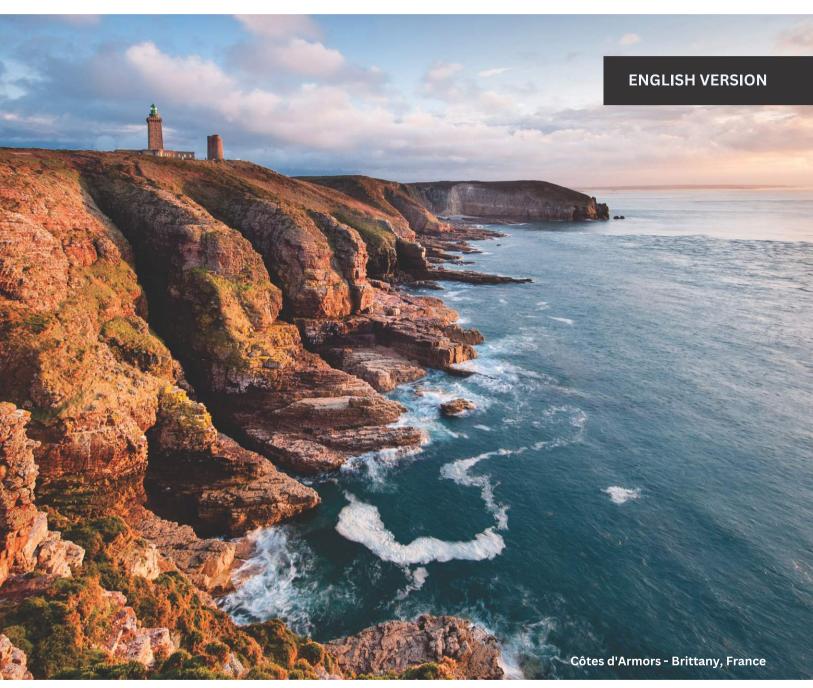
QUARTERLY MAGAZINE OF THE ALLIANCE FRANÇAISE OF CHANDIGARH

LAPLUME



JANUARY - MARCH 2025

EXPLORE BRITTANY A FRENCH REGION CHIT CHAT WITH NIPUN STUDENT FROM

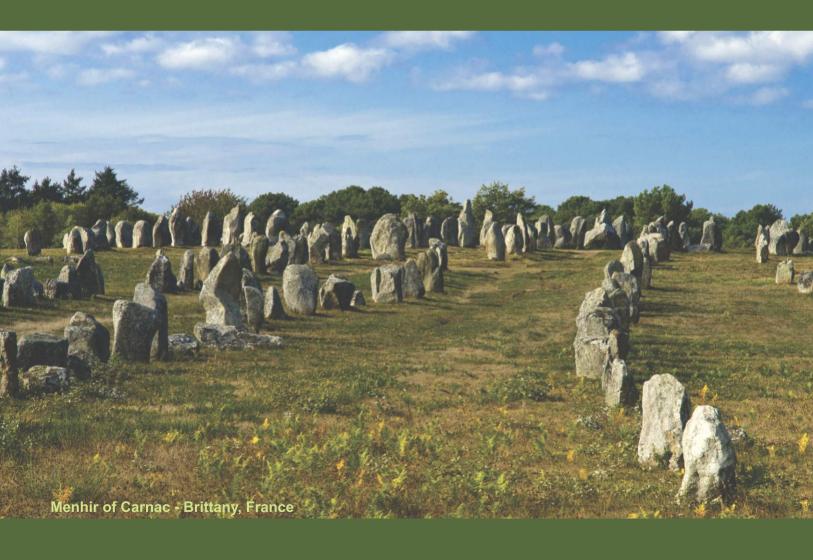
TYPICAL RECIPES FROM BRITTANY

GAME GRIDS IN FRENCH

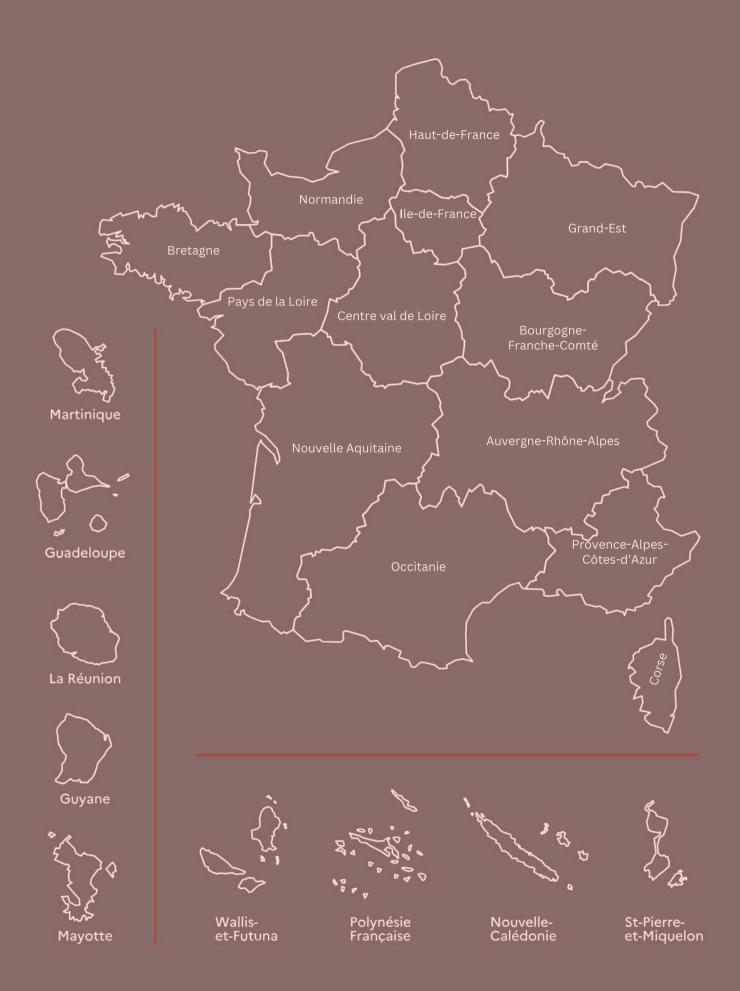


SUMMARY

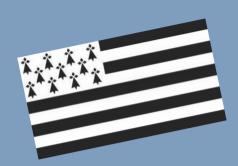
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FRANCE MAP



DISCOVER FRANCE



Brittany: arrive as tourists, go back as Bretons

Brittany, in the west of France, is a region rich in history, legends and wild landscapes. Bordered by the Atlantic Ocean, it boasts a spectacular coastline, charming villages and a unique heritage of megaliths, churches, cathedrals and Celtic traditions. Famous for its crêpes, seafood and cider, it is also a popular destination for its festivals, hiking trails and must-see sites.

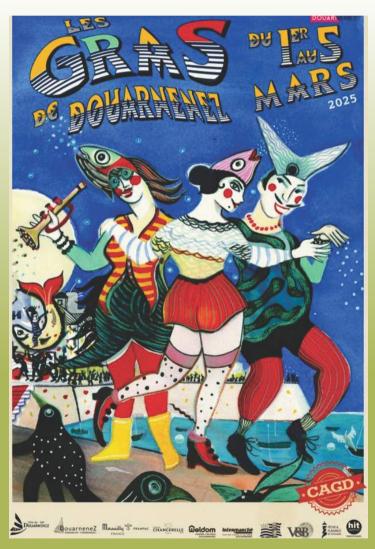


MAJOR EVENTS

Les Gras de Douarnenez

From Saturday 1 to Wednesday 5 March 2025

Celebrated since 1835, Les Gras de Douarnenez is one of Brittany's oldest and liveliest carnivals. They have their origins in Mardi Gras, a traditional festival marking the transition between a period of rich eating and Lent, a period of fasting in the Christian tradition.





This unique carnival is a not-to-be-missed event for discovering the festive and convivial spirit of Brittany!

Colourful celebrations

Carnival starts on Saturday with the enthronement of the King of Carnival, Den Paolig (Breton for 'poor man'). This emblematic figure is made of papier-mâché and stands around 3 metres tall. Hanging from the pediment of the town's Halles, he watches over the festivities until the finale: his incineration in a bonfire, followed by a final firework display.

