



# SKIDMORE IN PARIS & PARIS FALL SEMINAR

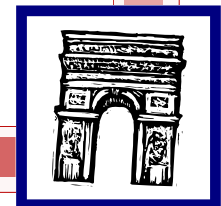


*The Student-to-Student Guide  
to Living in Paris*

**2010-2011**

SKIDMORE  
C O L L E G E

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*Bonjour!*

*You're probably feeling a bit apprehensive, nervous, anxious, worried, jet-lagged, bloated, and confused. It's all normal (except for the bloated part). It will all pass soon (hopefully, in the WC). ☺*

*This is our advice to you for your next semester, or year, in Paris. Take it or leave it – though we think you should take it. And remember these are the words from the people who have lived it.*

~ Past participants of the Skidmore in Paris and Paris Fall Seminar programs



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## SIMPLE, BUT GOOD ADVICE

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The Paris staff is going to give you a ton of advice and tips during Orientation. In case you missed some of what they said, or they forget to mention these (they can't remember EVERYTHING), here are a few things we encountered:

### General Tips

1. At grocery stores you often have to get produce weighed in the Produce section before you go up to the register.
2. You have to bag your own groceries.
3. As much as you want to look at the beautiful Parisian architecture, keep your eyes on the sidewalk. There is dog poop everywhere. Have 3D vision!
4. Leave a lot of extra time to get places until you get comfortable with the métro.
5. Keep busy during orientation. It'll help you avoid homesickness.
6. Expect to be a little more independent than you may be used to at home...
7. And tired.
8. White wine gets out red wine stains and salt gets out red wine stains (thanks, Brynn).
9. On escalators and moving sidewalks, people on the right stand still and ride, people on the LEFT, walk!
10. In France, floors of buildings start at R<sup>é</sup>z de chaussée (Rdc), not 1, so the 3rd floor in France would be the 4th floor in the US...

### Host Families

1. Talk to them right away about things like phone use, having friends over, what night(s) you will not eat there, what types of food you eat, and other general rules. If you are unsure, ASK. It is normal for them to sit you down and talk about family rules. Don't feel upset; it will make things easier for you.
2. Be honest about your tastes, otherwise you may end up with something you don't like. A lot.
3. They like to hear about your day, so have something to say at dinner. Don't worry about your French! They want to hear what you have to say, and they'll figure out what you mean.
4. Always ask vocabulary questions.
5. Say "Bonjour" every morning, au revoir when you leave the house, and "Merci" often.
6. If something seems weird, ask about it. There's usually a rational (or at least a cultural) explanation.

### Food/Mealtime

1. If you don't know how to eat it, ask, and they'll show you.
2. Try everything.
3. Don't serve yourself wine at the table (unless they tell you it's okay).
4. Take small portions.
5. Most of our families have milk that's un-refrigerated and don't cover things in the fridge.
6. Chocolate is good any time of the day.
7. In France, you can eat raw (and unrefrigerated) eggs – they are flash pasteurized. Sometimes they even come from the cupboard!
8. Your bread at dinner goes on the table, not on your plate.
9. Some families don't use napkins. Others use linen ones that fold up into individual pockets that they wash once a week.
10. Don't eat out of the fridge unless your family tells you that you can.

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## CULTURAL ACTIVITIES

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The best resources for cultural activities in Paris are the two weekly guides: *Pariscope* (40 cents) or *l'Officiel des Spectacles* (35 cents). You may find that *Pariscope* is worth the extra five cents because it always contains a section in English at the back. These guides have all the most current information about museum hours, films screenings, and performances. They come out every Wednesday and are available at any news kiosk, where you need to ask for them at the counter.

### CLASSICAL MUSIC and DANCE

Opera and ballet are incredibly popular in Paris, so if plan ahead if you'd like to go. You can often get last-minute seats to classical concerts, if they aren't sold-out, by going a half hour or so before the concert and buying the unsold tickets. Often you can get good seats quite inexpensively. If a concert is sold out, there's a

good chance you can buy someone's extra ticket by showing up early and waiting outside the theater for people selling their extras. It's a good idea to get there early, but people don't usually start selling until the last minute.

## MOVIES

Get cheaper tickets at the CROUS de Paris (see file in Skidmore magazine rack for more info).  
For film times and addresses: [www.allocine.fr](http://www.allocine.fr)

## MUSEUMS

Museums are obviously a great idea if you're looking to do something cultural. You'll get into most of them for free with your blue Skidmore ID, except sometimes modern art museums or temporary exhibits (it depends on the museum). Also, many museums are free on the first Sunday of each month. Get there early to avoid crowds! See the Bulletin Boards and file in the Skidmore magazine rack for a list of Free Museums in Paris.

Aside from the big museums, here are some off-the-beaten-path options that will help you avoid the crowds.

### Musée de Quai de Branly [www.quaibrantly.fr](http://www.quaibrantly.fr)

37, quai de Branly 75007 M° Alma Marceau  
01 56 61 70 00

Open Tues., Wed., and Sun. 11AM-7PM; Thurs. – Sat. 11AM-9PM; closed Mon.

Free with Skidmore ID. This brand new museum is dedicated to the arts and civilizations of Africa, Asia, Oceania and America.

### Musée Marmottan-Monet

2 Louis Boilly 75016 M° La Muette  
01 44 96 50 33

Open Tuesday – Sunday 10AM – 6PM; closed Mon.

If you like the Impressionists, make this your first stop after the Musée d'Orsay. In a beautiful mansion in the 16ème, the Musée Marmottan houses a collection of both famous and rare paintings, sketches, and personal effects of Claude Monet – even one of his palettes! On the rez-de-chaussée you'll find a collection of illuminated manuscripts and antique furniture, but the Monet treasures are in the sous-sol. If you go on a nice day, the museum looks out onto a park where you can observe Parisian kids at play. Admission is 4 € with your Skidmore (Paris) ID.

### Musée d'Orsay [www.musee-orsay.fr](http://www.musee-orsay.fr)

62, rue de Lille 75007 M° Solferino, Assemblée Nationale, Concorde, Tuileries  
01 40 49 48 14

Open Tuesday – Sunday 9:30AM-6PM (open until 9:45PM on Thursdays)

General exhibits free upon presentation of your French Skidmore ID.

5<sup>th</sup> floor is the best!

### Trocadero Métro stop

Great place to take pictures of the Eiffel Tower

### Jardin des Plantes

Very peaceful. 5è. Across from Gare d'Austerlitz on the OTHER side of the Seine. (the mini zoo there is cute, too)!

### Batobus [www.batobus.com](http://www.batobus.com)

Hop-on, hop-off riverboat service between 8 major Parisian landmarks. Departures every 15 minutes from 10AM-5PM in May and from 10AM – 9:30PM June – August.

All-day pass: 7€ with student card

### Arènes de Lutèce

47 rue Monge 75005 M° Place Monge

Lutèce was Paris' name in the BC era (although the arènes date to the 1st c. AD) and these Roman ruins make a wonderful (and free!) visit.

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## CHEAP FOOD, GOOD FOOD!

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A good Web site for finding restaurants is [www.cityvox.com](http://www.cityvox.com) (choose Paris as your residence).

**LUNCH AT SKIDMORE**

Best option: buy pre-made food at Monoprix (across the street from Skidmore) to eat in a nearby park. There is a park just to the right of Skidmore. Ramen noodles exist in France and are 35 cents per package.

**RUE MONTORGUEIL**

A 10 minute walk from Skidmore. Turn right onto rue Réaumur and continue straight about 5 minutes. Rue Montorgueil is on your left (Starbucks on the corner). There are TONS of great cafés and restaurants on this street.

**FAST FOOD PLACES**

Found pretty much all over Paris and in all the major French cities. Cheap prices, decent quality, open late!

Quick

McDonald's (MacDo)

KFC

Pizza Hut

Domino's

Speed Rabbit Pizza

Pomme de Pain

Brioche Dorée

**STUDENT SPECIALS****CROUS**

M° Port Royal

Student cafeteria. Full menu for 4 € with student ID. Great place to meet other students.

