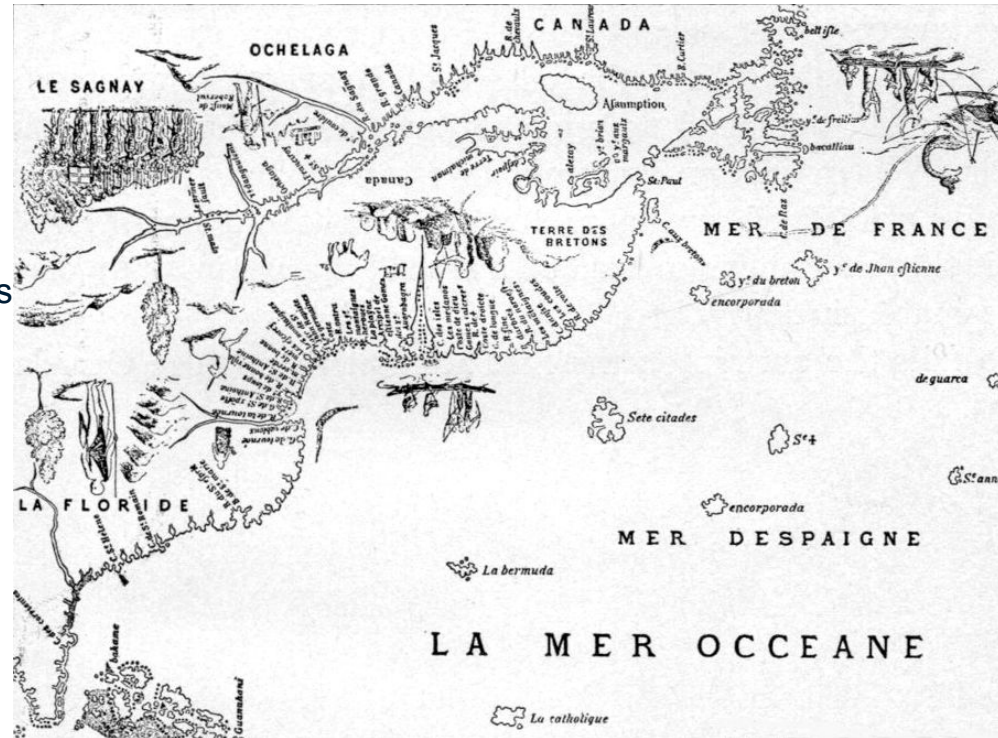
French American History

French-American history encompasses the interactions, cultural exchange, and shared experiences between France and the United States, from early colonial times to the present day. It includes significant events like the French and Indian War, the American Revolution, and the development of French-American communities in the U.S.

Key aspects of French-American history:

Early Colonial Influence

France played a crucial role in the exploration and colonization of North America, particularly in the St. Lawrence River valley and along the Mississippi River, laying the foundation for French-American cultural ties.



The American Revolution:

The American Revolution:

France was a key ally to the United States during the **American Revolution**, providing crucial military and financial support that helped secure American independence, according to the Museum of the American Revolution.

World War II and its aftermath was another landmark event in French-American relations. U.S. military forces played a key role in liberating France from the Nazi occupation. France received the third-greatest amount of aid under the Marshall Plan (after the U.K. and Germany). The Marshall Plan not only helped reconstruct the French economy but served as a model for European economic integration and the creation of the European Economic Community and the European Union.

Today, **France is a major economic partner of the United States**. The United States is the largest direct foreign investor in France. American companies have put \$33 billion into the French economy, and are responsible for creating 400,000 jobs in France. On the other hand, the United States is the leading recipient of French investments (and France is the sixth-largest investor in the U.S. economy). This investment has created an estimated 370,000 jobs in the United States.

Tourism is another important link between the two countries. The U.S. tops the polls of places French people want to visit. Each year about 2 million Americans go to France, while 1 million French citizens visit the United States.

