

News & Info

“This is Lyon”

Did you know there's a website dedicated to Lyon that's written exclusively in English? It's called “This is Lyon” and has been designed to serve the local English-speaking community as well as international visitors. Here you can find great ideas about places to visit and things to do. Even locals can benefit from the tips and advice. You can see the “This is Lyon” website [here](#).

Year of the Dog

This year Chinese New Year falls on Friday 16 February. The festivities to celebrate this lunar new year will be held on Sunday 18 February in the Guillotière neighbourhood of Lyon with parades, lion dances, firecrackers, music and food, of course.

Food in February

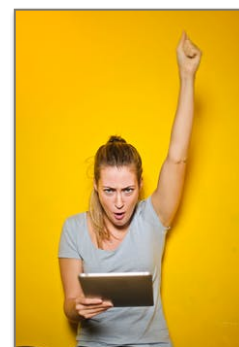
Speaking of food, if you didn't have the opportunity to enjoy the traditional crepe usually reserved for Candlemas (la Chandeleur) on 2 February, have no worries — mardi gras (13 February) is just around the corner. There's no better time to indulge in the sweet and delicious “bugnes”, a local specialty. Of course, if you want to know what some people across the English-speaking world eat during this time, see the article on the next page.

And most of all, bon appétit!

5 Quick Wins for Your English

On a tous envie de trouver le « truc », « l'astuce », la « formule magique » pour améliorer son anglais d'un coup de baguette magique. Cela ne remplacera jamais le travail de fond, mais comme chez Version Originale nous sommes très sympas, nous vous proposons quelques idées qui opéreront un effet de levier sur votre anglais à très court terme.

1 Vérifiez si votre entreprise a des ressources disponibles (glossaire interne, plateforme de e-learning ou autres outils que vous pouvez utiliser) pour améliorer votre anglais... les salariés ne sont pas toujours informés de leur existence !



2 Trouvez des outils en ligne fiables pour vous aider (exit Google Translate!!). Quelques exemples: www.granddictionnaire.com; www.iate.europa.eu; <https://www.vernimmen.net/Pratiquer/Lexique.php>.

3 Faites des pense-bêtes avec les phrases courantes pour vos mails, vos coups de fil, vos réunions, etc., et gardez-les sur votre bureau ou dans votre smartphone.

4 Profitez des moments insolites pour apprendre du vocabulaire – des post-its autour de la glace ou au dos de la porte des toilettes! Écoutez des phrases enregistrées en faisant votre footing, votre repassage, ou vos courses...

5 Pour améliorer votre compréhension orale, emportez avec vous en voiture un CD d'anglais à écouter sur les trajets ou **téléchargez des podcasts ou vidéos** sur votre smartphone pour les trajets en train.

On attend vos retours sur la mise en pratique!

VOCABULARY

revelry - lively and noisy festivities

Shrove Tuesday - the day when Anglo-Saxon Christians went to church for confession and were "shriven" (pardoned) from their sins

abstain - to restrain oneself from doing or enjoying something

pantry - a small room or cupboard in which food is kept

fast (verb) - to abstain from some or all kinds of food or drink

whisk - to beat or stir a substance with a light, rapid movement

batter - a semi-liquid mixture of flour, eggs and milk or water, used for making pancakes

to tickle one's fancy - to be intriguing, appealing or pleasant to someone



In the United States pancakes are a common breakfast food, often eaten at the weekends. They are thicker than English pancakes and have several names: flapjacks, hotcakes, or griddlecakes. The most common way to eat them is with butter and maple syrup.

Pancake Day

Carnival, that week-long period of public revelry that involves music, dancing, processions, and the use of masquerade, will come to a crescendo on Tuesday 13 February.

The origins of Pancake Day

Depending on where in the world you come from, this day is called by different names, such as *mardi gras*, Fat Tuesday or even Shrove Tuesday. For hundreds of years, the English have known it by the very pragmatic "Pancake Day".

Why? Because they eat pancakes! Traditionally, during the 40 days leading up to Easter, people would abstain from eating foods rich in butter and sugar. So this became the perfect opportunity to use up whatever eggs and fats remained in their pantries before the start of their fast.

But what is a pancake?

That, too, depends on where you come from, but in England, a pancake is a thin, flat cake made of batter that's fried in a pan, sometimes rolled and filled with a sweet (sometimes savoury) filling. The best way to eat a pancake is warm, right out of the pan.

To make a batch of pancakes, you'll need about 8 oz, or 225 grams of plain flour, 2 large eggs, 1 pint (roughly 500 millilitres) of milk and salt. Whisk all ingredients in a bowl and let stand for 30 minutes. Heat some oil in a pan, and when it's hot, pour in enough batter to cover the surface. After a minute or so, or when the pancake starts to brown, flip the pancake over to cook on the other side. Serve warm with sugar and lemon juice, jam, or whatever else tickles your fancy.

Pancake Racing

Not only do the English eat pancakes, they've turned the tradition into a community sporting event as well! Every year on Pancake Day large numbers of people gather, some wearing fancy dress costumes, and compete against one another in a running race. Each participant holds a frying pan and must successfully flip the pancake several times while running. Whoever crosses the finish line first, without dropping their pancake, is the winner.

Pancake Day (and the pancake race) is usually held in a fun atmosphere with lots of laughs and is the perfect way to begin the fasting period that ends at the Easter holiday 40 days later.