**INEXPENSIVE GEMS****Chez Chartier**

7, rue Faubourg Montmartre 75009 M° Grands Boulevards

01 47 70 86 29

One of the oldest bistros in Paris, Chartier looks like a 1920's train station converted into a restaurant. Everything is served à la carte and quickly. Plan to go early or wait in line. This gem has not escaped the Parisians and has recently been discovered by tourists, as well.

**Crêpe Stand**

Corner of rue Poissonnière and rue du Faubourg Poissonnière 75009 (métro Grands Boulevards).

The BEST crêpe stand in Paris (the sign even says so). These babies are huge!

**Métalo Zinc Café**

43, rue Beaubourg 75003 M° Rambuteau

01 48 87 93 66

Yummy, good-sized, and inexpensive salads and sandwiches.

**Crêperie des Arts**

27, rue St André des Arts 75006 Paris M° St Michel

01 43 26 15 68

**Casa Valentino**

208 rue St Jacques 75005 Paris M° Luxembourg/St Michel

01 56 24 05 74

Great place for a date or a group event. Reasonably priced Italian.

Inexpensive and good Italian. Romantic ambience and accepts groups.

**Fajitas**

15, rue Dauphine 75006 M° Odéon/Mabillon

01 46 34 44 69

Great salsa and margaritas! For Southwesterners, it's not authentic, but it's as good as you're going to get in Paris, so if you need a fix, this is the place to go.

**Breakfast in America**

17, rue des Ecoles 75005 M° Cardinal Lemoine/Maubert Mutualité

01 43 54 50 28

The BEST place in Paris to get your burger (or veggie-burger) fix! Burger, fries and a coke for 7 € with student ID card. Student drink specials Friday after 5PM. They ALL know Terry Pollack there (she practically lives there), so tell them you're her student! For Sunday brunch, get there early (or late) or else you're likely to wait. Also, a new location in the Marais (see page 12)!

**Pooja**

91, passage Brady 75010 Paris M° Château d'Eau/Strasbourg St Denis

01 48 24 00 83

Great Indian food!

China Town Belleville

27-29, rue du Buisson St. Louis 75010

M° Belleville

01 42 39 34 18

Karaoké and menus starting at 5,35 €!

**L'Osteria**

20 rue de l'Hirondelle 75006 Paris

M° St Michel

01 43 54 15 98

Great Italian food at reasonable prices !

**Lao Douang Chan**

161, ave de Choisy 75013 Paris

01 44 24 80 80

M° Place d'Italie

Huge bowls of Laotian noodles for 7,50€ A must for poor college students.

**La Toccata**

51, ave de la République 75003

01 40 21 04 59

M° Parmentier

Melissa Faure's favorite Italian restaurant!

**Sushi Bâ**

99, rue des Dames 75017 Paris 75017 Paris

M° Rome ou Villiers

01 42 93 11 30

Great sushi. Delivery to 8th, 9th, 17th, 18th arrondissements, Neuilly and Levallois!

**Aux Produits du Sud Ouest**

21-23, rue Odessa 75014

01 43 20 34 07

M° Montparnasse, Edgar Quinet

Wonderful address for foie gras.

**Le Refuge des Fondues**

Rue de Trois Frères

M° Abesses

Menu : salade, fondu, ½ litre de vin – pas cher! You drink the wine in baby bottles – hilarious! Cheapest eats at Montmartre.

**Koo-A**

214, rue St. Jacques 75005

M° Luxembourg

01 43 54 57 72

Student hang-out. Chinese food. Open noon-3PM and 7PM-11PM.

**Kazaki**

108, rue Amelot 75011 M° Filles de Calvaire

01 48 07 13 90

Good Russian food (this coming from a Russian)! Open Tues. – Fri. noon-2:30PM and 7:30PM-12:30AM

**Chez Bébert**

71, rue de Montparnasse 75007 M° Montparnasse-Bienvenue

01 42 22 55 31

Quality couscous and tagines for the budget-conscious. The staff is really sweet.

**Paris-Hanoï**

74, rue de Charonne 75011 M° Charonne, Faidherbe Chaligny, Ledru Rollin

01 47 00 47 59

Great Vietnamese food for 8-10 €. Vegetarian dishes available. Be there at 7PM or else you won't get in until 9.

**Aquarius**

54, rue Ste. Croix de la Bretonnerie 75004 M° Hôtel de Ville

01 48 87 48 71

Vegetarian friendly. Chic and bio.

**Café du Musée d'Art Moderne**

11, rue de Gergovie 75014 M° Plaisance, Pernet

**Le Jardin des Pâtes**

4, rue Lapeyrolle 75005 M° Place Monge

01 43 31 50 71

Many vegetarian dishes. Bio.

**L'As du Falafel**

34, rue des Rosiers 75004 M° St. Paul

01 48 87 63 60

Falafel special at 4 €. Sun. – Fri. 11:30AM-11:30PM

**Holly Sushi Company**

22, rue Pyramides 75001 M° Pyramides

01 40 15 04 04

**La Pirada**

7 rue de Lappe 75011 M° Bastille

01 47 00 73 61

**Mezzo di Pasta**

Fast-food pasta chain. Food comes in cute Chinese carry out containers. Cheap and you can choose your own sauce, cheese, type of pasta...

**Le Mauritius**

3 rue Ernest Cresson 75014 Paris M° Denfert Rochereau

01 45 39 00 91

Great island food. Lunch menu 11€.

**Fudorama**

24 rue d'Amsterdam 75009 Paris

M° St. Lazare

01 42 85 28 50

Buffet à volonté ALL YOU CAN EAT for 14,90€!

**Entre Côte**

53 rue de la Roquette 75011 M° Bastille

**Refuge des Fondues**

17 rue des Trois Frères 75018 M° Abesses

A fun, albeit touristy, place to have fondue. Your wine is served in baby bottles!!

**Add your own restaurant recommendations here and pass them on to Skidmore staff for future editions of this guide!****A BIT PRICIER, BUT WORTH IT!**

If you get the menu or plat du jour, these places are very affordable.

**Opéra Mandarin**

22, blvd. du Capucines 75002 M° Opéra

01 47 42 49 56

Great Chinese food! Good for after a ballet or theatre. Open until 2AM. If you tell them it's your birthday, you get a free dessert. Go easy on the tea, they will keep refilling the pot again, and again.

**Chieng Mai**

12, rue Frederic Sauton 75005 Paris (next to the Long Hop Bar) M° Maubert Mutualité

01 43 25 45 45

Mouth-watering Thai food. Excellent choices and service.

**Paris Main d'Or**

133, rue du Faubourg St. Antoine 75011 M° Bastille

01 44 68 04 68

**Fish**

69, rue de Seine 75006 M° Odéon/Mabillon

01 43 54 34 69

Great fish and basque fusion food.

**Chez Paul**

13, rue de Charonne 75011 M° Bastille

01 47 00 34 57

Exceptional, traditional French food. Although the décor hasn't changed since Picasso and Dali hung out there, the food is well worth every penny! Open Sundays, too!

**Sala Thai**

13, rue Frères d'Astier de la Vigerie 75013 M° Tolbiac/Maison Blanche

01 45 84 13 22

A Chinatown find! Delicious Thai and Chinese specialties. Bring a Plan de Paris or you may not find it - the name of the road is way longer than the road itself!

**Le Bar des Artistes**

74, bd. de Charonne 75011 M° Avron

01 43 70 41 75

Good French traditional dishes. Busy, busy, busy.

**Le Languedoc**

64, bd. de Port Royal 75005 M° Port Royal

01 47 07 24 47

Good traditional French cuisine. The staff is extremely amiable. Leave room for the desserts!

**Le Mechoui du Prince**

34-36 rue Monsieur le Prince 75006 M° Odéon, Luxembourg

01 43 25 09 71

Excellent Moroccan food (couscous, tagine) with cool Berber décor.

**PLACES TO GO WITH PARENTS****Le Céledon**

15, rue Daunou 75002 M° Opéra  
01 47 03 40 42

Beautiful restaurant near the Opéra. Dress nicely and savour the food. You will never be able to go back on your own!

