



# **SUMMER PROGRAM 2019**

*Everything you need to know about your stay in Paris !!!*

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# SUMMER PROGRAM 2019

## Contact Information

MICEFA  
44 rue Boissonade  
75014 Paris  
France

Office Phone: +33 (0)1 40 51 76 96  
Office Fax: +33 (0)1 44 07 18 10  
Emergency Number: 06 31 26 71 79\*  
06.70.50.87.05

E-mail: [info@micefa.org](mailto:info@micefa.org)  
Website: [www.micefa.org](http://www.micefa.org)

*\*In case of an emergency during office hours, please call the MICEFA office. Outside office hours, please call the emergency cell numbers (remember – this number is to be used for emergencies ONLY (i.e. severe injuries, illness or serious emotional disturbance), so use good judgment and common sense before calling).*



## How to go to MICEFA's Office

Metro: (line 6 and 4) Raspail  
RER: (B) Port Royal



## Office Hours

Monday, Tuesday, Thursday, Friday:  
9:30am - 12:30pm; 1:30pm - 5:30pm  
Wednesday: 9:30am – 12:30pm

## MICEFA Staff

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### GENERAL INFORMATION

#### Communication

➤ Cell Phones or *Téléphones portables*:

As you are here for only a month, we advise you to get a **pay as you go sim-card**, if you are unable to use your American server.

You can find this option in any many phone shops including Bouygues, Orange, SFR. Students can expect to pay spend about 20-30 euros for a pay-as-you-go phone. Visit the shop's website to find the nearest location.

Bouygues:

<http://www.bouyguetelecom.fr/>

Orange:

<http://www.orange.fr/portail>

SFR:

<http://www.sfr.fr/>

The Phone House:

<http://www.phonehouse.fr/>

➤ A few tips on using cell phones in France:

- If you call a *portable* from a home phone and vice versa, it is VERY EXPENSIVE.

- If you call a *portable* from a *portable*, it is cheap.

*Note: In France, you do NOT pay for incoming calls or text messages.*

*06 and 07 numbers are cell phone numbers.*

*01 numbers are home phone/ land line numbers in Ile-de-France (aka the Paris region)*

*09 numbers are internet phone service numbers.*

*02, 03, 04 and 05 numbers are around the country (outside of Paris and its suburbs).*

**Skype** is a great, cheap way to communicate with friends and family in North America. It can be used to call a landline (1 to 2 cents per minute) as well as computer to computer (FREE). The Skype software can be downloaded for FREE from <http://www.skype.com>.

## Wi-fi Hotspots in Paris

Paris is full of places where you can use Wi-fi free of charge. Restaurants and cafés often have Wi-fi available. Places like Starbucks or McDonald's also offer Wi-fi to their customers.



Here are some Wi-fi hotspots around the city:

- Le Forum des Halles (metro: Châtelet, Les Halles)
- Any public or university library around Paris, known as, *Les bibliothèques de Paris*
- Centre Commercial Passage du Havre (metro: Saint Lazare)

Wi-fi is also offered for free by the city of Paris in public parks, gardens, district town halls, libraries and museums. Look for the purple logo that says "Paris Wi-fi" and connect !!

Here is a link to a map of all public Wi-fi locations by the city of Paris:

[https://opendata.paris.fr/explore/dataset/liste\\_des\\_sites\\_des\\_hotspots\\_paris\\_wifi/](https://opendata.paris.fr/explore/dataset/liste_des_sites_des_hotspots_paris_wifi/)

## Transportation:

The Paris metro system (RATP: Régie Autonome de Transport Parisien) is fabulous and North American students are always impressed with its efficiency, cleanliness and quietness. During rush hours, trains arrive every two minutes (unless there is a "grève" (strike)). It is very easy to change train lines by making a "correspondance". You may check the RATP website for train times



and scheduling information: [www.ratp.fr](http://www.ratp.fr)  
The metro service **runs from 5:30am to around 12:45am during the week** (the last train of every line leaves its point of origin at 12:30am) and 1:40am on weekends. Bus service varies from line to line. There is a night bus system called the **Noctilien** that runs virtually everywhere in the city between 12:30am and 5:30am. The *Noctilien* departs every hour on the half hour from Châtelet, and every hour on the hour from the outlying points of Paris. **NEVER** travel alone on the *Noctilien* and always watch your belongings to avoid any complications. Avoid talking loudly so as not to draw attention to yourself.