Sunday is the biggest day, with the traditional 'noce des Gras' (=wedding of Gras), followed by a grand parade through the town. Extravagant costumes, original floats, music and good times bring together all generations in a joyful atmosphere.

On Monday, an inter-bar race adds a sporting and festive touch, while Tuesday evening ends in style with the 'La folle nuit des Gras' costumed ball. Children are not forgotten either, with a ball dedicated to them on Wednesday afternoons.









"La Noce des Gras": a wedding like no other

The highlight of the Gras de Douarnenez, the Noce des Gras is an all-male carnival wedding. The men of the town dress up in extravagant costumes to play the roles of bride and groom, the best man and the guests, with a healthy dose of humour and self-mockery. Accompanied by music and decorated floats, this unusual procession makes its way through the streets, attracting locals and tourist visitors alike.

The Noce des Gras has its origins in an old Douarnen tradition combining social satire and popular celebration. At the time, this burlesque wedding was a way for the fishermen and people of Douarnenez to mock social conventions and take a joyous break from the hustle and bustle of winter.

MAJOR EVENTS

La route du Rock, winter collection #19

from 26 February to 1 March 2025

Every year in February, rock warms up Brittany thanks to the winter collection of Route du Rock.







La Route du Rock is Brittany's emblematic festival, held in Saint-Malo twice a year: the Summer Collection in August and the Winter Collection in February.

From its very beginnings, this festival, originally dedicated to Anglo-Saxon rock, has made its mark by welcoming legendary artists such as Radiohead in 1993.

Today, La Route du Rock is a benchmark event for rock fans eager to discover new music.

Over the years, the programme has expanded to include other styles of rock, attracting talent from all over the world.



An explosive line-up!