In the political arena, France and the United States work closely on global and regional issues, both bilaterally and through multilateral organizations.



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https://1997-2001.state.gov/regions/eur/fs_980424_us_france.html#:~:text=France%20is%20the%20oldest%20ally,18th%2Dcentury%20French%20political%20philosophers

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The American Revolution:

In the political arena, France and the United States work closely on global and regional issues, both bilaterally and through multilateral organizations.

- France and the United States are working together to define a new European security structure. The two countries were early proponents of NATO enlargement, of founding the changes in transatlantic security upon a clear understanding with a democratic Russia, and of adapting NATO internally to address post-Cold War realities.
- The two countries are cooperating closely on helping to maintain peace in Bosnia. France is a major contributor to SFOR and is a leading voice in maintaining stability in the region.
- France has worked diligently with the U.S. in support of the Middle East peace process and continues to do so.
- The U.S. and France are working in close consultation to support the UN's MINURCA peacekeeping operation as well as political and economic reform efforts in the Central African Republic and to seek ways to prevent future conflicts in Africa.

Engagement Employees,

Creating a business proposition around a niche market

Engaging Your Employees

To effectively engage French-American employees, it's crucial to understand and respect both French and American work culture nuances. This includes recognizing the importance of formality, clear communication, and a good work-life balance. Acknowledging and respecting the different cultural expectations can foster a more inclusive and productive work environment.

Here's a more detailed look at how to engage French-American employees:

1. Understand Cultural Differences:

- **Formality and Hierarchy:**

French workplaces tend to be more formal, with titles and formal greetings being common, especially in initial interactions. Managers are expected to be more authoritative and provide clear direction.

- **Communication Styles:**

French communication is often direct and straightforward, unlike the more informal approach common in the US. Avoid excessive small talk and get to the point quickly, but maintain politeness.

Engaging Your Employees

- **Work-Life Balance:**

The French place a strong emphasis on work-life balance, with a 35-hour workweek being the norm. Respect employees' vacation time and encourage them to take it, [according to French Quarter Magazine](#).

- **Decision-Making:**

Decisions are often made at the top in France, and it may take time to get answers to proposals or requests, [says HousingAnywhere](#). Be patient and understand that decisions may require consultation with unions, [adds HousingAnywhere](#).

Engaging Your Employees

2. Implement Strategies for Engagement:

- **Promote French Language and Culture:**

Consider offering French language classes, celebrating French-American heritage, or incorporating French words and expressions into workplace communications.

- **Foster a Sense of Belonging:**

Encourage social interactions and build relationships through shared meals or after-work gatherings.

- **Offer Opportunities for Growth and Development:**

Provide training and development opportunities, recognizing the importance of continuous learning and career advancement, [according to trainingbooth.ae](#).

- **Recognize and Reward Contributions:**

Celebrate employee milestones and achievements, [says trainingbooth.ae](#).

- **Show Respect for Hierarchy:**

Be mindful of the hierarchical structure in French workplaces and use formal titles and greetings when appropriate.



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<https://trainingbooth.ae/5-fun-and-engaging-ways-to-integrate-french-language-learning-into-your-workplace/#:~:text=Making%20French%20Part%20of%20Your,vocabulary%20lists%2C%20or%20teaching%20circles>

Engaging Your Employees

Here are a few things that French employees are likely to appreciate:

1. French Language Lunches

Host a weekly “French lunch” where employees can practice conversational French skills in a relaxed and friendly environment. Appoint a native speaker to facilitate and lead activities focused on vocabulary, pronunciation, and dialogue. Make it voluntary and provide games, quizzes, and prizes to encourage participation and create excitement.

Engaging Your Employees

2. Learn about French History and Contributions:

Share interesting facts about the French-American relationship and the impact of French immigrants on American culture. This can be done through articles, presentations, or even guest speakers.

3. Recognition:

Thank your French employees for their contributions and skills. Consider a short, personalized note or a team meeting where you highlight their positive impact.