**Le Coupe-Chou**

9, rue de L'Anneau 75005 M° Maubert Mutualité  
01 46 33 68 69

In the 5th, very chic (and expensive). A good place to take your parents, but make them pay!

**Le Fumoir**

6, rue Amiral de Coligny 75001 M° Louvre-Rivoli  
Excellent French food. Beautiful, modern ambience.

**Chez Jean**

8 rue St Lazare 75009 Paris M° Notre Dame de Lorette  
01 48 78 62 73

**Les Pieds dans l'Eau**

39, blvd. Parc, Ile de la Jatte, 92200 Neuilly-sur-Seine M° Pont de Levallois  
01 47 47 64 07

Great food! Located on a boat on the Seine. Go to watch the sunset if you can and think of Seurat's painting of this island...

**SUNDAY BRUNCH****Pain Quotidien (several locations)**

2, rue Petits Carreaux 75002 M° Sentier  
01 42 21 14 50

18, pl. Marché St. Honoré 75001 M° Pyramides  
01 42 96 31 70

136, rue Mouffetard 75005 M° Censier Daubenton  
01 55 43 91 99

33, rue Vivienne 75002 M° Bourse, Grands Boulevards, Richelieu Drouot  
01 42 36 76 02

Great brunch address. For 12 €, you get a bread basket with all kinds of jams and jellies, all the coffee you can drink, and an egg dish or salad.

**The Moose [www.canadianbarsparis.com](http://www.canadianbarsparis.com)**

16, rue des Quatres Vents 75006 M° Odéon  
01 46 33 77 00

Sunday, 11AM-3:30PM

**Breakfast in America**

17, rue des Ecoles 75005 M° Cardinal Lemoine or Jussieu  
01 43 54 50 28

Also 4, rue Mahler 75004 (new location!) M° St. Paul  
01 42 72 40 21

Open 7 days a week, 8:30AM-11PM. Sunday brunch all day.

**COFFEE / TEA / HOT CHOCOLATE****Peter Beier Chokolade**

62 rue Monsieur le Prince 75006 M° Luxembourg  
01 43 54 06 06

Though the servers seem more like they should be in a punk band than a chocolate shop, they make AMAZING CACAO. Salon de thé is upstairs. Great place to have a warm drink and chat.

**Salon de Thé Angéline**

226 rue de Rivoli 75001 M° Tuileries  
01 42 60 82 00

NO visit to Paris is complete without a cup of Angelina's delectable hot chocolate! It's a bit pricey, but worth every last drop of yummy goodness!!

**NIGHTLIFE AND BARS**

There is no smoking in bars, night clubs or restaurants since November 2007.

**Café le Tournesol**

9, rue de la Gaîté 75014 M° Edgar Quinet

01 43 27 65 72

Great after hours bar with reasonably priced food.

**SanZ SanS**

49, rue du Faubourg St. Antoine M° Bastille  
01 44 75 78 78

"This bar is alright if you want to move yo' hips. Only on Tuesday, if you don't like urban music, go da udder days. All da udder days are VIP, you gotta have a reservation," says Willio (2004). Decent dance areas and normal prices on drinks. Approximately 6€ for a pint of beer.

**Queen**

102, ave des Champs Elysées 75008 M° Champs Elysées-Clemenceau  
01 53 89 08 90

THE gay club. Big time place on Champs Elysées. Go on Monday if you want a heterosexual crowd. Bouncers may be selective at the door. Boogie down with France's finest.

**The Long Hop**

25-27, rue Frederic Sauton M° Maubert Mutualité  
01 43 29 40 54

Australian bar in the 5th near the blvd. St Germain. Three floors - Only open completely on Friday and Saturday. Thursday, two floors and 5€ drinks for students. Tuesday, 2 Euro shots, Wednesday, 2 for 1 Cocktails. Basement is typical cave style basement (be careful of roaming hands in the darkness and go to the bathroom with a friend). Mandatory coat check only on weekends. Lots of Americans, and anglophones.

**Who's Bar**

13, rue Petit Pont M° St. Michel  
01 43 54 80 71

Feel like dropping 9 € on 1 drink? Then walk into this daedalus style bar near Notre Dame. Pretty American crowd. Live music at times, but your wallet will be screaming at you too loud for you to enjoy it. Big spenders only. At least you can grab a cheap Greek sandwich nearby afterwards.

**Lizard Lounge**

18, rue du Bourg Tibourg 75004 M° Hôtel de Ville  
08 26 10 07 94

Don't ask the French for directions, we can vouch for that. Not a bad bar. Same style as many other bars, with table and chairs upstairs, and chic'er places to sit downstairs. Ladies: don't bother hitting on Olivier, he's gay. Only go on weekends, and go downstairs to get cheaper drinks and enjoy some German techno.

**Les Etages**

35 rue Vieille du Temple 75004 M° St Paul  
01 42 78 72 00

Also, 5, rue de Buci 75006 M° Odéon  
01 46 34 26 26

Bar in the Marais near St. Paul (4th). Formerly a hotel, now a chic three floor bar for college aged kids. Pretty French population involved. Drinks are sort of expensive as expected. Don't miss on the sweet peanuts...they're free...always a good thing.

**Breakfast in America**

17, rue des Ecoles 75005 M° Cardinal Lemoine or Jussieu  
01 43 54 50 28

Also 4, rue Mahler 75004 (new location!) M° St. Paul  
01 42 72 40 21

Jocelyn says “good place to go out before you go you a REAL bar. Also, stay away from waiters.” Located on rue des Ecoles in the Latin Quarter. Go here to get your fix of cheeseburgers and the only good veggie burgers in Paris.

**Le Violon Dingue**

46, rue de la Montagne St. Geneviève 75005 M° Maubert Mutualité  
01 43 25 79 93

Known as VD (yes, VD!)...Excellent place to dance downstairs, guys watch out 10 Euro cover on weekends. Drink prices “not bad...could be worse.” The gin and tonics glow in the dark. Usually the same people there...good for stalking cute guys...or getting stalked (it goes both ways people).

**L’Alcazar**

62, rue Mazarine 75006 M° Odeon  
01 53 10 19 99

Very chic resto/bar. 2 tequila shots for 24 €. Damn! Get ready to break the bank on this place. The restaurant will cost you over 100 € per person.

**La Pinte**

13, Carrefour de l’Odeon 75006 M° Odéon  
Cocktail Specials - Huge melange of different juices and liquors.

**Moosehead**

16, rue des Quatres Vents M° Odéon

Canadian bar at Odéon. Semi-expensive import beers. Comfortable atmosphere. Resembles an American bar more than anywhere else, so if you are homesick and want to commiserate over a beer, go to the Moosehead. French guys do show up though, and as always, watch yourself.

**La Perla**

26, rue Francois Miron M° St Paul  
01 46 33 77 00

Good Mexican food at this bar/resto. Happy hour 6-8 on all cocktails. Beer still full price. 20 euro for a pitcher of margaritas (approx. 7 glasses). Go on Cinco de Mayo for free t-shirts.

**Le Snail**

46 rue de l’Abbé Groult 75015 M° Convention/Commerce  
Owned by Guillaume Champenois, son of one of Skidmore’s old familles d’accueil.

**Les Pietons**

8, rue des Lombards 75004 M° Chatelet  
01 48 87 82 87

Awesome Spanish gay bar for everyone. Really cheap (2€) Sangria during Happy Hour from 4-9. Enjoy the free peanuts and chips they put out for you. Buff up on your Spanish before going, the bartenders will appreciate it. Place gets hopping around 7 every night, so be prepared for it to be packed if you arrive later. Also have good tapas, try the calamari.

**Le Cabaret**

68, rue Pierre Charron 75008 M° Champs Elysées  
01 42 89 44 14

Go here to meet Justin Timberlake’s dancers, and dance with the cream of the crop. Wear your Gucci. Late night you can admire all the Ferraris parked out front. Gotta be a big spender. Don’t think about arriving before 1. Go here to meet bourgeois Frenchies.

