Diploma thesis aims to present the two French regions: Picardie and Nord-Pas-de-Calais. The thesis consists of two main parts, theoretical and practical. The first, theoretical part, systematically describes the two regions, begins with geographical data, followed by history and economics and ends with the mostextensive chapter of cultural anthropology. The second, practical part, uses information from the first part and creates a didactic guide for teachers, whereas follows the same sequence of chapters as the theoretical part. Particular chapters about geography, history, economics and cultural anthropology include various exercises and activities that shall enrich the teaching of French language about the realities of Northern France.