



FASTTrack French Overview

FASTTrack French is a practical, situation-based language program designed to help adults gain the confidence and skills needed to communicate in French during everyday activities in Quebec. The program focuses on real-life scenarios that participants are likely to encounter, making learning relevant, useful, and immediately applicable.

How It Works

Rather than concentrating primarily on grammar and textbooks, FASTTrack French teaches French through common situations and everyday interactions. Participants learn vocabulary, expressions, and conversational skills related to real-life experiences such as:

- Ordering food in a restaurant
- Asking for and understanding directions
- Introducing themselves and engaging in basic conversation
- Communicating in hospitals and medical clinics
- Navigating daily activities and community services

Lessons are interactive and encourage participants to practice speaking, listening, and responding in realistic situations.

Why It Works

Adults often learn best when they can immediately apply what they are learning. By focusing on practical situations, participants can see the direct value of each lesson and build confidence through repetition and real-world practice. The emphasis is on communication and understanding rather than perfection, helping learners become comfortable using French in everyday encounters.

Benefits in Quebec

Living in Quebec offers many opportunities to use French in daily life. Learning practical French can:

- Increase confidence when interacting with Francophone community members
- Make everyday tasks easier and less stressful
- Improve access to services, healthcare, and community resources
- Foster social connections and reduce language barriers
- Encourage greater participation in Quebec's cultural and community life

The Goal

The goal of FASTTrack French is to equip participants with the practical language skills needed to navigate everyday situations with confidence. By learning French through real-world scenarios, participants develop the ability to communicate effectively and engage more fully in their communities throughout Quebec.

The FastTrack French Program for Seniors is offered free of charge at LaSalle D&D 50+ Centre. **To register**; call 438-882-7771 or email alex.p@lasalredd50.ca.

Success Story

by Alex Pitcher, Activity Coordinator, LaSalle D&D 50+ Centre

One of the accomplishments I am most proud of this year is the participation and commitment of our learners. We had a core group of 23 participants enrolled in FASTTrack French, with an average of 19 participants attending each class throughout the year (2025-2026). That level of dedication speaks volumes about the enthusiasm and determination of this group.

While the numbers are impressive, the real success stories are the moments that happen outside the classroom. Throughout the year, many participants have come up to me after class to share how they used something they learned in a real-life situation. Whether it was ordering a meal in French, asking for directions, having a conversation with a Francophone neighbour, or navigating a medical appointment, they were able to apply their skills with confidence.

Those stories are what FASTTrack French is all about. Seeing participants move from feeling nervous about speaking French to confidently engaging in everyday interactions is incredibly rewarding. Part of that success comes from the atmosphere we have built together. From the very beginning, our goal has never been perfection—it has been participation. We encourage people to take risks, make mistakes, ask questions, and most importantly, have fun. There has been plenty of laughter along the way, and I think that low-pressure, supportive environment has helped many participants find the confidence to use their French outside the classroom. It is heartwarming to hear these successes, and I am so proud of each and every one of our learners for their perseverance and willingness to step outside of their comfort zone.

One of the highlights of the year was taking our learning beyond the classroom and into the community. We enjoyed a breakfast outing at Peddlers restaurant, where every single participant successfully ordered their meal in French. It was wonderful to see everyone put their skills into practice in a real-world setting.

We also took a trip to Carrefour Angrignon for some Christmas shopping. After all, what better way to practice French than with a little retail therapy? I can't promise it was good for everyone's wallet, but it was certainly great for building confidence and conversation skills!

What makes me especially excited is that we are not stopping here. We continue to develop our French skills while strengthening our connections within the broader community. This summer, we will be visiting a partner organization, Centre du Vieux Moulin, where our participants will have the opportunity to socialize and practice French alongside one of their groups in a welcoming community setting.

We are also building a new partnership with Carrefour Marguerite-Bourgeoys. Together, we will be bringing our groups together for a lunch outing, creating another opportunity for meaningful conversations, new friendships, and real-life French practice.

When you look at where we started and where we are today, the progress is remarkable. Our learners have built not only language skills but also confidence, independence, and stronger connections to the community around them. Every conversation, every question asked, and every interaction in French is a success worth celebrating.

As we look through photos from our sessions, community outings, and activities this past year, we reflect on just how far we've come and we take pride in everything our learners have accomplished together. Congratulations to each and every graduate on an incredible year!

- Alex Pitcher, Activity Coordinator, LaSalle D&D 50+ Centre