ASK : You may ask employees what kind of celebrations do they have and how do they celebrate their culture? French culture is very diverse and there is many different ways to celebrate heritage and culture.

Engaging Your Employees

Mardi Gras

The origins of Mardi Gras link back to pagan celebrations of the arrival of spring and fertility, such as the Roman festivals of Saturnalia that celebrated the same and that of Lupercalia which was also characterized by banqueting and merrymaking.

Mardi Gras is French for “Fat Tuesday” is celebrated as a festive day before the start of Lent, to reflect the practice of eating rich, fatty foods before the ritual fasting of the Lenten season. It’s also a time to bring out those colorful beads and masks and party!



Engagement Increasing Your Sales

How to “Market” to Your Patients

Engaging Your Patients Pharmacy

Staff Greetings

French greet each other with the following

- Instead of Hello - Bonjour! - Click [Here](#) to learn how to pronounce
- Instead of Hello, another way of greeting - Bon après-midi(good afternoon)
Bon soir (good evening) Bonne nuit (good night) -
Click [Here/Here/Here](#) to learn how to pronounce
- Instead of Thank you – Merci - Click [Here](#) to learn how to pronounce
- Instead of Goodbye – Au revoir - Click [Here](#) to learn how to pronounce

"La bise" is common among friends and acquaintances, involving a cheek-to-cheek kiss on each side, often with a slight embrace. While a firm handshake is common in formal settings, "la bise" is a more casual and warm way to greet someone they know well.

How to engage your French American patients in healthcare

To effectively engage French-American patients in healthcare, providers should focus on culturally sensitive communication, language support, and shared decision-making, as these elements can enhance patient understanding, comfort, and adherence to treatment plans.

1. Cultural Sensitivity and Understanding:

- **Recognize and Respect Cultural Differences:** Be aware that French-American patients may have varying perspectives on healthcare, including beliefs about illness, treatment, and the role of family in decision-making.
- **Active Listening and Validation:** Create a safe space for patients to express their concerns and beliefs, actively listen to their perspectives, and validate their feelings.
- **Family Involvement:** Recognize the importance of family in some French-American cultures and consider including family members in discussions, especially when they are involved in care decisions, says the National Institutes of Health (NIH).

How to engage your French American patients in healthcare

To effectively engage French-American patients in healthcare, providers should focus on culturally sensitive communication, language support, and shared decision-making, as these elements can enhance patient understanding, comfort, and adherence to treatment plans.

2. Language Support:

- **French Language Services:** Offer French language services, including bilingual staff or interpreters, to ensure clear communication and understanding, according to a study by the National Institutes of Health (NIH).
- **Translation of Materials:** Provide translated written materials, such as education pamphlets, consent forms, and discharge instructions.

How to engage your French American patients in healthcare

3. Shared Decision-Making:

- **Patient Education:** Explain diagnoses, treatment options, and potential risks and benefits in a clear and understandable manner.
- **Collaborative Decision-Making:** Engage patients in the decision-making process, respecting their preferences and values.
- **Empowerment:** Encourage patients to take an active role in their own healthcare, including asking questions, seeking clarification, and following treatment plans.

4. Utilizing Technology:

- **Online Resources:** Make use of online platforms and resources that offer information in French, such as patient portals or online health education materials, says a study by Wolters Kluwer.
- **Telemedicine:** Consider using telemedicine for remote consultations, especially in areas with limited access to healthcare or for patients who prefer virtual appointments, according to Fab French Insurance.

What pharmacogenomic mutations are common in French patients?

In French patients, certain pharmacogenomic mutations are commonly associated with drug response and potential toxicity, particularly in specific therapeutic areas. For example, mutations in the CYP2C9 gene can affect phenytoin metabolism, while CYP1B1 mutations have been linked to early-onset primary open-angle glaucoma. Furthermore, mutations in CYP3A4, SLC01B1, and UGT1A1 genes are relevant for statin therapy, irinotecan, and other medications.

