

PARIS

France - known as Metropolitan France in order to distinguish it from the other territories owned by the country—is the area of ‘France’ geographically in Europe, situated next to Belgium, Luxembourg, Germany, Switzerland, Italy, Monaco, Andorra and Spain, with borders also by the North Sea, English Channel, Atlantic Ocean and Mediterranean sea. Paris is the capital, and is also the country’s largest city and main cultural and commercial centre, though other major urban areas include Marseille, Lyon, Toulouse, Lille, Bordeaux, and Nice. France is one of the most powerful European countries, and has had significant cultural and historical impact on the world. It is famous for its cuisine, fashion and shopping, and art and architecture. The country boasts a distinctive café culture, famous patisseries and bakeries, as well as prestigious cookery schools and Michelin-starred restaurants; modern and contemporary architecture like the industrial style Centre Pompidou amidst medieval architecture; and many designer boutiques and haute couture houses combined with vintage shops, flea markets, and atmospheric bookstores. It is also famous for its history - France has played a key part in WWI and WWII and also has its own very diverse and fascinating past, including the French Revolution, and figures like Joan of Arc and Marie Antoinette. Numerous masters of art have lived and worked there too, including Renoir, Rodin, Picasso, Monet, Manet, Dalí and Van Gogh.

Paris is home to 2.2 million people (within the central city—nearly 12 million for the whole metropolitan area) and is located in the North of France on the river Seine. It has a reputation as being one of the most beautiful and romantic of all cities, and has been dubbed the City of Light and the Capital of Fashion. A large part of the city, including the River Seine, is a UNESCO World Heritage Site, and it has the second-highest number of Michelin restaurants in the world (after Tokyo). It also contains numerous iconic landmarks, and is the city with the highest number of tourists annually (45 million).

GEOGRAPHY

As a country, France has cool winters and mild summers, though on its Mediterranean side the temperatures are warmer. It mainly consists of flat plains and/or low rolling hills in the North and West, and then mountains in the South and East (including the Alps). Paris, in northern central France, is therefore relatively flat, and has a typical Western European oceanic climate (Köppen climate classification Cfb).

The city of Paris is officially divided into 20 districts called arrondissements numbered from 1 to 20 in a clockwise spiral from the center of the city (which is known as Kilometre Zero and is located at the front of Notre Dame). Beyond central Paris, the outlying suburbs are called Les Banlieues. Schematically, those on the west of Paris (Neuilly-sur-Seine, Boulogne-Billancourt, Saint Cloud, Levallois) are wealthy residential communities. Those to the north-east are poorer communities, often populated by immigrants.



	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
°C	5	6	9	11	15	16	20	20	16	12	7	5
°F	41	42	47	51	59	61	68	67	61	54	45	41



THE ARRONDISSEMENTS

Number	Sights	Extra Info
1	Musee du Louvre, Arc de Triomphe du Carrousel, Palais Royal, Jardin des Tuilleries, Place Vendome	Considered best for sightseeing!
2	Paris Stock Exchange, Opéra-Comique, Théâtre des Variétés	Contains many of the city's 19th century glass-roofed covered passages, lots of street stalls and food shops, also has Paris' garment-making district
3	Archives Nationales, Musée Carnavalet, Conservatoire des Arts et Métiers	Lots of museums as well as many stylish cafes
4	Notre-Dame de Paris, the Hôtel de Ville (Paris city hall), Saint Jacques Tower, Jewish Quartier	Considered very 'hip' - has lots of modern, contemporary art, thriving Jewish and LGBT communities, very fashionable
5	Jardin des Plantes, Muséum National d'Histoire Naturelle, The Pantheon	Medieval and Roman architecture, lots of bookshops and record stores, many students, art-deco cinemas, jazz clubs, bars
6	Jardin du Luxembourg as well as its Sénat, Place Saint-Michel, Eglise St Germain des Pres	'Quintessential Paris', exquisite boutiques, literary cafes, city's oldest church
7	Tour Eiffel and its Parc du Champ de Mars, Les Invalides, Musée d'Orsay, Assemblée Nationale, Le Bon Marche	Iconic landmarks, very wealthy, manicured lawn, also includes military complex with Napoleon's tomb
8	Champs-Élysées, Arc de Triomphe, Place de la Concorde, le Palais de l'Elysée, Grand Palais	Luxury shopping, emporiums, fashion houses, broad avenues
9	Opera Garnier, Musee Grevin	Fine art department stores, glamorous cocktail bars, opera house
10	Canal Saint-Martin, Gare du Nord, Gare de l'Est	Canal side dining, train stations, 'indie' culture
11	New Jewish Quartier, Bastille	Creative culture—music venues, museums, cafes, graphic designers, artists, furniture makers both traditional and modern
12	Zoo de Vincennes, Opera Bastille	Lively, big markets, forest, parks
13	Bibliothèque Nationale de France (BNF)	Chinatown, Buddhist temples, unique flavours, book-shaped National Library
14	La Santé Prison, Cité Internationale Universitaire de Paris, Paris Catacombs	Historical, otherwise mainly residential
15	Porte de Versailles, Front de Seine	Bustling streets, residential
16	Palais de Chaillot, Musée de l'Homme	Woodland area, trio of museums (Palais de Chaillot)
17	Square des Batignolles	Classical Parisian residences amongst post-industrial areas—and a new 'eco quarter'
18	Basilica of the Sacré Cœur	Beautiful city views, and Paris' 'Little Africa' neighborhood
19	Cité des Sciences et de l'Industrie, Cité de la Musique	Lots of green spaces
20	Cimetière de Père Lachaise, Parc de Belleville	Old-school hangouts, artist studios, and burial place of famous names

USEFUL VOCAB

Bonjour = Hello, Good morning

Au revoir = Goodbye

Merci = Thank you

S'il vous plaît = Please

Bonsoir = Good evening

Bonne Nuit = Good night

Excusez-moi = Excuse me

De Rien = You're welcome (casual, informal way)

Je vous en prie = You're welcome (formal)

Je suis désolé(e) = I'm sorry

Comment vous appelez-vous? = What is your name?