**The Freedom**

8, rue de Berri 75008 M° George V  
01 53 75 25 50

Bar near Champs Elysees. *Pas mal*, but not too exciting either. Lots of tables and chairs before 12 and then they get moved to the side to create a dance floor. Watch out for Americans that are buffing up on dance moves. Beers are decently priced considering the bar's proximity to the Champs.

**Palais Bar**

39, rue des Petites Ecuries 75010 M° Chateau d'Eau  
01 42 46 12 46

Bar has a nice downstairs with live music. Music is definitely the center of attention. To get downstairs, you pay a cover that includes one drink. Otherwise, not too expensive. Decent bar to meet some French people. Not too much of an American crowd.

**James Joyce Pub**

71, blvd. Gouvion St. Cyr 75017 M° Porte Maillot  
01 44 09 70 32

Irish pub in the 17th near the banlieu. Not a bad place to go and sit and drink a beer. Hangings of Joyce's likeness on the walls. Decently cheap beer. Anglophones abound.

**Le Truskel**

12, Rue Feydeau 75002 M° Grands Boulevards  
01 40 26 59 97

Really cool Indie rock bar. Stays open until first metro. Gets crowded around 2-3 on weekends and usually you have to wait in line to get in. Hipster crowd with cool music and packed dance floor. Good for a big night out. Not a "just have a drink" kind of place.

**Add your own recommendations here and pass them on to Skidmore staff for future editions of this guide!**

**My Favorites:**

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## LATE NIGHT TRANSPORTATION

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### **CABS**

If you go out late you might end up needing to take a cab if you aren't taking the Noctilien bus. To find a cab, all you really need to do is go out on the street and flag one down. Usually, flagging down cabs isn't acceptable, but late night cabbies are much more willing to do it. Expect a 2 Euro surcharge if your group is more than 3 people. Also, in France, if you CALL a taxi (Taxis bleus 0 825 161 010), you pay from when the taxi leaves the cab stand until he reaches you, so when the cab arrives, there may already be 5-10 € on the meter. Always keep "cab money" in your pocket.

### **NOCTILIEN BUSES**

The Noctilien buses leave from several main stations (Châtelet/Hôtel de Ville, Gare Montparnasse, Gare de Lyon, Gare St Lazare) every night starting at 12:30 and head in different directions. There are 35 lines. Tickets cost 1,60€. Check a large metro map BEFORE YOU HEAD OUT FOR THE EVENING to see where the buses go, not a plan de poche. Stops are indicated by a large blue N and a line number. After the first bus, they leave every 15 minutes to hour until 5:30. Relatively safe way to go home, although, of course, there are sketchy people at Châtelet at all hours. If possible, sit next to a woman or an elderly gentleman, as "normal people" tend to take the bus at all hours. Also, DON'T fall asleep, or you will end up in the boonies, and be awakened by a cranky bus driver and have to wait for a return bus.

**NOTE:** The last métro is a NO from Châtelet and Gare du Nord!

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## HOTELS IN PARIS

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### **GENERAL INFORMATION**

- Cheapest double rooms approximately €50
- Hotels are ranked with the star system—1 star is the lowest, 4 is the highest. Stars denote the quality of the hotel (i.e., hotel must have elevator to be 3 stars, so you can find a 3 star quality hotel without an elevator for a 2 star price)
- Prices are loosely related to the star system but also take in factors like location—stay away from the major tourist areas for better prices without losing quality
- Hotels often have rooms with and without private baths (without will be cheaper)
  - specify when you make a reservation

### **HOSTEL VS. HOTEL**

#### **Hostel:**

- curfew, hall bathrooms, singles and doubles are expensive  
 + kitchens allow for cooking so you can save money, meet other travellers, cheapest option for one person or large group

#### **Hotel:**

- often more expensive, no cooking option  
 + no curfew, often private bath, higher quality options

### **HOTEL RECOMMENDATIONS FOR "SIGNIFICANT OTHERS" AND FRIENDS**

(our premise: the cheaper the better!)

#### **Bed & Breakfast (hostel)**

42, rue Poissonnière 75002 M° Bonne Nouvelle  
 01 40 26 83 08

6-8 beds per room, but at 15€/night, a great deal for someone thrifty!

#### **Tiquetonne Hotel (1 star)**

6 rue Tiquetonne 75002 M° Etienne Marcel  
 01 42 36 94 58

Double 45€ with bath, nice rooms, breakfast extra, no TV, rooms with and without bath.

Location: near Les Halles, center of Paris, easy travelling, walking, but near sketchy rue St. Denis

**Hotel Excelsior (2 stars)**

4, rue de Lancry 75010 M° République

01 42 06 23 30

60€/double/night

Stayed there twice – great location – great service.

**Lux Hotel (2 stars)**

74, bd. du Picpus 75012 M° Picpus

01 43 43 08 46

www.parisluxhotel.com

Double 55€ with bath, really nice rooms with TV and minibar, breakfast extra, metro is audible.

Location: in 12th, so must take metro

**Hotel de Roubaix (2 stars)**

6, rue de Grenata 75002 M° Reamur Sebastopol

01 42 72 89 91

Double about 65€ with bath and breakfast, nice rooms, TV, all private baths.

Location: near Les Halles, center of Paris, easy travelling, walking, but near sketchy rue St. Denis

**HOTEL RECOMMENDATIONS FOR PARENTS**

**Special Tip!** If possible, find a hotel for your parents near your host family or near Skidmore. This makes it easier to meet up with them during their visit, especially if they don't know their way around! Also, renting an apartment for a week can be a good option.

**Hotel vocabulary:****make a reservation:** faire une reservation**single:** une chambre simple**double :** une chambre double**double bed :** un grand lit**with a bathroom :** avec WC et une douche / une baignoire**with breakfast :** avec petit déjeuner**LIFELINE TIPS ON HOTELS:**

- If you don't have to get breakfast, don't. It will inevitably be cheaper to buy food at Monoprix or a bakery.
- The Let's Go guide is our bible! Use it to find other good, inexpensive hotels in Paris.

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## TRAVEL

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You're in Europe, so take advantage! Travel as much as possible, because there are so many great places to go and never enough time to see it all. Don't forget, however, there are MANY things to do and see in France, so while you're waiting for that *carte de séjour*, take full advantage of what France has to offer!

While you can do all your own research and planning for a trip, travel agencies are a great way to get ideas, package deals and a little help with booking. There are agencies all around Paris, but here are a few to get you started – go in person:

**Accueil de la Jeunesse Française**

119, rue St. Martin 75004

139, blvd. St. Michel 75005

(good deals on bus trips)

**Club Alliance Voyage**

99, blvd. Raspail 75006

**CTS**

20, rue Cames 75005

**Go Voyage**

98bis, blvd. La Tour Maubourg 75007

**Havas Voyages**

ave de l'Opéra 75002  
(a great place to plan Spring Break)

**Nouvelles Frontières**

74, rue de la Fédération 75015  
116, blvd. St. Michel 75005  
5, ave. de l'Opéra 75001

**OTU Voyages**

119, rue St. Martin 75004  
(the official Student Identity Card travel agency; gives discounts on all forms of travel)

**Parentheses**

88, rue Lourmel 75015  
(economic trips)

**BY BUS**

RATP bus information 01 43 46 14 14

Eurolines [www.eurolines.fr](http://www.eurolines.fr)

**PLANES, TRAINS & AUTOMOBILES**

Getting out of Paris is easy! Planes and trains are the most common way of travelling, but it is also possible to take a bus or rent a car.

**BY TRAIN**

To reserve tickets for the train, you can either go online to their website (for France, [www.voyages-sncf.com](http://www.voyages-sncf.com)) or go in person to any of the *Gares Reservation guichets*. Make note that with your student card, you get a 20% fare discount and if you reserve at least 3 weeks prior to your trip, you can take advantage of a Prem's fare, which is 50% off the price.

For trains, take the métro directly to the Gare, look for the Grandes Lignes signs, and hop aboard!