This 19th winter edition of the festival will feature artists true to its aesthetic:

The rebellious decadence of Fat White Family; the iconic postpunk precursors The Ex; the explosive noise-rock quintet DITZ; modern storyteller Billy Nomates; the bubbling Dutch rock of Tramhaus; the post-Brexit disco apocalypse of Getdown Services; the romantic shoegaze of Bryan's Magic Tears; the synth-punk sextet Adult DVD;

the Australian garage rock of Delivery; the delicate, experimental synth-pop of the duo Reymour; London's unclassifiable Heartworms; the new talents of French indie rock Sinaïve and the promising indie-pop of Alva Starr.

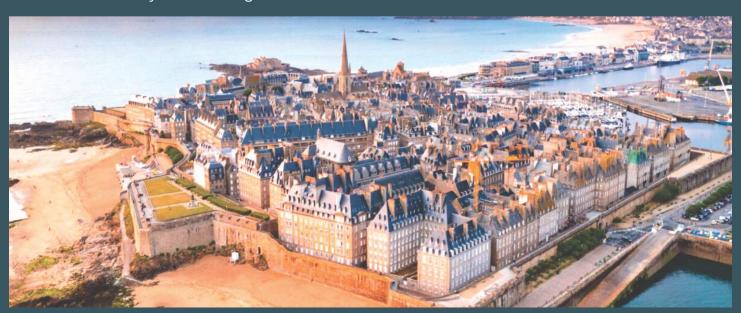






Between two concerts, take the opportunity to visit Saint-Malo, the corsair city.

Walk along the city's famous ramparts for a breathtaking view of the sea. Explore the city's winding streets and his fifty listed buildings "historical monument".



WALKS IN BRITTANY

THE BROCELIANDE FOREST

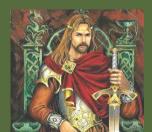
A journey to the heart of the Arthurian legends

The 11,000-hectare Brocéliande forest, with its moorland and ponds, is a magical place (in the original sense of the word) to discover on beautiful walks.



The forest of Brocéliande is closely linked to the Arthurian legends, a collection of texts written in the Middle Ages combining magic and chivalry. They feature King Arthur, the Knights of the Round Table and their quest for the Holy Graal.

Main characters of the Arthurian legends:



King Arthur, who became king by pulling the sword Excalibur from the rock in which it was embedded.



Lancelot, one of the knights of the Round Table, known for his pure heart. He betrays King Arthur by having an affair with his wife, Queen Guinevere.



Merlin the Enchanter, King Arthur's adviser, famous for his magical powers and great wisdom.



The Lady of the Lake who lives at the bottom of a lake in the Forest of Broceliande. It is she who guides Arthur in his quest for the Grail.



The fairy Morgane, Arthur's half-sister, is one of the main antagonists of the Arthurian legends.

Le Val sans retourne : Domain of the fairy Morgane

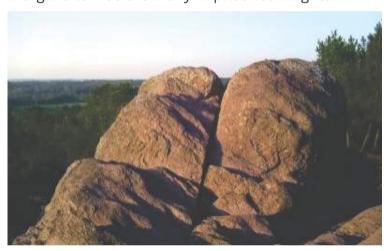
Le Val sans retourne (The valley with no return), is one of the most fascinating sites in Brocéliande. Its paths offer breathtaking views of the red of the shale, the green of the trees and the silvery reflections of the water. Nature itself seems to conspire to maintain the mystery of the place.

According to the legend, Morgane surprised her beloved by catching him in the arms of another woman.

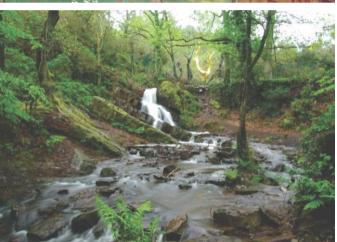
Enraged, she petrified them both on the crest of the valley, forming the Rock of False Lovers. Then, to punish all unfaithful men, she casts a spell over the entire valley: anyone who passes through is trapped there for eternity if he has ever failed in love.

This valley will become a valley of no return for all unfaithful men ...

It was Lancelot, a knight faithful to his oaths of love to Queen Guinevere, who broke the spell, forcing Morgana to free the many imprisoned knights.







As well as the Rock of the False Lovers, wander around the Val sans retour and you'll discover a number of other magical places: The Fairy Mirror, a pond where fairies can be seen, and Merlin's Seat, an overhanging stone that is said to have served as the throne of Merlin the magician.



The Brocéliande forest is a paradise for walkers. With over 200 km of trails, it offers routes to suit all levels and tastes. Each walk is an invitation to dream and escape, in the heart of a natural environment rich in legends. Between megalithic sites, enchanting landscapes and mythical places, hikers of all ages will appreciate this magical forest, where every path is a dream come true. Horse-riding and cycling tours are also available.