Here's a more detailed breakdown:

1. CYP2C9 and Phenytoin:

- Individuals with CYP2C9 variants (CYP2C92 and CYP2C93) metabolize phenytoin slower, increasing the risk of toxicity.
- CYP2C9*3 is specifically associated with severe cutaneous adverse reactions.

2. CYP1B1 and Glaucoma:

- CYP1B1 mutations have been implicated in early-onset primary open-angle glaucoma in French patients.

What pharmacogenomic mutations are common in French patients?

3. Statins and Related Genes:

SLC01B15: This variant is linked to a higher risk of statin-induced myopathy, particularly with simvastatin.

CYP3A4: A variant in CYP3A4 intron 6 may require lower statin doses for optimal lipid control.

4. UGT1A1 and Irinotecan:

- The UGT1A1 gene is crucial for irinotecan metabolism, and mutations can affect toxicity.
- The rs11563250G allele, a common variant in the UGT1A1 3'-flanking region, is associated with reduced risk of irinotecan-induced neutropenia.

What pharmacogenomic mutations are common in French patients?

5. Other Notable Genes and Conditions:

- **HLA-B5701:** HLA-B*5701 screening is done before prescribing abacavir.
- **TPMT and NUDT15:** Mutations in these genes can affect the metabolism of thiopurine-methyltransferase and mercaptopurine/thioguanine, which are important for immunosuppressants like azathioprine.
- **VKORC1:** Genotyping for VKORC1 is considered beneficial for acenocoumarol and phenprocoumon.

In summary, pharmacogenomics in French patients highlights the importance of considering genetic variations in drug metabolism and response, particularly for specific medications like statins, irinotecan, and immunosuppressants, and in conditions like glaucoma.

French American Patients - More common healthcare conditions

In France, **cancer and cardiovascular diseases** are leading causes of death and disease burden. Other prevalent conditions include diabetes, chronic respiratory diseases, and obesity. Arterial hypertension is also a significant public health issue in France, affecting a large percentage of the population.

Detailed Breakdown:

Cancer: Cancer is the leading cause of death in France, accounting for a significant portion of all deaths.

Cardiovascular Diseases: Cardiovascular diseases, including coronary disease and stroke, are a major health concern, causing a considerable burden of disease and mortality.

Diabetes: Diabetes is among the most prevalent treated diseases in France.

French American Patients - More common healthcare conditions

Chronic Respiratory Diseases: Chronic respiratory diseases also rank among the most prevalent conditions.

Obesity and Overweight: Obesity and overweight are growing public health issues in France, with increasing prevalence rates, particularly among younger age groups.

Arterial Hypertension: High blood pressure (hypertension) affects a substantial proportion of the French population, and many individuals are unaware of their condition.

COVID-19: While not a chronic condition, COVID-19 had a significant impact on France's health, causing numerous deaths and hospitalizations, particularly among individuals with pre-existing health conditions.

Chronic Kidney Disease: Studies have also investigated the prevalence of chronic kidney disease in France.

Note: This information is based on available data and reports, and it's important to consult with relevant healthcare professionals for personalized advice and information regarding health conditions in France.



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French Health/Herbal Remedies

In France, a wide variety of herbal plants are used to create teas and infusions, with some popular choices including lavender, lemon balm, peppermint, chamomile, verbena, and hibiscus. These plants are often combined with fruits and spices like apple, lemon, cinnamon, and ginger to create flavorful and beneficial beverages.

[Lavender Tea](#) - This tea is thought to calm nerves, lead to better sleep, improve skin health, and provide many other benefits

[Lemon Balm](#) - Studies have shown that the herb is a potential treatment for many issues, from anxiety to menstrual symptoms.

[Peppermint Tea](#) - Peppermint may relieve digestive symptoms, such as gas, [bloating](#), and indigestion

[Chamomile Tea](#) - Some studies have found that chamomile tea may lower [blood sugar](#) in people with [diabetes](#).

