

## Women of the Club: *Family, Rugby & French*



Adapting, living abroad, and growing attached : Lose's story in France.



# Lose : an incredible woman I met on the sidelines of the rugby field.

*Lose now lives in New Zealand and feels a deep nostalgia for her time in France.*

*We shared years together at the club, and I always remember her as someone radiant and full of joy. Today, she opens up and shares something very personal. I'm deeply grateful for her words. I hope her story speaks to many of you, wherever you are in France (or in the world).*





## “My Pregnancy Experience ...”

“I have 3 kids, 2 were born in France and 1 in New Zealand. **Let me tell you why in my case it was important to learn French** (I’m laughing now but I wasn’t back then)

We had our first baby within the first year of being in France - no French, no carte vitale, only a handful of friends I just met and to top it off I suffered from HG (hyperemesis gravidarum) and didn’t know it, spewing non-stop for 9 months. Feeling very depressed, I cried to be around my family daily!

Refusing to go to all my appointments because the overwhelming feeling of trying to speak or understand what was said to me, I stayed home and spewed myself to sleep haha

Fast forward to Labor Day - my doctors/nurses were frustrated with me and I too was frustrated with them all because of the language barrier.

Had a healthy baby girl but the experience was **TRAUMATISING**”.

## Leaving France to Give Birth



“Years later, finding out we were pregnant again and still not learning French I said to my husband **“I’m going to New Zealand to give birth!”**.”

Brave enough to go to my rdv’s knowing that I was going to New Zealand to give birth.

Got the OK to fly home, so packed our bags and left France. Had the best birth experience!”



## A Different Story in Castres

“Almost two years ago I gave birth again to our third baby in a small little town called Castres - also had the best birth experience, had the best gynaecologist (shout out to DR Halden) and lovely doctors and nurses.

People who were a little bit more patient with my French **made such a DIFFERENCE.**

Leading up to this, I was taking French class every Thursday with a small Polynesian women's group also living in France and I had a few French friends who tested my French.

Faustine was one of those friends who tested me every time I saw her at games – **it really helped me and my CONFIDENCE.**”



## Lose's Advice to All Women Living Abroad

“My point is: **Learn French as soon as possible** – find a private teacher, find an English group in your area ‘cause they will know someone who teaches French, a friend or some French friends who can test you at coffee dates.

Don't leave it to year 8 of being overseas and then take French classes seriously.

I don't think my French is amazing but **it's not a scary thing anymore to TRY.**”

## Back Home, But Still Connected to French

“Now that my husband has retired from rugby and we have transitioned back home, **we want our children to continue speaking and learning French**, so finding a French community (Alliance Française Christchurch) here in New Zealand was a priority.

They have settled into their French classes and we are looking forward to going to our first P'tit Déj soon.”





*Merci beaucoup Lose xx*