



1. Auvergne-Rhône-Alpes

- **Capital:** Lyon
 - **Geography:** Includes the Alps, volcanoes, rivers, and forests.
 - **Climate:** Cold in the mountains, mild elsewhere.
 - **Economy:** Tourism (ski resorts), cheese and meat farming, technology in cities like Grenoble.
 - **Famous Food:** Raclette, fondue, sausages.
 - **Cool Places:** Mont Blanc, Vanoise National Park, Puy de Dôme volcano.
 - **Fun Fact:** The region has both volcanoes and glaciers!
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2. Bourgogne-Franche-Comté

- **Capital:** Dijon
 - **Geography:** Rolling hills, vineyards, rivers, and forests.
 - **Climate:** Mild summers, cold winters.
 - **Economy:** Wine, dairy farming, and traditional crafts.
 - **Famous Food:** Boeuf Bourguignon, Époisses cheese, Dijon mustard.
 - **Cool Places:** Hospices de Beaune, Jura Mountains.
 - **Fun Fact:** This region is a top wine producer in the world!
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3. Brittany (Bretagne)

- **Capital:** Rennes
 - **Geography:** Rugged coastline, cliffs, forests, and islands.
 - **Climate:** Cool, rainy winters and mild summers.
 - **Economy:** Fishing, farming, tourism.
 - **Famous Food:** Crêpes, galettes, cider, seafood.
 - **Cool Places:** Saint-Malo, Carnac stones, Pink Granite Coast.
 - **Fun Fact:** Brittany has its own traditional music and dances.
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4. Centre-Val de Loire

- **Capital:** Orléans
 - **Geography:** Flat plains, gardens, and the Loire River.
 - **Climate:** Moderate, with warm summers.
 - **Economy:** Farming, winemaking, and tourism.
 - **Famous Food:** Goat cheese (Crottin de Chavignol), tarte Tatin.
 - **Cool Places:** Château de Chambord, Château de Chenonceau.
 - **Fun Fact:** It has more castles than any other region in France.
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5. Corsica (Corse)

- **Capital:** Ajaccio
 - **Geography:** A mountainous island in the Mediterranean.
 - **Climate:** Hot, dry summers and mild winters.
 - **Economy:** Tourism, agriculture, and fishing.
 - **Famous Food:** Wild boar stew, chestnut cakes, Corsican cheese.
 - **Cool Places:** Calanques de Piana, GR20 hiking trail.
 - **Fun Fact:** Napoleon Bonaparte was born in Ajaccio.
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6. Grand Est

- **Capital:** Strasbourg
 - **Geography:** Mountains, vineyards, and rivers like the Rhine.
 - **Climate:** Cold winters, warm summers.
 - **Economy:** Agriculture, car manufacturing, European government.
 - **Famous Food:** Flammekueche (pizza-like dish), pretzels, sausages.
 - **Cool Places:** Strasbourg Cathedral, Reims Cathedral, Vosges Mountains.
 - **Fun Fact:** The Christmas market in Strasbourg is one of the oldest in Europe!
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7. Hauts-de-France

- **Capital:** Lille
 - **Geography:** Flat farmlands, beaches, and old mining towns.
 - **Climate:** Cool and cloudy with lots of rain.
 - **Economy:** Industry (steel, coal), farming, and services.
 - **Famous Food:** Maroilles cheese, "carbonnade flamande" (beef stew).
 - **Cool Places:** Somme battlefields, Louvre-Lens museum.
 - **Fun Fact:** Lille has one of the biggest flea markets in Europe.
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8. Île-de-France

- **Capital:** Paris
 - **Geography:** Flat land, rivers, and lots of cities.
 - **Climate:** Mild winters and warm summers.
 - **Economy:** Government, fashion, tourism, and business.
 - **Famous Food:** Croissants, baguettes, macarons, everything Parisian!
 - **Cool Places:** Eiffel Tower, Louvre Museum, Versailles Palace.
 - **Fun Fact:** Nearly 1 out of every 5 French people lives here!
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9. Normandy (Normandie)

- **Capital:** Rouen
 - **Geography:** Green hills, cliffs, beaches, and countryside.
 - **Climate:** Rainy, with cool summers and winters.
 - **Economy:** Dairy farming, apples, tourism.
 - **Famous Food:** Camembert cheese, cider, seafood.
 - **Cool Places:** Mont-Saint-Michel, D-Day beaches, Bayeux Tapestry.
 - **Fun Fact:** The famous artist Claude Monet painted here!
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10. Nouvelle-Aquitaine

- **Capital:** Bordeaux
 - **Geography:** Long beaches, forests, and farmlands.
 - **Climate:** Warm summers, cool winters.
 - **Economy:** Wine, surfing, aerospace, and farming.
 - **Famous Food:** Duck dishes, oysters, Bordeaux wine.
 - **Cool Places:** Dune du Pilat (Europe's tallest sand dune), Lascaux caves.
 - **Fun Fact:** The region includes both surf beaches and snowy mountains.
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11. Occitanie

- **Capital:** Toulouse
 - **Geography:** Mountains (Pyrenees), plains, rivers, and sea.
 - **Climate:** Warm summers and mild winters.
 - **Economy:** Farming, aerospace (Airbus HQ), tourism.
 - **Famous Food:** Cassoulet (bean and meat stew), Roquefort cheese.
 - **Cool Places:** Pont du Gard (Roman bridge), Carcassonne castle.
 - **Fun Fact:** Toulouse is called "La Ville Rose" because of its pink buildings!
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12. Pays de la Loire

- **Capital:** Nantes
 - **Geography:** Rivers, farmlands, ocean coast.
 - **Climate:** Mild and rainy with warm summers.
 - **Economy:** Farming, fishing, shipbuilding, technology.
 - **Famous Food:** Rillettes (meat spread), salt from Guérande.
 - **Cool Places:** Machines of the Isle of Nantes, Puy du Fou (historic theme park).
 - **Fun Fact:** The region has some of the most famous sea salt in the world!
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13. Provence-Alpes-Côte d'Azur (PACA)

- **Capital:** Marseille
- **Geography:** Mediterranean Sea, lavender fields, the Alps.
- **Climate:** Hot, dry summers and cool winters.
- **Economy:** Tourism, farming (especially olives and lavender), technology.
- **Famous Food:** Bouillabaisse (fish soup), ratatouille, olive oil.
- **Cool Places:** Nice, Cannes, Verdon Gorge, lavender fields in Provence.
- **Fun Fact:** The French Riviera is a favorite vacation spot for celebrities!