**Train Contact Info**

SNCF Information (for all stations): 36 35 or 08 92 35 35 35

[www.sncf.com](http://www.sncf.com)

**Eurorail**

The Eurorail pass is a great option to buy if you know that you are going to be travelling a lot over your semester in Paris. It MUST be bought in the States (if you forget to do this before arriving in France, you can have your parents buy it and send it to you). There is a large range of Eurorail pass plans. A Youth Pass is for anyone under 26 and is the best deal for your money. You can choose from a Regular Pass or a Flexi-Pass, depending on whether you want to travel all at once or break up the trips over a longer period. The passes are available for all 17 countries that participate in the Pass program or for different combinations of them. If you plan to stay and travel Europe during Winter Break or Summer vacation, get a Eurorail pass. It is probably a bad idea to purchase a Eurorail pass if you are not CERTAIN that you will make use of it. Another possible down-side is that you can only reserve tickets for trains coming in or out of your home-station (Paris). That is to say, if you plan a multiple-leg journey, you will have to wait until you are in the respective country to reserve your seats. While it is not necessary to reserve a seat, it is usually a good idea during peak travel seasons.

**RENTAL CARS**

For most reputable rental car companies, **you must be 21 to rent a car**. If you are under 25, you must also take an additional insurance. Don't forget, you should also be able to drive a stick-shift car, since automatic cars are rare in Europe. This is a good way to get to places that are not easily accessible by other transportation.

**Rental Car Companies :**

[www.avis.fr](http://www.avis.fr)

[www.budget.fr](http://www.budget.fr)

[www.enterprise.fr](http://www.enterprise.fr)

[www.europcar.fr](http://www.europcar.fr)

[www.hertz.fr](http://www.hertz.fr)

[www.rentacar.fr](http://www.rentacar.fr)

If you plan to drive in Europe, it is a good idea to get an international driver's license, which you can obtain in person, or by writing to AAA and paying \$10. Although your U.S. driver's license is acceptable, the International License is more widely recognized.

**Ask AAA for a French drivers manual. Many road rules differ in France.**

Make sure to map out your route via mapquest.com or mappy.fr before leaving and plan on enough money for tolls (péage) and gas. Also, it is a good idea to ask the rental car company for a manual of the country's driving laws and brush up before you leave. Speed limits, rond points, etc. can be tricky.

**BY PLANE**

There are three main airports for Paris: Charles de Gaulle (CDG), Orly, and Beauvais.

**Charles de Gaulle:** This is the main airport in Paris and can be reached directly by RER B for about 9 €. The RER may not be the easiest option, though, depending on where you live and the amount of luggage you have. A better idea may be to get a cab, or take the Roissybus. The Roissybus is 9 € and can be picked up at rue Scribe, between the Opéra and the American Express Office.

**Orly:** This airport is used mainly for smaller companies, such as Easyjet, and for travel around Europe and to Africa. It can be reached by taking the RER B to Antony and changing to the Orlyval, or by Orlybus from Denfert Rochereau. Both will cost you about 8 € for a one-way ticket.

**Beauvais:** The "ghetto-port"! This airport is not really in the limits of Paris, but has become Paris' third airport. It is located in the Oise (Dept. 60) about 1 hour from Paris and a pain to get to, but you can sometimes get great deals leaving from Beauvais airport. In order to get there, you take a bus from Porte Maillot, which is about 10 € each way. You should plan to be there at least 2.5 hours before your flight. This is the airport that Ryanair flights from.

**Major Airline Telephone Numbers:**

Air France	3654
Alitalia	0 820 315 315 (69 blvd Haussmann) / 01 44 94 44 00
American	0 810 872 872
Austrian	0 820 816 816
Continental	01 42 99 09 09
Delta	0 800 35 40 80
Iberia	0 820 075 075
Northwest	0 890 710 710
Swiss Air	0 820 04 05 06
Tower Air	01 55 04 80 80
Turkish Airlines	01 56 69 33 50
United	0 810 72 72 72

**Airports:**

Charles de Gaulle	3950/ 01 48 62 12 12 / 01 48 62 22 80
Orly	3950/ 01 49 75 52 52 / 01 49 75 15 15
Beauvais	0 892 68 20 66

**Discount Airlines**

It is always a good idea to search the internet to try to find the best deal possible. Some airlines that are popular and have good deals are:

**Ryanair** [www.ryanair.com](http://www.ryanair.com)

Ryanair usually has really cheap flights (anywhere from 2-60 € each way), but their flight times tend to be discouraging. They also fly out of Beauvais Airport, so remember to add an extra hour to hour-and-a-half to your travel time!

**Easy Jet** [www.easyjet.com](http://www.easyjet.com)

Easy Jet flies out to CDG Terminal 9 (RER B to CDG 1, look for signs) or from Orly. Same idea as Ryanair – cheap ticket, but random flight times.

**German Wings** [www.germanwings.com](http://www.germanwings.com)

Super cheap flights to Germany. Flies from CDG T9.

**Air Europa** [www.aireuropa.com](http://www.aireuropa.com)

Travel to Spain and Tunisia

**Wizz Air** [www.wizzair.com](http://www.wizzair.com)

Travel to Eastern Europe (from Beauvais)

**You can also check out these websites for cheap fares:**

[www.Airfareplanet.com](http://www.Airfareplanet.com)

[www.Expedia.fr](http://www.Expedia.fr)

[www.Skyscanner.com](http://www.Skyscanner.com)

[www.Travelocity.com](http://www.Travelocity.com)

[www.Orbitz.com](http://www.Orbitz.com)

[www.Promovacances.com](http://www.Promovacances.com)

[www.Vivacances.com](http://www.Vivacances.com)

[www.Kelkoo.com](http://www.Kelkoo.com)

[www.Cheaptickets.com](http://www.Cheaptickets.com)

[www.Sidestep.com](http://www.Sidestep.com)

[www.Anyway.com](http://www.Anyway.com)

[www.Degriftour.com](http://www.Degriftour.com)

[www.Lastminute.com](http://www.Lastminute.com)

[www.Lookvoyages.com](http://www.Lookvoyages.com)

[www.Nouvelles-frontieres.fr](http://www.Nouvelles-frontieres.fr)

[www.Opodo.fr](http://www.Opodo.fr)

[www.1800flyeurope.com](http://www.1800flyeurope.com)

[www.Cheapair.com](http://www.Cheapair.com)

[www.Flycheapabroad.com](http://www.Flycheapabroad.com)

[www.Mylowfare.com](http://www.Mylowfare.com)

[www.Onetime.com](http://www.Onetime.com)

[www.Momondo.com](http://www.Momondo.com)

[www.Airtreks.com](http://www.Airtreks.com)

[www.Studentuniverse.com](http://www.Studentuniverse.com)

[www.Cheapflights.com](http://www.Cheapflights.com)

[www.Kayak.com](http://www.Kayak.com)

**Good Day Trips** (check bulletin board in Skidmore Center or ask someone at the office how to get there...):

**Giverny**

**EuroDisney**

**La Vallée outlets**

**Chantilly**

**Parc de Loisirs de Cergy**

**St. Germain en Laye**

**L'Île Adam**

**Sèvres**

**Fontainebleau**

**Versailles**

**Places Students Have Visited**

These are a few suggestions of where you can visit and possible stay if you are looking for a hotel:

**FRANCE** (sorry, no hotel recommendations, please add if you have some)

**Nice –**

**Strasbourg –**

**Toulouse –**

**Bordeaux –**

**Rouen –**

**Amiens –**

**Arles –**

**Limoges –**

**L’Ile de Ré –**

**Rennes –**

## **SPAIN**

**Barcelona –**

**Guest House St. Andreu**

6 30 67 88 43

[questhouse@netemail.es](mailto:questhouse@netemail.es)

This was a great place to stay – cheap (20 €/night), kitchen, and very friendly staff. It is a little bit outside the major areas of Barcelona, but the metro is just around the corner.

**Madrid –**

**Barberi Hostel**

Metro: Chueca

It is about 12 € per night. The staff is extremely friendly and there are a lot of backpackers and travellers from all over.

**Olé International**

You can find more information on this hostel at [internationhosteling.com](http://internationhosteling.com)

**Metro Pole**

Grand Via

Great location and free internet access!

## **ITALY**

**Florence –**

**Ostello del Archi Rossi**

Via Faenza, 94

055 29 08 04

**Una Hotel Vittoria**

This hotel is relatively expensive, but allrez.com has a great deal. This is a new hotel (about a year old) and is 4 stars!

