



SUMMER PROGRAM 2023

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

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SUMMER PROGRAM 2023

Contact Information

MICEFA

6 rue du Douanier Rousseau

75014 Paris

France

Office Phone: +33 (0)1 40 51 76 96

Office Fax: +33 (0)1 44 07 18 10

Emergency Number: 06 51 56 26 60

E-mail: info@micefa.org

Website: www.micefa.org

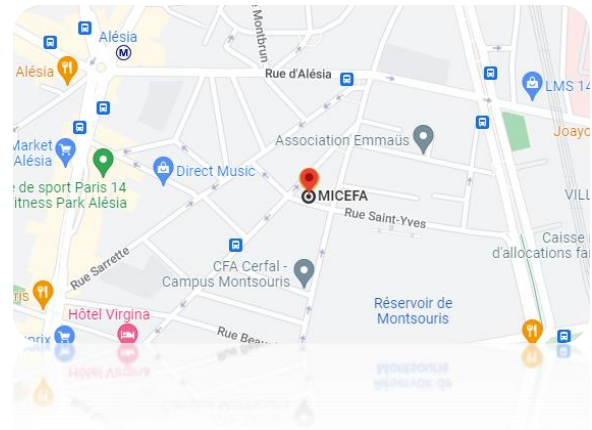
**In case of an emergency during office hours, please call the MICEFA office. Outside office hours, please call the emergency cell numbers (remember – this number is to be used for emergencies ONLY (i.e. severe injuries, illness or serious emotional disturbance), so use good judgment and common sense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



How to go to the MICEFA Office

Metro: (line 4) Alésia

RER: (B) Denfert-Rochereau



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/>

SFR:

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

Free Mobile

<http://www.free.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).

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/>

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
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.

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 Adaptor 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

Lowcost Airlines:

Easyjet: www.easyjet.com

Ryanair: 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 et Châtelet

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 or Rivoli

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

The Abbey, 29, rue Parcheminerie, 75005, Métro : St Michel

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

La Contemporaine, Université de Nanterre, 184 Cr Nicole Deyfus 92 000 Nanterre RER: Nanterre Université, 01 47 21 40 22

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

American Library in Paris, 10, rue du Gal Camou 75007, 01 53 59 12 60

Bibliothèque Centre Pompidou, place
Georges-Pompidou 75004, Métro:
Rambuteau or Hôtel de Ville, 01 44 78 12
75

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

Emergency Contact Numbers:

European Emergency Number (like 911)	112
La Police	17
Les Pompiers (firemen, more efficient than the police)	18
Le SAMU (ambulance service for emergency transportation to the hospital)	15
Metro Harassment Hotline	3117
SOS Médecins (24 hour service for a doctor to come to your home)	01 47 07 77 77
Centre Anti-Poison	01 40 05 48 48
SOS Help (Depression, suicide)	01 45 39 40 00
Association des Alcooliques Anonymes (AAA)	01 48 06 43 68
The Counseling Center at the American Cathedral	01 53 23 84 00
Objets trouvés (Préfecture de Police – Lost and Found)	01 53 71 53 71
Carte Bleue volée ou perdue (24h/24h)	0 892 705 705
LGBT Paris:	01 43 57 21 47
www.centrelgbtparis.org	

Medical Emergency Contacts:

The American Hospital (Have special agreements w/ some American insurance)	55, Blvd du Château Neuilly-sur-Seine Metro: Pont-de-Neuilly or Pont de Levallois Bécon or Bus: 83/92	01 46 41 25 25 (Ask for Dr. Michael J. Specter or Dr. John Relland.)
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➤ *English Speaking Doctors:*

➤ General Practitioners (*Médecins généralistes*):

Dr. Anne-Valerie Meyers	10, rue Royale (Stairway C, 4 th Floor) 75008	01 42 66 47 82
Dr. Jurgen Tredup	27, rue Saint-Ambroise, 75011	01 43 55 03 21
Dr. Olivier Wong	27, rue Blomet, 75015	01 45 31 81 32

➤ Gynecologists (*Gynécologues*):

Dr. Guy Bercau	6, place Saint-Michel 75006	01 47 53 81 64
Dr. Emmanuel David-Montefiore	60, avenue d'Iéna, 75016	01 47 20 50 68
Dr. Christiane Lorphelin	45, avenue Victor Hugo, 75116	01 45 00 40 30

➤ Dentists (*Dentistes*):

Dr. Jona Andersen	25, rue de Lubeck, 75116	01 47 23 01 00
Dr. Patrick Bauer	71, avenue Franklin D. Roosevelt, 75008	01 42 25 76 30
Dr. Ariane Brunet	75, rue de Turenne, 75003	01 48 87 62 56

Dr. Eric Edwards	88, avenue Foch, 75116	01 45 01 91 71
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➤ Physical Therapist (*Kinésithérapeutes*):

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

Mme. Monica Frankel-d'Alençon	4 rue Plélo, 75015 PARIS	06 09 24 60 66
Dr. Rosemarie Bourgault	33, rue du Dr Heulin, 75017	06 13 50 82 60
Justine Duplessis-Nelson (specialized in eating disorders)	11, rue Bosio, 75016	06 17 92 62 50
Emmanuelle Gira	31 bis rue Victor Massé, 75009 Paris	06 63 78 84 30
SOS Help: English-Language Listening Line in France	https://soshelpline.org/	01 46 21 46 46
International Counseling Service	11, rue Bosio, 75016 http://www.icsparis.com	01 45 50 26 49
Sharon Korman	91 rue du Théâtre, 75015	06 50 02 30 66

➤ Ear, Nose and Throat Specialists (ORL):

Dr. Daniel Brasnu	25 rue Manin , 75019	01 48 03 65 65
Dr. Gerald Fain	32, avenue Matigon, 75008	01 42 27 27 76
Dr. Jacques Huart	13, Av Jean Moulin 75014	01 45 42 14 31

➤ Chiropractors (*chiropracticien*):

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