

11-14-2021

France's Abilities to Stand Up for Freedom

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Recommended Citation

Peterson, Logan, "France's Abilities to Stand Up for Freedom" (2021). *2021-22 Field Notes*. Essay. Submission 3.

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11/14/2021

France's Abilities to Stand Up for Freedom

I decided to interview my host sister, Alexia, who is 25 years old. My host family is Franco-American so they are fluent in both English and French. They didn't have too many habits that are different than my own or people I know. I'd say the most surprising differences in lifestyle are the number of cigarettes that my host family and the French in general smoke. The French culture is generally more accepting of smoking whereas in the U.S., it is more frowned upon. Something that also surprised me is the portions of food they eat and the time they eat each meal of the day. The French typically eat way smaller portions than Americans, the smallest being breakfast. They also eat dinner much later than I am accustomed to back home. Here we usually eat dinner around 9:00P.M. which means I grab a snack around 5:00P.M. so I can make it until dinnertime.

For the most part my host sister has a fairly similar lifestyle as my own. She enjoys taking naps, going out with friends, watching television and eating American food. All of which I enjoy doing as well. As for differences, she typically eats more Mediterranean and Armenian cuisine, something I never tried before coming to France. Alexia and the French in general, are very concerned about politics. Her and my host family enjoy discussing political matters over dinner, and they are all opinionated in their own ways. Each Saturday, there is always a COVID Health Pass protest through the streets of Aix-en-Provence; the French love to stand up for their freedom. I'd say I follow politics a bit but not to the degree as my host family.

I definitely learned a lot about the French culture and my host family simply by living with them day to day. The interview helped reinforce the differences between the French culture and

my own. It's eye opening for me to see people on the other side of the world and how they conduct their lives compared to mine. In the big picture, both cultures live relatively the same. French and Americans work or go to school Monday through Friday and take the weekend as personal time. It really comes down to smaller niches that each culture has experienced for hundreds of years.