**Venice –**

Alba d’Oro Camping

About 12-20 € a night and off the island of Venice, so you will need to take a bus to Venice, but it is very accessible. This is a great place to stay, especially in high-season. Beware of what you reserve though: it is very possible to end up in a tent if you don’t ask! There are campers and cabins to reserve. NB: They do not provide toilet paper in the bathrooms, so bring your own!

**Rome –**

**Hotel Giott Flabia**

Via Flabia, near the termini

This hotel is about 60-80 € per night for a double room. Not too bad if you split it with another person.

**Yellow Hostel**

Via Palestro, near the termini

23 € per night for a communal room and 27 € each if you share a double with a friend.

**Palazzo Alessandro**

Via Vincenze

**ENGLAND****London –****Regent Palace Hotel**

This hotel is right in Piccadilly Circus. It is a bit expensive, about 75 € a night for a double, but close to a lot of places, so it was worth it.

**GREECE****Corfu –****The Pink Palace**

This was a great place to stay, especially in high-season. Depending on what kind of room you want, it is about 20-25 € a night. Tons of activities, really friendly! You'll meet a lot of other backpackers and travellers; fun bar; disco at night!

Other places where students went and gave their thumbs up!

**GERMANY: Berlin****AUSTRIA: Vienna****BELGIUM: Brussels, Brugges, Liège****NETHERLANDS: Amsterdam****SWITZERLAND: Geneva**


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## TELEPHONES

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*Rrrring....Rrrring.....*We all know that healthy communication leads to healthy lifestyles. Although there exist several methods to communicate with friends and family at home, in an around Paris and abroad, we have found for you the cheapest and most efficient of these. You're welcome.

**(using mobile phones in Paris) At which café are we meeting again?!**

Most students find that cell phones are necessary for living in Paris. Although you won't necessarily have trouble without one, they do come strongly recommended. The general working of the French mobile phone itself is very simple. There are five parts to it:

1. The body, the shell. Many colors, many shapes.
2. La puce - this is a small chip that is your telephone number. They are interchangeable between phones. And THIS is why cell phones are stolen.
3. La mobicarte - the rechargeable money card. They come in various denominations. If you purchase a mobicarte for over 70 € you get insurance on it, so that if your phone is stolen, the money can be put onto the account of your new telephone.
4. The battery pack - to be recharged by the...
5. Recharger. Put her into the wall and voila (don't leave the plug plugged into the socket with no phone attached or you'll get yelled at – fire safety)!

**Special cases:**

- If you have a telephone and puce left to you: buy the mobicarte to activate the account.
- If your host family has a telephone for you: Buy the mobicarte to activate the account. It most likely will not have the puce. (Retail value 30 € at Darty).

**SOME QUESTIONS FOR WHICH WE HAVE ANSWERS:*****How will I ever know what phone to get if someone as knowledgeable as you isn't here this semester?***

Yes, yes, we recommend purchasing a mobile at a Phone House, Orange, SFR, or Darty. You will have two options: le telephone avec abonnement (subscription to a plan) ou avec Mobicarte/rechargeable. Choose Mobicarte.

**How much will this cost me?** Buying a new telephone (it will come with the chip) will cost at least 60 € (consider yourself lucky if you find that) Most phones are around 80-100 €. You will pay about 30-40 €/ per month for minutes.

**Why will my phone cost me 30-40 € per month?!?!?** (40 per month multiplied by 5 months per semester = 200 €) Calls to other cell phones cost around 45 cents per minute! Calls between people who have the same operator (e.g. Orange) are said to be cheaper. Text messaging (SMS) costs about 0.15 per text. I strongly recommend texting or texting your friends (even to other countries it costs the same), for it saves both time and money. In-coming calls are free. Its says in this little booklet that I'm reading that you can receive SMS and calls for up to six months if your phone has no money on it.

**Do I get Orange, SFR, or Bouygues Telecom for a server?**

We are convinced that Orange (the huge orange square logo) is cheaper, and it's easier to find the distributors. Also, as mentioned before, we think it is cheaper to call friends that have Orange as well. We have been thoroughly disappointed with SFR, as none of the special features are free. Bouygues has special student rates and cheaper priced phones. Texting is free on weekends for students.

**What special features are you talking about? I want in!**

Oh just cool things like:

- call waiting (double appel): \*43# (to activate) #43# (to cancel)
- changing your plan: 223
- checking how much money is left on your phone: #123# .
- checking messages: 777 or 888
- information: 118 000

**Where can I buy the Mobicarte?**

The Phone House, your server's office, and when those offices close (around 20h) many Tabacs and news-stands sell the cards.

**What if my phone is stolen?**

You report it to the police, buy another, and are mad for a day or so.

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**(Calling the U.S.) I promised Grammy I'd call on her birthday:** You will need to buy an international telephone card or carte téléphonique (one specifically for the U.S. is the cheapest). In Paris there are small grocery stores with fruit outside them in crates. The general rule of thumb is the sketchier this ghetto-mart looks from the outside, the cheaper the phone cards are inside. The Kodak store right outside of the metro exit for Cluny La Sorbonne sells one card for 7,50 € (about 450 minutes on a landline) and one card for 15,00 € (more than 450 minutes....maybe about 650). A very sketchy "Cocci Market" sells the cheapest card- 598 minutes for 10 € (Note: part of the sketchy nature of these places is that they aren't very reliable i.e., closed at strange hours, no more cards, or they give you a card for Africa. That may have more minutes than to America.) The number of minutes vary depending on which number you use to dial out.

**FROM YOUR HOST PARENT'S LANDLINE** use the 01. number or the numero vert/gratuit. If you use the 0800 number (maxi minutes), your host family WILL BE CHARGED - a.k.a. YOU are the one charged (and things change when they knock on your bedroom door and hand you the bill). The 0800 number is for calls from the cabins and beware, because your number of minutes will be reduced. In regular grocery stores international cards are also sold for 7.50 and 15.00 €, but they last about one hour. Whatever you do, DO NOT USE YOUR MOBILE PHONE WITH A PHONE CARD. You are charged for the mobile call (0,45 a min.) AND money is taken off the card.

As long as you aren't tying up the phone lines for very long, host families will usually let students call other landlines in Paris.

**(Calling a landline in Paris) Oh no, I'm sick, and I need to call my internship supervisor/professor:** See the woman at the main desk at the Skidmore Center? Ask nicely and she'll be glad to help you! ☺

**(Receiving calls from outside of the country) I'm on the beach in Italy drinking wine, call my cell:** When you are traveling (outside the country) be sure you have enough money on your telephone if you are planning

on calling or receiving calls. It costs as much to receive calls when you are out of France as to make them. Instead, try to send text messages. Also, call your provider and tell them you are travelling outside the country, so they can activate your phone in that country.

**(Calling other Parisian cell phones from another country) *I don't have the number of the owner of this villa!*** Very low success rate. Sometimes you are put through to the voice mail, but more times than not the recipient doesn't receive notification that there is a message (until back in Paris... and even then ...) If you need to communicate with travel partners... make back up plans.

**(How to receive calls from the United States or other beautiful countries) *Are you ALIVE over there in Paris?*** Your father and I haven't spoken to you in ages! Don't forget the time difference of at least six hours back in the States (NY is 6 hours). The best option is to have your parents arrange a time to call you on your cell phone. It doesn't cost them anymore than calling you on a landline. If you do not have a cell phone, pre-arrange a time that wouldn't bother your host family. Teach your family at home a couple of key phrases like "May I speak with (insert your name) s'il vous plaît in case your French family doesn't speak or understand English.

Tell your parents not to leave important messages with whoever answers the phone. Because you will never get them. But you knew that. *Happy dialing!*

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## INTERNET & WIRELESS CAFÉS

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### **Le Jardin de l'Internet**

79, blvd St Michel 75005 M° Luxembourg  
01 44 07 22 20  
Open daily from 9AM-9PM  
2€/hr. Has some QWERTY keyboards.