Every metro station has a large metro map displayed near the *guichet*, the platform and also a **plan du quartier** (neighborhood map) near the **sortie(s)** (exit(s)). It is all very easy and you will be mastering the metro in no time at all. The MICEFA also provides you with a copy of a handy-dandy Paris transportation guide entitled "**Paris Pratique**" that allows you to look up map information by *quartier*.

Your transportation card called pass Navigo, is “dezoned”, meaning it is valid in all zones. You will be able to travel anywhere in the Ile-de-France (zones: 1-5), so take advantage of this to see some places outside of Paris!



### Practical and Helpful Tips to Ensure a Good Time

#### Electrical Appliances:

The **electrical current** that comes out of the outlets in your dorm room or apartment is 220 volts, twice as strong as in the U.S./ Canada. **An electrical shock at that voltage can be lethal.**

You would need a **converter (also called a transformer)** to convert French 220V to 110V for your small appliances (hair dryers, shavers, etc.). We do not recommend that you bring any small appliances but if you do, you must invest in a good electrical converter. This is not the same as an adaptor. An Adapter is used to plug in computers and smartphones, which are manufactured for 220V and 110V. To buy an “*adaptateur*” you can go to the BHV Department store (more expensive) at the metro station “Hôtel de Ville” (line 1 or 11).

Or, you can go to FNAC or Darty (less expensive), an electronics chain with various locations throughout Paris.

#### Air-conditioning:

It is unlikely to find air conditioning anywhere in Paris except museums, department stores and maybe the cinema. During the summer months you might find it hot indoors and on the metro. If you are feeling uncomfortable be relieved that you are not the only one. Think of this as being a part of the “French experience”. You should think about carrying a bottle of water with you during the hotter months because you will not find public drinking fountains.

#### Budgeting:

Life in Paris is **EXPENSIVE**. Buying your own food to eat at home or eating in the student restaurants around Paris (**Restau-U/CROUS**) is MUCH cheaper than eating in a café. Take advantage of happy hour because drink prices tend to go up after 10pm. Tourist hot spots, such as the Champs-Élysées or the Boulevard Saint-Germain, charge much higher prices than the neighborhood cafés where the local Parisians go to “*prendre un verre.*” Though some restaurants have *service continu* most close between lunch and dinnertime. Lunch ends at 3pm and dinner begins at 7pm.

#### Time:

Paris is not a 24/7 city. Most shops, even grocery stores and pharmacies are closed on Sundays. In every neighborhood there is usually a *pharmacie de garde*, which is open on Sunday, but the location varies, so ask a local if you need to find it. Business hours are from 9am (sometimes 10am) to 5pm, with the exception of shops, which close around 7pm.

## When in Paris, do as the Parisians



Most French people think that Americans are loud. Conversations in a public place, especially on the metro, should be at a level at which you are not subjecting those around you to your conversation.

### Politeness

*Politesse* is extremely important to the French. To ensure a positive interaction, begin a conversation with a stranger with *Bonjour Madame/Monsieur*. When asking for help, if you can remember the phrase, "*Excusez-moi de vous déranger*", it will go a long way.

### Cultural Relativity

Practice cultural relativity. We interpret the actions of others by our own "rules", which are made up of all the ways of being we are taught, and that we assimilate by being raised in our culture. The French have a different culture, and so it is no use to judge them using our rules. Observe and compare, but do not judge. Being upset at the French for being French will do you no good. If you do not enjoy the cultural differences, this is an excellent opportunity for you to discover what your own programming is: what is

important to you, and what do you take for granted at home?