WALKS IN BRITTANY

TRO BREIZH

Tour of Brittany by foot

The Tro Breizh, or 'Tour of Brittany' in Breton, was originally a Catholic pilgrimage route linking the towns of the seven founding saints of Brittany: Saint-Malo, Dol-de-Bretagne, Vannes, Quimper, Saint-Pol-de-Leon, Tréguier and Saint-Brieuc. Over time, Rennes and Nantes were added to the loop.





The itinerary of the Tro Breizh: not a destination to reach, but a loop to complete

The Tro Breizh is a loop around Brittany. You are free to choose your starting point and the section you wish to cover. The only constraint is that your route must be clockwise. So you'll be heading in the direction of the rising sun, as the ancients did.

Following the rising sun is a symbol of renewal. It's an invitation to leave the past behind and move towards a future full of promise.

The Tro Breizh is above all a spiritual itinerary that invites reflection. A time to refocus and reconnect with what's essential.

An old Breton legend says that any Breton who completes the Tro Breizh in his lifetime is certain to win his place in paradise. On the other hand, if he doesn't complete it during his lifetime... he'll have to do it after his death by advancing the length of his coffin each year!

A change of scenery

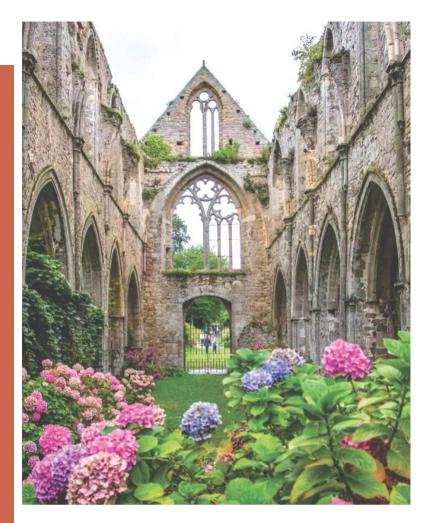
Today, the Tro Breiz is a popular hiking route for discovering authentic Brittany. This centuries-old journey off the beaten track will take you to the heart of Brittany's landscapes: Wild moors, colourful heather, green paths, magnetic seashores, shreds of mist...

The Tro Breizh is also a route steeped in history. During your walk, you'll have the chance to discover many historic sites from all eras:

The majestic cathedrals of Saint-Pol-de-Léon, Tréguier and Dol-de-Bretagne; the temple at Lanleff, a rare circular Romanesque church; the romantic ruins of Beauport Abbey. You can also discover megalithic sites such as the Kérangouez dolmen and the Primel and Guihalon menhirs.

One thing is certain: all of these landscapes are sure to transport you to a different world!





With the Tro Breizh, let yourself be carried away by the varied landscapes and fascinating history of Brittany. Whether you're a keen sportsman or woman, a family, friends or an individual, this route is accessible to everyone and promises an unforgettable experience!



RECIPES FROM BRITTANY

Palets bretons

Ingredients for 15 palets

140 g flour

80 g soft butter

80 g caster sugar

6 g baking powder

2 egg yolks

2 pinches of salt



Steps to follow

- 1) In a bowl, add the egg yolks and sugar. Whisk until the mixture whitens.
- 2) Add the soft butter, then the flour, baking powder and salt. Mix until you have a smooth dough.
- 3) Form the dough into a ball and wrap in cling film;
- 4) Leave the dough to rest for two hours in the fridge.
- 5) Close the cake with the second dough and seal the edges.
- 6) Preheat the oven to 180°C.
- 7) Cut slices from the dough and place on a baking tray.
- 8) Bake your shortbread for 20 to 30 minutes.

For something different, you can add lemon zest, poppy seeds or sesame seeds to your dough!



RECIPES FROM BRITTANY

Galettes bretonnes

Ingredients for 10 galettes

225 g buckwheat flour500 ml water1 teaspoon salt



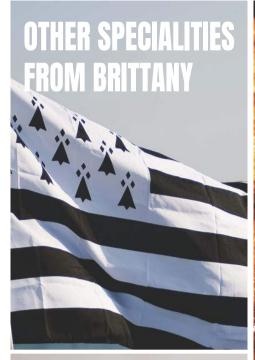
Steps to follow

- 1) Mix the buckwheat flour and salt in a bowl.
- 2) Add half the water (=250ml)
- 3) Mix until you have a thick, homogeneous paste
- 4) Mix vigorously (about 15 minutes) until bubbles form
- 5) Leave to rest for a minimum of 24 hours (maximum 3 days)
- 6) Add the rest of the water (=250ml) and mix until the mixture is smooth and liquid.
- 7) On a hot buttered frying pan, pour a ladleful of dough, then quickly tilt the pan to spread the dough over the entire surface.
- 8) Garnish your galette as you wish. Breton galettes can be eaten both sweet and savoury!



In Brittany, the most popular galette is called 'la complète.' The filling consists of grated Gruyère cheese, ham, caramelized onion, and an egg.

There are also plenty of vegetarian options. For example, in our cafeteria, our chef Govinda offers a galette with hummus, caramelized onions, and Emmental cheese. A delight!











"Feed your body well, and your soul will stay there longer."