[Verbena Tea](#) - Test-tube and animal studies suggest that vervain's glycosides, triterpenoids, and [essential oils](#) may help inhibit tumor growth and induce the death of cancerous cells

[Hibiscus Tea](#) - Hibiscus is rich in powerful antioxidants and may therefore help prevent damage and disease caused by the buildup of free radicals.



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<https://monpanierlatin.co.uk/blogs/mpl-blog/exploring-french-herbal-teas-wellness-in-a-cup#:~:text=2.,%E2%80%A2>

Pharmacist Counseling on Lifestyle and Food Choices

- Whole Grains
- Leafy Greens
- Non-Starchy Vegetables
- Fruit
- Lean Proteins
- Healthy Fats
- Legumes



Key Takeaway: To address individual nutrition needs **based on personal and cultural preferences**, health literacy and numeracy, access to healthful food choices, willingness and ability to make behavioral changes, as well as barriers to change

[Academy of Nutrition and Dietetics.](https://www.eatright.org/food/cultural-cuisines-and-traditions)

<https://www.eatright.org/food/cultural-cuisines-and-traditions>



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Protein: 10-35% of total calories (50-175 grams) e.g **20% 100 gm per day**

- Aim for **lean** sources: poultry, fish, beans, lentils, tofu.

Vegetables: Aim for at least 2-**3 cups per day**

- Packed with vitamins, minerals, fiber, and antioxidants.
- Variety is key: dark leafy greens, colorful peppers, broccoli, etc.
- **Non-starchy vegetables:** The foundation of your plate

Carbohydrates: 45-65% of total calories (225-325 grams) **50%**



- Primary energy source, especially for the brain.
- Choose complex carbs: whole grains, fruits, starchy veggies.

Healthy fats: Choose olive oil or other healthy fats

Fiber: Eat at least 14 grams of fiber per 1,000 calories-**28 gm per day**



French Dietary/ Lifestyle Interventions

French cuisine is known for its emphasis on fresh, high-quality ingredients and traditional cooking methods.

Foods	Explanation	Education/ Intervention
Breakfast - Viennese pastries 	Croissants with butter, pains au chocolat, brioches or even pains au raisin	Try using almond flour for croissants and fill with vegetables instead of chocolate and butter
Lunch - Croque Monsieur 	a French twist on a ham and cheese sandwich, with plenty of French butter and cream to add to the taste of this dish.	Less ham and omit the butter and cheese for salads

French Dietary/ Lifestyle Interventions

French cuisine is known for its emphasis on fresh, high-quality ingredients and traditional cooking methods.

Foods	Explanation	Education/ Intervention
<p>Snack - Gougeres</p> 	<p>a baked savory pastry made with a French choux dough mixed with cheese.</p>	<p>Try using spinach instead of mixing with cheese</p>
<p>Dinner - Cassoulet</p> 	<p>A dish of sausage, beans, and meat that is slow-cooked all together.</p>	<p>Omit sausage for chicken pieces and add more beans and vegetables</p>