### FOR YOUR SAFETY



The more you know about your new environment, the better you will be able to 'neutralize' but not necessarily eliminate, safety risks. You should not allow a sense of delight in your new surroundings to **BLIND** you to the risks and the need for **COMMON SENSE**.

### Adopting a safe behavior

First of all, you should be aware that **THEFT, especially petty theft, is rampant throughout France and that tourists and foreign students are prime targets**. Be careful with your handbags and wallets. Zip your bags up and keep your wallets in your front pocket. Carry your backpack on your front when in crowded places like the metro. Do not sit by the door on the metro with your belongings out (iPods, phone, etc). Favorite hangouts for pickpockets are crowds, buses, subways, train stations, stores and ATMs (*distributeurs de billets*). If you have a problem at an ATM, **DO NOT** accept help from strangers or new acquaintances. When possible, use the ATM inside the bank than one that is on the street. It would be best to walk away and come back when there is no one around.

**Do not give your address to strangers or new acquaintances**, or allow people to read over your shoulder in the bank or post office.

If you feel you must give someone your address, you may use the MICEFA office address.

Violent crimes, such as rape and muggings are no more prevalent in France than elsewhere (the murder rate is 5 times lower than in the U.S.), but you should not let statistics lull you into letting your guard down. Women in particular are advised to **avoid public parks and certain Paris suburbs after dark; walk in groups at night; and do not walk home alone at night.**

**Also** be very careful drinking in nightclubs and some bars in tourist areas. In recent years, there has been a resurgence of GHB-related sexual assaults. Never leave a drink alone in a nightclub or bar. Never go to a nightclub or bar alone.

### Places to avoid at night

Although you should feel safe in Paris, places like Les Halles, Gare de L'Est and Gare du Nord should be avoided at night time! If you are going to travel *extra muros* to the banlieue at any point, be especially careful at night.

### Crossing the streets and traveling on your own

**Pedestrians do not have the right of way in France!** Be very careful, even when you have the green light or are standing on the curb.

By North American standards, many French drivers are aggressive and undisciplined. Do not expect them to be on the lookout for pedestrians; they may actually try to scare you off the road or run a red light while you are in the intersection.

When **traveling between cities**, you should take a train or a bus but **DO NOT HITCH-HIKE!** Before making travel plans outside of Paris, **please check in with MICEFA concerning travel advisories put out by the U.S./ Canadian government.**

### Understanding the Parisians' behavior

In general, you will probably find that Parisians are much less friendly than Americans. In American culture we expect strangers to be friendly, and we smile at everyone.

Don't be alarmed if people aren't smiling at you, they are not being rude by their cultural standards. **In Paris, a smile is often interpreted as a flirtation, so be aware of who you are smiling at.** Especially for women, if you are walking toward a group of men that you sense may try to get your attention, and potentially hassle you, be sure not to make eye contact. Which now brings us to Dating and Sex.

### Dating and Sex

Dating codes and sexual signals here may take some getting used to. A woman who smiles at strangers in the street is thought to be flirting or inviting an advance. Men, on the other hand, can be quite persistent and without fear of crossing the line of sexual harassment.

Venereal diseases, including AIDS and HIV, are as widespread here as in the U.S./ Canada and, in large cities and university towns, foreign students of both sexes may be perceived as easy prey for sexual tourism in reverse. It is advisable to use informed discretion in choosing partners and to **ALWAYS** use condoms (*préservatifs*), familiarly and fondly known as *capotes*.

They are widely available in supermarkets and *pharmacies* and outside them at the *distributeurs automatiques*.

## Alcohol

The legal drinking age in France is 18. The French drink because they enjoy the taste of what they are drinking. Take a page out of their playbook, and if you choose to exercise your right to drink, don't "drink to get drunk." Keep in mind that it is forbidden to drink alcohol in the streets.