[Breton proverb]









FRENCH EXPRESSIONS

Because many French people will tell you that it rains all the time in Brittany, here's a selection of expressions to talk about rain:

IL PLEUVIOTE

It's drizzling

When it's drizzling, the rain is light and of low intensity. However, it can drizzle for long periods without stopping

IL FAIT UN TEMPS DE CHIEN

It's a dog weather

It means that the weather is awful. It's often used to describe very bad weather, such as heavy rain, strong winds, or a storm.

IL PLEUT DES CORDES

It's raining cords (= It's raining cats and dogs)

It's mean that the rain falls heavily and abundantly.

C'EST LE DÉLUGE

It's the flood

When it's the flood, it rains a lot. It usually means a heavy downpour.

CHIT CHAT WITH NIPUN



Hello, I'm Nipun!

I'm from Chandigarh and have studied in Canada, the UK, and France.

I compose and perform solo piano music and run a teaching studio in Chandigarh.

In my free time, I study French at the Alliance Française de Chandigarh, where I've been both a student and a long-time associate.

It's a vibrant cultural hub with an extensive library and engaging events, and I've performed some of my most memorable concerts there.

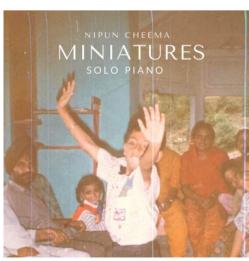
What draws you to Rennes?

In 2013, I lived in France as a language assistant and studied music at the conservatoire in La Roche-sur-Yon. During that time, I traveled across France and developed a deep love for Brittany.

Since then, I've returned every year, particularly to Rennes, where my close friend Ashish, a philosopher and writer, lives. This year, my visit was special as I recorded a solo piano album. Rennes' parks, music events, film festivals, and rich culture were incredibly inspiring.







What do you love about Rennes?

I enjoy exploring cities on foot, and Rennes is perfect for that. The Parc des Gayeulles is one of my favorite spots—it's a magical place with activities like paddleboarding, ice-skating, nature walks, and even a farm.

The city's restaurants serve delicious, comforting food, and the bakeries are exceptional—the savory baguettes are a must-try! I also make it a point to visit local cinemas that screen regional and international films and attend concerts at the conservatory.





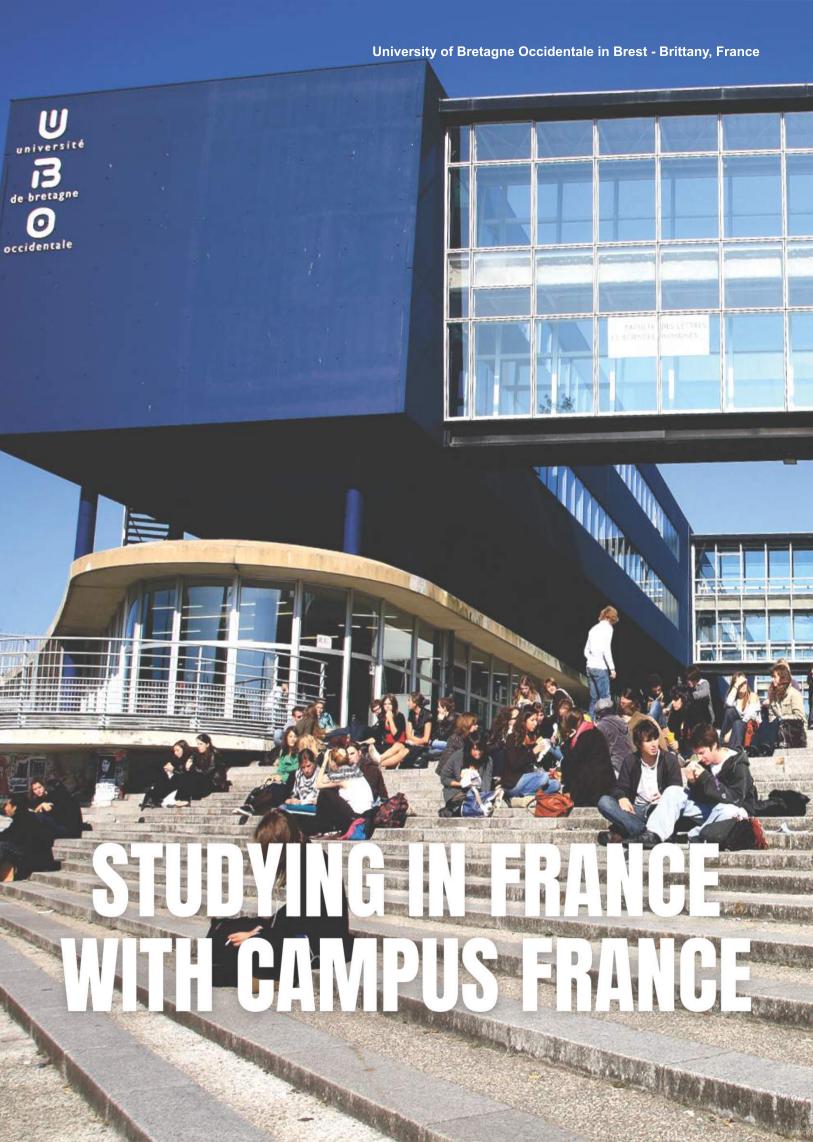


Any advice for Indians traveling to France?