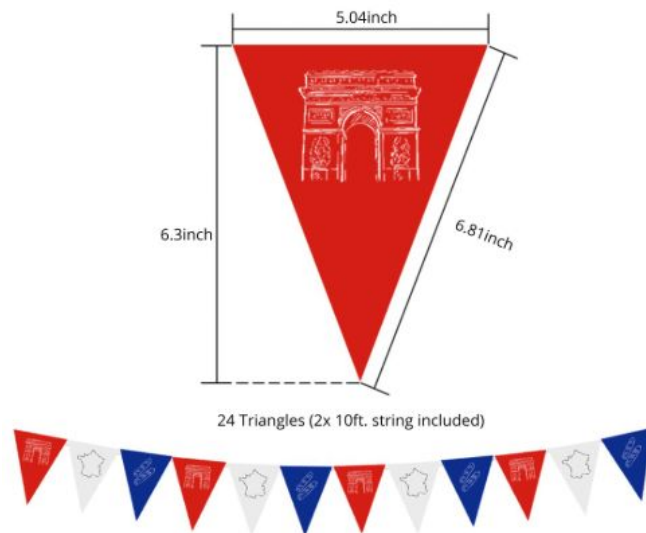
More French Cuisine Choices

Breakfast	Lunch	Dinner	Snacks
<p><u>Tartines</u> - bread topped with butter, sweet or semi-salty depending on the region, jam and honey</p>	<p><u>Entrecôte</u> - a premium cut of beef which can be used for both roasts and steaks served with fries</p>	<p><u>Olive tapenade</u> - a delicious spread of olives, garlic, capers and often anchovies which can be served on pasta or with chicken</p>	<p><u>Tarte flambée</u> - a thin, crispy, rectangular baked dough that is topped with tart and spreadable cheese (<i>fromage blanc</i>) or melting ripe cheese (<i>Munster</i>), crème fraîche, crispy bacon, and thinly sliced roasted onions.</p>
<p><u>Baguettes</u> - a type of long, thin French bread known for their crisp, hard exterior and soft, airy interior</p>	<p><u>Salade Niçoise</u> - often includes potatoes, green beans, and tuna.</p>	<p><u>Ratatouille</u> - traditionally made with tomatoes, zucchini, peppers, onions, and eggplant. Enjoy it as-is or with any protein; serve it warm or at room temperature over pasta or polenta, spooned over bread, or however else you see fit.</p>	<p><u>Gougères</u> - tiny, hollow pastry puffs made from choux dough and cheese, most commonly grated <i>Comté</i>, <i>Emmentaler</i>, or <i>Gruyère</i>. These cheese puffs are often served cold or at room temperature as an accompaniment to beverages such as champagne or wine, but they can also be served warm as an appetizer.</p>

Engaging Your Patients Decorations

Your customers would appreciate and be pleasantly surprised by the inclusivity through decorations. This would make them feel welcomed and appreciated.

Here are some ideas:



Amazon has all the decorations

Engaging Your Patients Social Media

Recommended hashtags:

#FrenchAmericanHeritageMonth2025

Recommended posts: refer to the toolkit! [HERE](#)

Engaging Your Patients

Religious Considerations

France and the United States have two of the strongest and most recognized secularist systems in the world, with completely different interpretations of the concept. To categorize the respective systems simply, the United States guarantees freedom of religion, whereas France strives for freedom from religion. In both countries, courts have been asked to determine whether students have the right to wear hijabs or other similar religious garb to school as an expression of their faith. In each of the countries, the federal government (in the American case, the Department of Justice, in the French, the Prime Minister and the Conseil d'Etat interior division) released a statement of their view of how each country's secularity principles should be applied in the respective controversies.



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Engaging Your Patients

Places of Interest

- Sharing information regarding Mass service in French or French Churches/Temples in your area could engage your patients as you take their religious preferences into consideration.
- Additionally, familiarizing yourself with common places that your patients might visit could help you bring more cultural awareness into your practice.
 - Bazaars
 - Traders Village/Pulga
 - French grocery stores

OTC Inventory

Adding a small OTC section of products that are commonly used by French people would create inclusivity and representation at your pharmacy; you can order them from your supplier.

The following are some of the common products used by them:

- Gas-X: Used to regulate the level of intestinal gas production
- Mucinex: This expectorant providing mucus relief
- Aspirin: taken to reduce headaches, pain, fever, or inflammation
- Imodium: a powerful anti-diarrheal medicine but must always be combined with an intestinal antibiotic in case of infection



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<https://frenchly.us/french-medications-equivalent-to-american-meds/>

Vaccines and Medicines

Be aware of current health issues in France. Learn how to protect yourself.