### **XS Arena Internet**

43 bd. de Sebastopol 75001 M° Châtelet-Les Halles  
01 40 13 02 60  
Also 53, rue de la Harpe 75005  
01 40 07 38 89  
Open 24/7 at both locations. 3€/hr.

### **Baguenaude**

30, rue de la Truanderie 75004 M° Etienne Marcel  
01 40 26 27 74  
Mon-Fri, 11AM-9:45PM and Sat-Sun, 2PM-9:45PM  
Bar and cybercafé combined.

### **WiFi Access**

All McDonalds and Starbuck's cafés are equipped with WiFi access. Most will allow unlimited access with the purchase of a beverage/meal.

### **Hotcafés [www.hotcafe.fr](http://www.hotcafe.fr)**

These independent Parisian bars, cafés and restaurants are all equipped with WiFi. The majority offer a "free pass" that will give you 20 minutes of internet time with the purchase of a drink.

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## BEAUTY & HYGIENE

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### **INSTITUTS DE BEAUTÉ** (places that do waxing and facials)

If you are planning to get waxed, be aware that some places do not use the same type of wax as in the States and it may hurt A LOT more because they frequently have to go over the same areas multiple times – it's really hit or miss. If you do find a really gentle salon, please share the info with us!

### **Jacques Dessange [www.jacques-dessange.com](http://www.jacques-dessange.com)**

84 ave Charles de Gaulle 92200 Neuilly M° Sablons  
A chain salon, so there are many in Paris. A good bargain. They have a huge facility and like at any Jacques Dessange, they will also cut your hair. This, however, is the only location where they have a Beauty Center.

Tell them that you are under 25 years old to get 15% off. They are really understanding and try to give you exactly what you want.

**Marionnaud** [www.marionnaud.fr](http://www.marionnaud.fr)

71, rue Carnot 92300 Levallois-Perret M° Anatole France  
01 47 57 80 25

Also a chain of stores. They were really nice there and made an effort to get to know me. They did a really good job.

**Yves Rocher** [www.yves-rocher.com](http://www.yves-rocher.com)

43 bd. Haussman 75009 M° Havre-Caumartin

This particular Yves Rocher is ALSO a beauty center that does waxing and facials.

**Clarins** [www.clarins.fr](http://www.clarins.fr)

4 rue Berteaux Dumas 92200 Neuilly-sur-Seine M° Sablons  
01 46 41 94 14

They do not wax at Clarins, but some have had their eyebrows plucked and the technician did an excellent job—very quick and professional. Some have also had a facial here. Fantastic! They profile your skin here and use all hypo-allergenic products. If you have had a facial in the States, you should note that French facials are not comprised of the same treatments. Instead of masques, they use gommage, which is a deep-cleansing, exfoliating treatment that either peels or rubs off. They will also likely do an oil treatment. If you are allergic to any perfumes, let them know in advance, so you don't get an allergic reaction.

**Guinot Paris** [www.guinot.com](http://www.guinot.com)

12, rue de Sèze 75009 M° Auber  
01 40 07 11 71

Also a chain of institutes; this institut is priced comparably to other beauty centers and has a full range of offerings. The staff is very nice.

**HAIRCUTS**

The cheapest places to get a haircut are generally the chains. Here are the names of a few:

**Franck Provost** [www.franckprovost.com](http://www.franckprovost.com)

**Jean Claude Biguine** [www.biguine.com](http://www.biguine.com)

**Jacques Dessanges** [www.dessange.com](http://www.dessange.com)

**Jean Louis David** [www.jeanlouisdavid.com](http://www.jeanlouisdavid.com)

**Saint Algue** [www.saintalgue.eu](http://www.saintalgue.eu)

**Tchip** [www.tchip.fr](http://www.tchip.fr)

The prices posted on the windows outside include shampoo (not conditioner), cut, and blowdry. If you want to save some money, don't get it dried.

**Haircut Vocabulary**

**Trim:** un rafraîchissement

**Layered:** un dégradé

**Bob:** un carré

**Updo :** un chignon

**Bangs:** une frange

**Shaved:** rasé

**Straight hair:** cheveux lisses

**Wavy hair:** cheveux ondulés

**Curly hair:** cheveux bouclés

**Highlights:** mèches

**Color:** couleur

**Perm:** permanent

**Blond:** blond(e)

**Red:** roux/rousse

**Lt. Brown:** châtaign(e)

**Brown:** brun(e)

**Black:** noir(e)

**Grey:** gris(e)

**White:** blanc(he)

### **MANICURE/PEDICURE**

There really is NO cheap place in Paris to get a manicure and pedicures are practically unheard of. If you want to do it cheaply, buy the tools and nail polish and do it yourself. If you are not good at doing your own nails, ask a friend to do them for you.

### **BUYING PRODUCTS**

Beware, your hair is likely to change texture while you are in France. The water in France is a lot “softer” than water in the States, which means it has more calcium carbonate and other minerals. These are chemicals that are found naturally in the water and will not hurt your hair, but may dry it or make it feel like it has more build-up. You should buy your shampoo, conditioner and facial cleansers in France, since they are developed to deal better with this type of water. You can also purchase demineralizing shampoos like Neutrogena Clean (available at Parapharmacies), Joico Resolve (salon), Nexxus AloeRid (salon), Origins Clear Head (Galeries LaFayette or Le Bon Marché), etc. Most shampoo manufacturers make some type of shampoo for deep cleansing or chlorine – this is the kind you should buy. Use it two times a week to help remove any mineral build-up.

If you develop dandruff (pellicules) or dry/itchy scalp (cuir chevelu sensible), look for shampoos that are specifically developed to deal with these problems. Head&Shoulders exists in France or you can buy the Ginger Shampoo at the BodyShop (Les Halles). The BodyShop Tea Tree Oil shampoo is great for dry scalp.

Your skin may react to the change in water, as well. It will usually subside in a month or so, if you leave it be. To help remove the build-up however, you can buy a demineralizing/clarifying cleanser. A good one is Clarins Démaquillant Tonic Express. The texture is weird – a little oily – but it works! Go to Printemps, Marionnaud, Yves Rocher, or Sephora – explain your problem and ask for free samples to try at home. You should be able to find a product that suits you.

Once you find the products that suit you, the best bet is to buy large professional – sized bottles. If you get off at the M° Château d’Eau (Line 4), there are a ton of Beauty Supply stores, where you can buy a liter of your shampoo for the same price as a 500ml at the salon or supermarket.

When you buy makeup, hair products, shaving cream, or anything else having to do with beauty or hygiene, DO NOT buy it at the pharmacy – you will pay double the price for the same products. Often you can even find a generic form of the same product at the supermarket. At the end of the semester, you will be happy to have the extra cash!

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## **CHEZ LE DOCTEUR**

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If you are sick and need to see a doctor, ask your host family to make you an appointment with their *generaliste*. There are also several general practitioners near the Skidmore Center. Visits cost from 20-50€. Get a receipt and submit it to the insurance for reimbursement.

### **ENGLISH-SPEAKING DOCTORS**

Dr. Julia BACHE (general practitioner and gynecologist)

5, rue Léon Cogniet 75017 M° Wagram

01 47 63 42 07

### **American Hospital**

63, blvd. Victor Hugo

92200 Neuilly-sur-Seine

M° Pont de Neuilly plus 10-minute walk

01 46 41 25 25

01 47 47 70 15

If you feel more comfortable going to a doctor who speaks English, the American Hospital is the place for you! It is a bit far (in Neuilly) and more expensive (35 €/visit) though.

**ENGLISH-SPEAKING DENTISTS****Dr. Jean-Marc TABOULET**

42, ave Paul Doumer 75016

01 45 04 80 70

**ENGLISH-SPEAKING THERAPISTS**

Ask Program staff for a reference.

**Things to remember:**

1. Remember to tell the doctor what medications you take on a regular basis and what you are allergic to. They may not ask.
2. Do not wear thong underwear to the doctor. If you go for a knee or back problem, they lay ask you to get undressed down to your underpants and won't give you a paper gown!

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**CHEZ LA PHARMACIE**


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There is a pharmacy just to the left of Skidmore (*Pharmacie de Cannon*) when you cross over rue de Réaumur.