Oui, bien sûr! Here are a few tips:

- Be prepared for colloquial French.
- Tap water is safe to drink.
- Cities are pedestrian-friendly, so pack comfortable shoes.
- French food is rich in dairy and proteins but low in spices, and vegetarian options are limited. However, Asian restaurants can satisfy cravings for spicy dishes.

Immerse yourself in France's unique charm and culture—it's a beautiful experience!





France Excellence Charpak Scholarship is now inviting applications: Your Pathway to Excellence in France!

Are you aspiring to pursue bachelor's or master's studies in France?
Then this scholarship is for you!

WHY CHOOSE THE FRANCE EXCELLENCE CHARPAK SCHOLARSHIP?

This prestigious scholarship includes:

- Monthly stipend: €860
- Visa and Etudes en France fee waiver
- Accommodation support: Priority access to CROUS student residences (subject to availability)
- Social security benefits

APPLICATION PROCESS

To apply, candidates must:

- Secure admission or initiate their application
- Submit their scholarship application through the online scholarship portal, along with the required documents.

to a French higher education institution.

• Refer to the Campus France India website for the full list of required documents.

IMPORTANT GUIDELINES

Admission Requirement:

- Applicants must have applied for admission to a French institution before submitting the scholarship application.
- Pending Admission Letters: If your admission letter is still pending, you can attach official email communications or proof that the letter will be received.

KEY DATES AND CONTACT INFORMATION

Application Deadline: 28 February 2025 (23:59 IST)
Contact: For any query, email scholarship.france@ifindia.in

The France Excellence Charpak Scholarship offers an unparalleled opportunity to access world-class education, experience the richness of French culture, and position yourself for a global career.

Take this chance to join a network of future global leaders and innovators. Apply now to take the next step toward a brighter and more prosperous future! Visit Campus France India for complete details.





A NEW MURAL

As a part of Wall Art Festival 4, French artist Elsa Martino has come up with a new mural to add colours to our wall.



A big thank to the students of the Art college of Chandigarh who provided invaluable help!

WELCOME GOVINDA!



Salut!

I'm Govinda (yes that's my real name!) and I've just joined the Alliance Française Chandigarh's team to delight your tastebuds. I am a French chef, and my mission is to share a bit of French culture through its cuisine.

"Living different lives within one" is a little bit the story of my life. Freshly graduated from a masters' degree in NGO management I started working for diverse non-profit organisations in India, where I have spent a couple of years and I totally fell in love with the country and its people! JAI HIND!

I've always been passionate about food, making it or eating it! Cooking is a daily ephemeral art and often for me a meditative experience as well. During my time in India, I would prepare French dishes for my Indian friends and colleagues (I even cooked for a wedding!!) and that's in India that my love for cooking and the will to make it a professional activity started growing.

Back to France I had to explore the culinary route. So, I jumped into the entrepreneurial world and started a catering company in the South of France. Working side by side with an experienced chef was a great intense training. It gave me the confidence and knowledge I needed to pursue my journey in the culinary world.

After a few years, I was eager to take on a new challenge and I caught the opportunity to be the cofounder of a food startup in London, UK, where I have lived for 6 years and broaden my skills not only as a chef but also as an entrepreneur in the food industry. The stars then got aligned and I couldn't resist India's calling! So here I am in Chandigarh, ready to please your palates at the Alliance Française!

What I like about Chandigarh?

I love hiking, and it's amazing that the mighty mountains are just next door, I can't wait to explore it! I also admire how the city is planned. This city is unique in India, so green, so calm and it's so pleasant to be able to have little tranquil walks! Merci Le Corbusier!?





STUDENTS WORK

As a part of the course on alternative medicine, our C1.2 students, Simran and Amarpreet, interviewed Govinda, in French, to hear her opinion on homeopathy. Translated for our English readers:



What's your opinion on homeopathy?

Can I answer this while making crêpes?

My first instinct is always to turn to homeopathy.

Have you ever used homeopathic treatments for yourself or someone close to you?

Oh yes, I have a lot of faith in homeopathy. Everyone in my family uses it, including me. I always try natural remedies first.

I think doctors should prescribe more homeopathy instead of painkillers—painkillers, painkillers!

Is homeopathy more developed in France?

Homeopathy is becoming more and more common, but the issue is that doctors don't always have the option to use it. It's easier to hand out painkillers.

Do you think homeopathy can be effective for treating certain illnesses? Why or why not?

Yes, for mild conditions that don't require surgery, like colds or even stress.

What's your opinion about the effect of homeopathy and allopathy?

I believe there's no risk because it's natural. At the very least, there's less risk and no side effects.

What do you think about the placebo effect of homeopathy?

Why not? It works too, and it's not harmful.