## **BE SMART!**

### **MISCELLANEOUS:**

#### **Contacts and Useful Information**

#### For Traveling:

**Club Alliance Voyage**, 33 rue de Fleurus, 75006 Métro: Rennes or Saint-Placide 01 45 48 89 53

**SNCF**: Gare du Nord, Gare de l'Est, Gare St-Lazare, Gare Montparnasse, Gare de Lyon [www.voyages-sncf.com](http://www.voyages-sncf.com)

#### Lowcost Airlines:

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

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

#### For Clothing, Appliances, etc.:

**BHV**, (Dept. store, in basement US electric and phone plug adaptor), 52 rue de Rivoli 75004, Métro: Hôtel de Ville

**Go Sport**, (for cheap sporting goods), at the Forum des Halles, Métro/RER: Les Halles

**Tati**, (cheap clothing store) the main one is 4, Bd Rochechouard, 75018, Métro: Barbès-Rochechouard

**Celio**, (reasonably priced mens clothing), there is one on Bd St-Michel, Métro: St Michel

#### English Bookstores (can be expensive):

**WH Smith**, 248 rue de Rivoli, 75001, Métro: Concorde or Tuileries

**Shakespeare & Co**, 37, rue Bucherie, 75005 (in front of Notre-Dame) RER: St-Michel-Sorbonne

**The Abbey**, 29, rue Parcheminerie, 75001, Métro : St Michel

**Tea and Tattered Pages**, (used books in English) 24, rue Mayet 75006, Métro: Duroc

#### Reasonably Priced Bookstores:

**FNAC**, there is one in Les Halles (niveau-3), (Barnes & Nobles equivalent for books, music, stereos, cameras...)

**Gibert Joseph**, (new and used books) 26, Bd St -Michel 75006, Métro: Odéon, RER : St Michel Sorbonne

**Gibert Jeune**, (new and used books) 15 bis, Bd St-Denis, 75002, Métro: Strasbourg-Saint-Denis

#### Cheap Theater Tickets:

**Kiosque de la Madeleine**, (50% off the same day theater tickets, 11 am to 2 pm) place de la Madeleine, Métro: Madeleine

**Kiosque de Montparnasse**, (50% off the same day theater) Métro Montparnasse Hours: Tuesday – Saturday from 12:30PM to 8 PM and Sunday from 12:30 PM to 4 PM.

#### Libraries:

**La Bibliothèque Nationale de France** (BNF), 11 quai Mauriac, 75013, Métro: Bibliothèque F. Mitterand, 01 53 79 59 59

**BDIC**, Université de Nanterre, RER: Nanterre Université, 01 47 21 40 22

**Bibliothèque Saint-Genève**, 10, place du Panthéon, 75005, 01 44 41 97 97

**Bibliothèque Centre Pompidou**, rue Beaubourg 75004, Métro: Rambuteau or Hôtel de Ville, 01 44 78 12 75

**American Library in Paris**, 10, rue du Gal Camou 75017, 01 53 59 12

**Institut du Monde Arabe**, 1, rue Fossés St-Bernard 75005, Métro : Jussieu, 01 40 51 38 38

### Emergency Contact Numbers:

<b>European Emergency Number (like 911)</b>	<b>112</b>
<b>La Police</b>	<b>17</b>
<b>Les Pompiers</b> (firemen, more efficient than the police)	<b>18</b>
<b>Le SAMU</b> (ambulance service for emergency transportation to the hospital)	<b>15</b>
<b>Metro Harassment Hotline</b>	<b>3117</b>
<b>SOS Médecins</b> (24 hour service for a doctor to come to your home)	<b>01 47 07 77 77</b>
<b>Centre Anti-Poison</b>	<b>01 40 05 48 48</b>
<b>SOS Help</b> (Depression, suicide)	<b>01 46 21 46 46</b>
<b>Association des Alcooliques Anonymes (AAA)</b>	<b>01 46 34 59 65</b>
<b>The Counseling Center at the American Cathedral</b>	<b>01 47 23 61 13</b>
<b>Objets trouvés</b> (Préfecture de Police – Lost and Found)	<b>01 55 76 20 00</b>
<b>Carte Bleue volée ou perdue</b> (24h/24h)	<b>08 36 69 08 80</b>
<b>LGBT Paris:</b> <b><a href="http://www.centrelgtparis.org">www.centrelgtparis.org</a></b>	