If you are having a problem, you can sometimes skip the doctor and simply explain your maladie to the pharmacist, who will give you an over-the-counter treatment for your problem. The non-prescription medicines are sometimes better (and stronger) than U.S. versions. Don't forget to tell the pharmacist about any medications you are currently taking (chemical names, not brand names) and any allergies you might have.

If you are going to the pharmacist to fill a prescription, just give him/her your ordonnance and pay the bill. Be sure to get a receipt for your Skidmore medical reimbursement. Medications are generally much cheaper in France than in the US. For example, 15 Sudafed caplets (nasal decongestant) will cost you \$5.50 in the States and 1,62 € in France.

**X-RAYS AND MEDICAL TESTS**

You will need to go to a lab for any x-rays or blood tests. Both types of tests will cost you around 25-35 €.

When getting X-rays, wear nice, modest undergarments, as they will likely ask you to strip and will not provide paper gowns!

**MEDICAL VOCABULARY**

**Carte Vitale:** French social security/medicare card

**mal à la tête :** headache

**mal au ventre :** stomachache

**rhume :** head cold

**fièvre:** fever (37° C normal temp)

**frissons:** cold shivers

**étourdissement :** dizzy

**allergique :** allergic

**allergies :** allergies

**démangeaisons:** itchy rash

**nez bouché:** stuffy nose

**nez qui coule:** runny nose

**irritations des yeux:** watery/itchy eyes

**otite:** ear infection

**sinus:** sinus

**sinusite:** sinusitis

**pharangite:** sore throat

**mal à la gorge:** sore throat

**toux sèche:** dry cough

**toux grasse:** productive cough (phlegm)

**angine:** strep throat

**l'asthme:** asthma

**diarrhée:** diarrhea

**vomir:** to vomit

**nausée:** nausea

**constipé(e):** constipated

**mycose:** yeast infection

**cystite:** urinary tract infection

**plaques (rouges):** rash

**urticaire:** hives

**verruë:** wart

**cicatrice:** scar

**plaïd:** open wound

**lèvres sèches/gerçées:** dry/chapped lips

**carie:** cavity

**dents sagesse:** wisdom teeth

**douleur aigu:** sharp pain

**douleur brûlant:** burning pain

**se froisse un muscle:** to pull a muscle

**os fracturé:** broken bone

**chirurgie:** surgery

**high blood pressure:** hypertension

**vaccin:** vaccination

**varicelle:** chicken pox

**rougeole:** measles

**oreillons:** mumps

**typhoïde:** typhoid

**Pillule:** birth control pill

**antibiotiques:** antibiotics

**ibuprofen:** ibuprophen (Advil)

**comprimé:** pill

**gellule:** gelcap

**poudre à sachet:** powdered (like Alka Seltzer)

**sirop:** syrup/liquid

**collyre:** eyedrops

**granules:** granules that melt under your tongue (generally homeopathic medication)

**pastilles à la gorge:** cough drops

### **MEDICAL INSURANCE**

You can use the reimbursement-style insurance that Skidmore provides. See your insurance brochure for details (ask the Paris staff if you didn't bring it with you from your acceptance packet)! There is also a brief overview of the policy in your Student Handbook.

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## SHOPPING

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The shopping in Paris is *amazing*. You will be overwhelmed by new styles, patterns, and also the prices. So be prepared. To budget money, we recommend putting aside separate money just for clothes or shoes. Look for bargains—they do exist—but don't deprive yourself.

A favorite store in Paris (for the moment) is Zara. The clothes are really nice and really French, but also reasonably priced. A great pair of jeans there can cost only €40. Go there if you're looking for blazers, skirts, nicer kinds of clothes, but staple items too. They are all over the place in Paris—you can't miss them. Noticeably nice ones are on the rue de Rennes (there are two on that street), and on the Champs-Élysées, of course.

Naf-Naf and Morgan are kind of similar. More retro "must be brave to wear this" styles, but often you can find just basic, cute tops and pants, almost like a higher class (and higher priced) Wet-Seal in America. Prices aren't crazy though—they're just normal Paris prices.

If you're looking for really basic, really cheap, don't care about style clothes, you can try H&M or Monoprix. They also have bras, underwear, and socks as well. Monoprix is amazing- it's the equivalent of Wal-Mart in America. You can get anything- food, toiletries, basic clothes, school supplies, seasonal gifts (like Easter candy), wine, etc... "normal" prices. You can get a week's worth of lunch supplies for €10-15 if you shop carefully.

If you want the best shopping in town and you don't mind paying a lot, hit the Champs-Élysées or the rue de Rivoli. That's where the classy, designer places are. Obviously, they are the most expensive as well.

Nice shopping at average prices can be found on the rue de Rennes (especially for shoes), Boulevard de la Madeleine (which becomes Blvd des Capucines et Blvd des Italiens), and the rue des Ternes.

**Rue de Rennes** (St. Germain des Près to Montparnasse)

**Rue Etienne Marcel** : fun shopping. Cute cafés. Métro Etienne Marcel or Châtelet. Great walk to/from Marais.

**Killiwaten**: 64 rue Tiquetonne, Métro Etienne Marcel  
Great vintage and new clothing. Huge and crowded, but worth looking through.  
Films and music: be prepared to spend a lot.  
Many FNACs and Virgins in Paris

**Cherry Chau**: 30 rue Sevigné. Hair accessories. VERY nice owner.

**Shoes**: Cheap shoes can be found at André and Eram, but if I were you I would splurge on one or two pairs of Parisian dream shoes instead of settling for cheap ones.

Another place to find inexpensive gems is Rudy's. There are several, but the best are the 2 on the rue de Rennes (84 and 132).

### **Kazana**

19, rue Soufflot 75005 Paris  
M° Luxembourg  
01 43 25 44 03

### **Jewelry**

One of Paris' best places for inexpensive, but pretty gifts is:

### **Outlet Shopping** [www.lavalleeillage.com](http://www.lavalleeillage.com)

La Vallée Village RER A – Val d'Europe

01 60 42 35 00

Open 7 days a week

75 prestigious brands (Armani, Burberry, Calvin Klein, Diesel, Longchamp, etc) reduced by at least 33% from their original prices. For purchases over 175€, a 12% VAT tax refund voucher is available at the Village (for non-EU residents).

For **school supplies**, BHV and Gilbert Jeune are both cheap.

**For U.S. products, try:**

**The Real McCoy**

194, rue de Grenelle  
75007 M° Ecole Militaire  
01 45 56 98 82

**Bon Marché**

24, rue de Sevres 75007  
M° Sevres Babylone

**BHV**

rue de Rivoli  
M° Hotel de Ville

**Printemps**

Blvd Haussmann, near school

**Art Supplies**

**Rougier et Plé** – Beaumarché

**Graphigro** – rue de Renne

**BHV** – rue de Rivoli

**ENGLISH-LANGUAGE BOOKSTORES**

**Abbey Books**

29, rue de la Parcheminerie 75005  
01 46 33 16 24  
M° St. Michel / Mon – Sat, 10AM - 7PM

**Galignani Booksellers**

224, rue de Rivoli 75001  
T : 01 42 60 76 07

**USED BOOKS**

**Berkeley Books**

8, rue Casimir Delavigne 75006  
T: 01 46 34 85 73

[www.berkeleybooksofparis.com](http://www.berkeleybooksofparis.com)

M° Odéon

Mon-Sat, 11AM-9PM

Buy and sell used books.

**San Francisco Book Co.**

17, rue Monsieur le Prince 75006  
01 43 29 15 70

[www.sanfranciscobooksparis.com](http://www.sanfranciscobooksparis.com)

Open Mon-Sat, 11AM-9PM and Sun, 2PM-7:30PM

**Tea & Tattered Pages**

24, rue Mayet 75006  
01 40 65 94 35

[www.teaandtatteredpages.com](http://www.teaandtatteredpages.com)

M° Duroc

Open: Mon-Sat, 11AM-7PM and Sun, 12PM-6PM

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**HAVE A WONDERFUL TIME IN PARIS!**

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## **MY NOTES**

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