I'd add that alongside natural medicine, the food we eat is also part of natural healing. The Father of Medicine said, 'Food is our first medicine'

Food is our first medicine

MISSION MAMMOI

IN OUR MEDIA LIBRARY

NEW BOOKS FOR ALL LEVELS:



Illustrated book A1 level



Illustrated book A2 level



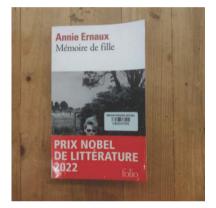
Comic book B1 level



Comic book B1 level

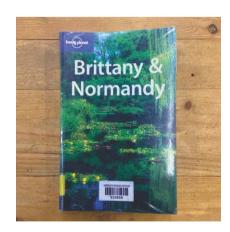


Comic Book B2 level



Roman C1 level

AND THE PERFECT BOOK TO DISCOVER BRITTANY:



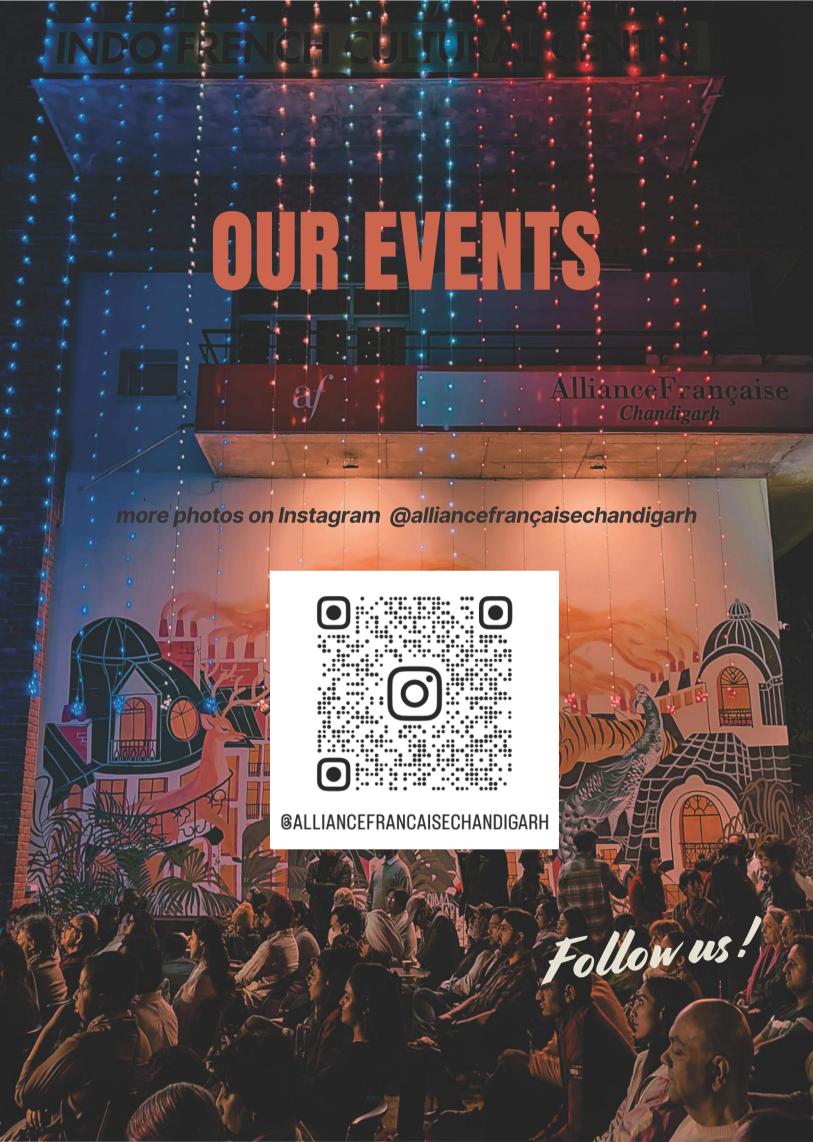
You can borrow books free of charge if you are a student of the Alliance Française Chandigarh! Ask Fanny at the media library.

NEXT SESSION

Spring session APRIL TO JUNE 2025

Immerse yourself in French language and culture at the Alliance Française Chandigarh!

more info www.chandigarh.afindia.org



PREVIOUS EVENTS

Several French Jazz band rocked the Alliance Française Chandigarh













In our art gallery we welcomed

November Numérique's interactive exhibitions





Sanjay Dhawan's recycled art exhibition, Metamorphosis





A clothes swap and upcycling workshop organised by Ritu Kochhar





At La Terrasse Bleue, our rooftop café, we've launched Crêpe Tuesday!





Savoury or sweet crêpes, made with wheat or buckwheat flour!









