
One Thing In A French Day

Press Kit

Paris, France - 14 janvier 2021



Introduction

One Thing In A French Day is an « all-in-French » podcast aimed for advanced / intermediate French learners who want to improve their comprehension of the French language and escape their textbook for a few minutes.

Laetitia, the podcast host, writes and records at normal pace a short text about her daily life in Paris, France. Three new episodes, about 3 to 5 minutes long, are released every week, on Mondays, Wednesdays and Fridays.

The podcast is available to listen for free on the website www.onethinginafrenchday.com or on Apple Podcast, Google Play, Spotify, Deezer, etc.

website : www.onethinginafrenchday.com

email : frenchday@gmail.com



The podcast

- ➲ One Thing In A French Day was first launched in November **2006** with the idea of offering to French learners something different than TV or radio news, films or their textbook. It's audio, all in French, and it's about daily life in France.
- ➲ Each episode length is about 3 to 5 minutes and there are **3 new episodes** each week. They are released on Mondays, Wednesdays and Fridays. The episodes used to be released on Tuesdays/Wednesdays/Thursdays but the listeners asked for this change in order to get the time to properly study each episode before the next one. Laetitia decided that, yes, she could let them breath 24 hours between each episode ;-)
- ➲ The author of the podcast is **Laetitia Perraut**, a French woman living outside Paris, in France. She is married to Pietro and they have three girls. Beside the podcast, Laetitia works as a self-employed entrepreneur in the publishing industry.
- ➲ In early 2018, Laetitia started **interviewing** people that she was meeting for the show : it could be a baker, or pâtissier, a cheesemaker, a History student, following a friend to the market on a Saturday morning. [The 2019 interview list](#). [The 2020 interview list](#).
- ➲ In September 2019 a survey revealed that **98%** of the listeners who answered (200 of them) think their comprehension of the French language **have improved** since they started listening to the podcast. Why? because **they use their ear!** They train their brain to understand French.
- ➲ **France Lockdown** March 2020 : During lockdown, Laetitia couldn't go to Paris or meet people. Was it the end of the story for the podcast? No, because suddenly there was so much to tell! On the other end of the mic, something really unusual happened : a demand. So, Laetitia realeased more episodes than usual (6 per week instead of 3). The audience of the podcast was getting bigger everyday. We were all of us at home, we couldn't go out, but we were really sharing something. The lockdown diary of One Thing In A French Day stopped after **100 days of lockdown**.
- ➲ **Summer In France** : As many listeners had planned to travel to France, but could not come, the podcast brought them France in a special summer with 3 new episodes every week. The episodes released under the banner « Summer in France » took the listeners to many different places including the Middle Ages museum in Paris, the town of Cluny in Burgundy, to the Côte d'Azur, to the Eiffel Tower, etc.



Release schedule

- ❖ One Thing In A French Day podcast is released on Mondays, Wednesdays, and Fridays.
- ❖ The podcast started in 2006.
- ❖ 150 episodes are released per year in average.
- ❖ Today, January 14th 2021 the episode number is 1940.

The transcript

- ❖ The transcript is available with a paying subscription to the newsletter (3 or 5 € per month). The 5 € (or 6\$) version includes cultural notes, examples of useful sentences in context, small exercises and photos. The 3€ (or 4 \$) contains only the text of the podcast. There are examples of the newsletter on the podcast website.
(www.onethinginafrenchday.com)

Reviews

- ❖ In 2017, One Thing In A French Day was part of the 100 top French blogs (rank 42/100) by Feedspot
- ❖ In 2018, One Thing In A French Day was a Podcast Awards nominee (The People's choice - Education category)



Kind words from the listeners

- ➲ The French Day podcast is super cool. It's like getting a slice of daily life in France delivered to your door. The episodes are short and manageable and Laetitia's anecdotes are always colorful and amusing. I find that I end up learning French the way a small child does, by hearing it spoken and intuitively putting together the puzzle of verbs and vocabulary. I highly recommend it! - Will (USA - Italie)
- ➲ One Thing in a French Day is unfailingly informative, educational, and entertaining—and also warm and personal. You generously share your observations and experiences, including pertinent (and often amusing) stories about your friends and family. Each episode has taught me something new. Mary - USA
- ➲ Laetitia's "One Thing a French Day" podcasts are always interesting and usually amusing too to an extent that I look forward to finding out what we're going to hear about today. The content is always described in a friendly and entertaining way using contemporary, current references and phrases which has really helped develop my more formal school days French. Linda - UK
- ➲ I listen to the podcasts " One thing in a French Day" in order to keep up to date with spoken French. It is far more enjoyable than studying from a textbook and I find the 'Trois tournures de phrases utiles' super useful! Bethany — Australia
- ➲ I discovered "One Thing in a French Day" on the internet about 12 years ago, and started to follow it. I didn't understand much of it initially, especially the audio podcast, but I persevered, aided by a dictionary. I immediately found the Newsletter very useful, interesting and educational. I was learning much more about life in France than just the French language. Roger - UK



Statistics, voilà!

January 2019 - January 2021



Cultivate Your French Podcast

The septembre 2019 survey revealed that for some listeners, though they enjoyed the concept, it was too advanced for them. So, in January 2020, Laetitia launched a once a week slow version of the podcast under the name Cultivate Your French. www.cultivateyourfrench.com



Where to listen

The show can be listened to directly from the website, as well as on most podcast platforms.

☛ web :

https://wavve.link/v1_r63Q96/episodes

☛ RSS :

<https://onethinginafrenchday.podbean.com/feed.xml>

☛ YouTube :

<https://www.youtube.com/channel/UCzJByNGlqy5L1KN799ajB9w>

☛ Apple Podcast :

<https://podcasts.apple.com/fr/podcast/one-thing-in-a-french-day/id210206924>

☛ Google Podcast :

<https://podcasts.google.com/?feed=aHR0cHM6Ly9vbmV0aGluZ2luYWZyZW5jaGRheS5wb2RiZWFFuLmNvbS9mZWVKLw%3D%3D&hl=fr>

☛ Spotify :

<https://open.spotify.com/show/1ebd24yXXgVa7wN8snv4r0>

☛ Deezer :

<https://www.deezer.com/fr/show/515082>

☛ iHeart :

<https://www.iheart.com/podcast/256-one-thing-in-a-french-day-31101529/>

☛ Stitcher :

<https://www.stitcher.com/podcast/laetitia-p/one-thing-in-a-french-day?refid=stpr>

Where to connect

☛ Facebook :

<https://www.facebook.com/onethinginafrenchdaypodcast/>

☛ Instagram :

<https://www.instagram.com/onethinginafrenchday/>