### Medical Emergency Contacts:

<b>The American Hospital</b> (Have special agreements w/ some American insurance)	<b>63, Blvd Victor Hugo</b> Neuilly-sur-Seine Metro: Pont-de-Neuilly or Bus: 83/92	<b>01 46 41 25 25</b> (Ask for Dr. Michael J. Specter or Dr. John Relland.)
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### ➤ English Speaking Doctors:

#### ➤ General Practitioners (*Médecins generalistes*):

<b>Dr. Anne-Valerie Meyers</b>	10, rue Royale (Stairway C, 4 <sup>th</sup> Floor) 75008	01 42 66 47 82
<b>Dr. Stephen Wilson</b>	54, rue des Archives, 75004	01 48 87 21 10
<b>Dr. Jurgen Tredup</b>	27, rue Saint-Ambroise, 75011	01 43 55 03 21
<b>Dr. Olivier Wong</b>	27, rue Blomet, 75015	01 45 31 81 31

#### ➤ Gynecologists (*Gynécologues*):

<b>Dr. Guy Bercau</b>	276, boulevard Saint-Germain, 75007	01 47 53 81 64
<b>Dr. Emmanuel David-Montefiore</b>	60, avenue d'Iéna, 75116	01 47 20 50 68
<b>Dr. Christiane Lorphelin</b>	45, avenue Victor Hugo, 75116	01 45 00 40 30
<b>Dr. Patricial Rérolle</b>	20, rue Daniel Stern, 75015	01 43 06 60 00

#### ➤ Dentists (*Dentistes*):

<b>Dr. Jona Andersen</b>	15, rue Freycinet, 75016	01 47 23 01 00
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<b>Dr. Patrick Bauer</b>	71, avenue Franklin D. Roosevelt, 75008	01 42 25 76 30
<b>Dr. Ariane Brunet</b>	75, rue de Turenne, 75003	01 48 87 62 56
<b>Dr. Eric Edwards</b>	88, avenue Foch, 75116	01 45 01 91 71

➤ Physical Therapist (*Kinésithérapeutes*):

<b>Mr. Paul Beurskens</b>	26, boulevard Raspail, 75007	01 44 07 04 97
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➤ Therapists (*psychologues / psychiatres*):

<b>Mme. Monica Frankel- d'Alençon</b>	52 avenue Félix Faure, 75015 PARIS	01 44 26 05 44
<b>Dr. Rosemarie Bourgault</b>	7, rue Saint Senoch, 75017	01 47 20 40 11
<b>Justine Duplessis-Nelson (specialized in eating disorders)</b>	11, rue Bosio, 75016	06 17 92 62 50
<b>Emmanuelle Gira</b>	31 bis rue victor Massé, 75009 Paris	06 63 78 84 30
<b>SOS Help: English- Language Listening Line in France</b>	<a href="http://www.soshelpline.org/community.html">http://www.soshelpline.org/communi- ty.html</a>	01 46 21 46 46
<b>International Counseling Service</b>	11, rue Bosio, 75016 <a href="http://www.icsparis.com">http://www.icsparis.com</a>	01 45 50 26 49

<b>Sharon Korman</b>	91 rue du Théâtre, 75015	06 50 02 30 66
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➤ Ear, Nose and Throat Specialists (ORL):

<b>Dr. Daniel Brasnu</b>	Hôpital Européen Georges Pompidou/ 20 rue Leblanc, 75015	01 56 09 34 79
<b>Dr. Gerald Fain</b>	32, avenue Matigon, 75008	01 42 27 27 76
<b>Dr. Jacques Huart</b>	44, rue d'Alésia, 75014	01 43 27 18 31

➤ Chiropractors (*chiropracticien*):

<b>Ms. Nadine Steinik Foresman</b>	22, rue des Canettes, 75006	06 03 84 88 72
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*From the MICEFA Staff*