Routine vaccines

Make sure you are up-to-date on all routine vaccines before every trip. Some of these vaccines include:

- [Chickenpox \(Varicella\)](#)
- [Diphtheria-Tetanus-Pertussis](#)
- [Flu \(influenza\)](#)
- [Measles-Mumps-Rubella \(MMR\)](#)
- [Polio](#)
- [Shingles](#)

Vaccines and Medicines

Be aware of current health issues in France. Learn how to protect yourself.

- Hepatitis A

- Consider hepatitis A vaccination for most travelers. It is recommended for travelers who will be doing higher risk activities, such as visiting smaller cities, villages, or rural areas where a traveler might get infected through food or water. It is recommended for travelers who plan on eating street food.

-

- Hepatitis B

Recommended for unvaccinated travelers younger than 60 years old traveling to France.

Unvaccinated travelers 60 years and older may get vaccinated before traveling to France.

- Measles

Cases of measles are on the rise worldwide. Travelers are at risk of measles if they have not been fully vaccinated at least two weeks prior to departure, or have not had measles in the past, and travel internationally to areas where measles is spreading.

All international travelers should be fully vaccinated against measles with the measles-mumps-rubella (MMR) vaccine, including an early dose for infants 6–11 months, according to [CDC's measles vaccination recommendations for international travel](#).



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https://wwwnc.cdc.gov/travel/destinations/traveler/none/france?s_cid=ncezid-dgmq-travel-leftnav-traveler

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Vaccines and Medicines

Rabies

Dogs infected with rabies are not commonly found in France.

If rabies exposures occur while in France, rabies vaccines are typically available throughout most of the country.

Rabies pre-exposure vaccination considerations include whether travelers 1) will be performing occupational or recreational activities that increase risk for exposure to potentially rabid animals and 2) might have difficulty getting prompt access to safe post-exposure prophylaxis.

Please consult with a healthcare provider to determine whether you should receive pre-exposure vaccination before travel.

For more information, see [country rabies status assessments](#).

Tick-borne Encephalitis

Avoid bug bites

Learn more about [tick-borne encephalitis at your destination](#).

Tick-borne Encephalitis - CDC Yellow Book

Yellow Fever

CDC recommendations: Vaccine is not recommended.

Country entry requirements: Vaccine is not required.



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https://wwwnc.cdc.gov/travel/destinations/traveler/none/france?s_cid=ncezid-dgmq-travel-leftnav-traveler

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Vaccines and Medicines

Know how to get medical care while traveling

Plan for how you will get health care during your trip, should the need arise:

- Carry a list of [local doctors and hospitals](#) at your destination.
- Review your health insurance plan to determine what medical services it would cover during your trip. Consider purchasing travel health and medical evacuation insurance for things your regular insurance will not cover.
- Carry a card that identifies, in the local language, your blood type, chronic conditions or serious allergies, and the generic names of any medicines you take.
- Bring copies of your prescriptions for medicine and for eyeglasses and contact lenses.
- Some prescription drugs may be illegal in other countries. Call [France's embassy](#) to verify that all of your prescription(s) are legal to bring with you.
- Bring all the medicines (including over-the-counter medicines) you think you might need during your trip, including extra in case of travel delays. Ask your doctor to help you get prescriptions filled early if you need to.

Many foreign hospitals and clinics are accredited by the Joint Commission International. A list of accredited facilities is available at their website (www.jointcommissioninternational.org).



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https://wwwnc.cdc.gov/travel/destinations/traveler/none/france?s_cid=ncezid-dgmq-travel-leftnav-traveler

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Engagement Community Stakeholders

Networking- Going outside your comfort
zone

Engaging Community Stakeholders

- [French-American Foundation](#)
- [French-American Cultural Foundation](#)
- [The French-American Chamber of Commerce](#)
- [French-American Aid for Children](#)

Church

“A Place of Worship for Catholicism and Christianity”

The Church is a community Hub and serves its people.