CALENDAR DELF - DALF 2025

DELF PRIM

A1.1: 23 April A1: 24 April A2: 22 April

registration from 23 March to 10 April **DELF JUNIOR**

A1: 22 April A2: 23 April

registration from 23 March to 10 April

> A1: 24 july A2: 25 July

registration from 24 June to 09 July **DELF TOUT PUBLIC**

A1: 24 March

A2: 25 March

B1: 26 March

B2:27 March

C1: 28 March

registration from

17 Feb to 07 March

A1:16 June

A2:17 June

B1:18 June

B2:19 June

C1: 20 June

registration from

17 Feb to 07 March

A2:08 July B1: 09 July

registration from 02 June to 23 June A1:15 September

A2:16 September

B1:17 September

B2:18 September

C1:19 September

registration from 04 to 22 August

A1:08 December

A2:09 December

B1:10 December

B2:11 December C1:12 December

registration from

01 to 14 November

DELF / DALF RATES IN 2025 (18% GST INCLUDED)

Diplomas	External candidates	Internal candidates	
DELF A1	10884	7075	
DELF A2	10884	7620	
DELF B1 & B2	12879	8501	
DELF C1	14268	9418	
	AllianceFrançaise Chandigarh	9418	





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We maintain long-term partnerships and open dialog with our employees and customers, because we know: we can only move forward together.

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CROSSWORD PUZZLE IN FRENCH

Find the correct French word that matches each definition.

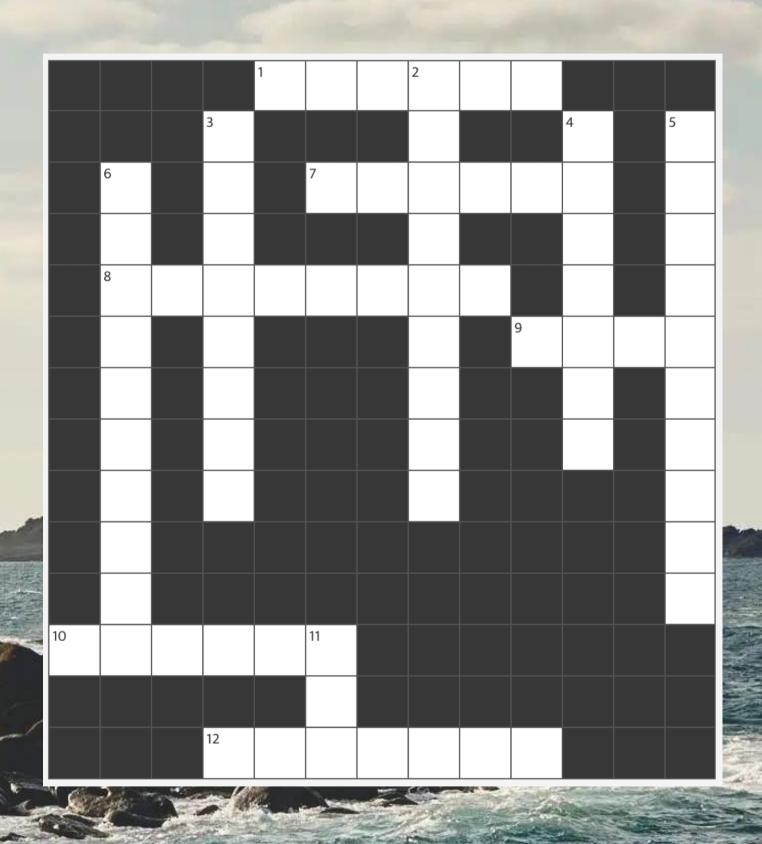
Horizontal

- 1 It can be salted or unsalted
- 7 A large standing stone, often used as a monument.
- **8 -** One of the most famous knights of the Round Table, known for his combat skills and pure heart.
- 9 Where boats are docked.
- 10 The first city of Brittany.
- **12 -** A Breton culinary specialty made with buckwheat.

Vertical

- **2-** Walking activity practiced while completing the Tro Breizh.
- **3 -** Each year, there's a very popular one in Douarnenez.
- **4 -** People who lived in Brittany
- **5** Corsair city where the La Route du Rock festival takes place.
- **6 -** Ocean bordering Brittany.
- **11 -** It can come from Guérande or Himalayas.

Find the corresponding French word to each definition







Next to Hibiscus Garden Sector 36-A, Chandigarh

General information: +91 79866 61775

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Director / Ophélie Belin director.chandigarh@afindia.org

Students Counsellor and Cultural Coordinator / Shilpi counsellor.chandigarh@afindia.org culture.chandigarh@afindia.org + 91 96466 55339

Secretariat-Administration / Rajiv info.chandigarh@afindia.org +91 98780 81322

Library / Fanny librarian.chandigarh@afindia.org +91 79866 61775

Academic Coordinator / Dolma course.chandigarh@afindia.org +91 98723 81581

Campus France / Nidhi chandigarh@india-campusfrance.org + 91 98214 93973

RECEPTION OPEN

9 am to 1 pm - 3 pm to 6 pm SATURDAY 9 am to 1 pm

HOLIDAYS

26th January (Republic Day)
14th March (Holi)
1st May (Labour Day)
2nd October (Gandhi Jayanti/Dusshera)
20-22 October (Diwali)
25th - 31st December (Christmas Break)