- Sunday classes are available for learning the French language in many French churches.
- These classes are a way for first-generation French parents to pass on their language and heritage to their children, helping them maintain a connection with their cultural roots.
- Churches often organize social events, support groups, educational programs, and charitable activities that foster a sense of community and provide assistance to its members.
- The Church serves as a place for cultural preservation, education, and community building.

Church

“A Place of Worship for Catholicism and Christianity”

- The Male Priest in a French Church in Spanish is called “prêtre”
- The Female Priest in a French Church in French is called “prêtresse”
- There are also various events that are celebrated throughout the year

Networking Opportunity: A pharmacy owner can ask to be a part of these events and be put on the invitation list to meet with the community members in his area.

Museums & Art

Museums dedicated to French American Culture in the U.S.

- [The Louvre](#) - Atlanta
- [Frame](#) - North America
- [French Colonial America](#) - Missouri

Avoiding, Debunking, Demystifying

Stereotypes

Stereotype

Are French...?

Myth #1: Everyone in France Smokes

While there are many people in France who do smoke, not everyone in France smokes. Many young people do not smoke.

There is also a public smoking ban in France that is currently in effect which makes smoking in public illegal. So anyone who doesn't like to be around cigarette smoke is free to visit France without coming back with lung cancer.

Myth #2: French People Smell Bad

What? Hygiene is practiced in France... just as it is in the US. This one's a total lie! The average French person bathes or showers at least once a day just as people do in the United States. This myth is extra silly because France manufactures a huge amount of perfume, so if anything, you'd think French people smell better!



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<https://discover.hubpages.com/education/Myths-About-the-French>

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Stereotype

Are French...?

Myth #3: You Have to Speak French to Visit France

This depends on where you're going. If you're visiting large cities like Marseille, Paris, Lyon, etc., then chances are you'll be able to get by just speaking English. If you're going off the beaten path to explore small towns and villages, then knowing some French is helpful. Of course, those fluent in French will have it easier, but it's not impossible to travel around France knowing no French.

It's considered polite to attempt to speak French (even if it's out of a phrase book) instead of assuming someone speaks English. I recommend starting out by asking the person if they speak English:

Parlez-vous Anglais?

Stereotype

Are French...?

Myth #4: The French Hate Americans

The French are able to separate the American people from the administration that runs the US. Those who travel France and are respectful of any cultural differences will find that the French are warm, friendly people. **It's important to think about where this myth comes from.**

When visiting France, do as the French do. It's important to be respectful of cultural differences no matter where you're at. Problems start when we are disrespectful of others beliefs and lifestyles that problems.

By getting rid of the mentality that "America is the best country in the world" and accepting that there is no best, more people will have respect for Americans. It's just not healthy to have an "I'm from the best country in the world" mentality. It's not accurate and it's not a great way to get along with others.

Stereotype

Are French...?

Myth #5: French Women Don't Shave Their Armpits

As one of the most popular French myths, this myth was probably spread by some guy seeing the *one* French woman who hadn't shaved in a week. There probably are some women in France who don't shave their armpits, but there is probably an equal percentage of women in the US who don't shave their armpits.

Myth #6: The French are Snobby & Rude

This one depends on perspective. Before calling someone snobby or rude, it's important to understand cultural differences.

With a little education on a particular situation, a person can find they can understand and get along with just about anyone. That doesn't go to say that there are absolutely no rude people in France. There are rude people everywhere, it's a fact of life!

Did You Know?

The French don't snack

The fact that there are not many overweight people in France is a testament to their good eating habits. It is observed the French simply don't snack between meals. At least not to the extent that it's noticeable. They eat a small breakfast, a big lunch and a small dinner. In between they might have a cup of espresso. Sometimes the espresso comes with a tiny cookie. When they have guests for a drink before dinner, they serve something light to munch on— like olives and chips. In very small serving bowls. The French enjoy their meals and nothing else interferes.



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