Parlez-vous anglais? = Do you speak English?

Comment allez-vous? = How are you doing?

Quelle heure est-il? = What time is it?

Pouvez-vous m'aider? = Can you help me?

Combien ça coûte? = How much is this?

Je t'aime = I love you

Répétez, s'il vous plaît: Repeat, please

Où sont les toilettes?: Where are the toilets?

Je ne comprends pas: I do not understand

Pourriez-vous me/nous prendre en photo?: Are you able to take my photo/our photo?

Je cherche l'hôtel/l'hôpital/la banque: I am searching for the hotel/hospital/bank



SAFFRON

BALDOZA

HISTORY



A brief history of France:

- In Ancient times, France was mainly made up by a region known to the Romans as Gaul—over the course of the first millennium, this area was colonised by the Greeks, Romans, and Carthaginians, before Gaul became integrated into the Roman Empire
- Gaul later became subject to raids and migration by Germanic Franks, and the Frankish King ruled until late 5th century
- The Medieval Kingdom of France emerged from Charlemagne's (a Frank) Empire
- Conflict over the crown and title led to the Hundred Years War between England and France in the Late Middle Ages, ending in French Victory
- French nationalism was strengthened, and transformed into a centralised absolute monarchy through the Renaissance and Protestant Reformation—fashion design and production also become prominent
- France was then part of the Thirty Years War, relating to the conflict from the 16th century reformation
- A colonial empire was also established in the sixteenth century, and the French monarchy's political power grew enormously (Louis XIV became known as Louis the Great and the Sun King—his luxurious tastes led to huge growth in the textile market, and style and elegance within the country)
- Seven Years War—a global conflict between Britain and France for global power (French defeat)
- The monarchy was overthrown in the late 18th century in the French Revolution, and then the country was governed as a republic until Napoleon Bonaparte's French Empire was declared
- After his defeat in the Napoleonic Wars, French became a republic, then an empire once more, until a more lasting French Third Republic was established in 1870
- In WWI it was one of the Triple Entente, and in WWII was one of the allied powers until it was conquered in 1940
- The Third Republic was controlled by Germany until the Free France movement took over the colonial empire, and coordinated the wartime Resistance—liberation in 1944 led to the Fourth Republic, and a slow recovery
- Long wars in Indochina and Algeria drained resources, but in the wake of the 1958 Algerian Crisis, the French Fifth Republic was set up
- Decolonisation saw most of the empire become independent
- Since WWII it has also been a permanent member in the UN Security Council and NATO and played a central role in the unification process that led to the EU
- France remains a strong economic, cultural, military and political factor in the 21st century

FOOD

France has become famous for not only its distinctive cuisine but also its excellence and mastery in cooking. In November 2010, French gastronomy was added by the UNESCO to its lists of the world's 'intangible cultural heritage'! It is also worth mentioning Paris, being famous for its multicultural nature, is also famous for featuring foods from a plethora of different countries.

The history of French food begins in Medieval times, when banquets were common. Being a rich country with good imports/exports, dishes utilised many herbs, spices, and visual display was prized. The guild system gave French produce a characteristic identity—there were two groups of guilds: those that supplied raw materials, like butchers, and those that supplied prepared foods, like pastry cooks. The guilds served as training grounds for those within industry, and so there became a culture of class system and ranking, leading to new standards of excellence.

French cuisine continued to assimilate new food items from the new world, and in the 17th century, haute cuisine was established, with a chef named La Varenne, who is credited with publishing the first true French cookbook.

The French revolution was integral to the expansion of French cuisine, as it abolished the guild system, however France continued to be a country of refined culture, extravagance, and fashion. Marie Antoine Careme, who would later cook for Bonaparte, was known for his extravagant constructions of pastry and sugar architecture. Careme also contributed to cuisine refinement with his mother sauces, and souffles.

Georges Auguste Escoffier is also commonly acknowledged as the central figure to the modernization of haute cuisine and organizing what would become the national cuisine of France. His influence began with the rise of some of the great hotels in Europe and

America during the 1880s-1890s. The Savoy Hotel managed by César Ritz was an early hotel in which Escoffier worked, but much of his influence came during his management of the kitchens in the Carlton from 1898 until 1921. He created a system of "parties" called the brigade system, which separated the professional kitchen into five separate stations. Escoffier's largest contribution was the publication of *Le Guide Culinaire* in 1903, which established the fundamentals of French cookery.

Nouvelle cuisine also appeared—inspired by new movements in world cuisine. It emphasised freshness, clarity of flavour, and rejected complication. It experienced various revivals from the 1700s to 1900s, but by the end of the 19th century, haute cuisine has become most favourable again.

Characteristics of French cuisine include: sauces, rich dairy food, expensive ingredients, completeness (i.e. pairing with wine, etc), preciseness, visually appealing, seasonality, also bourgeois cuisine (home, family cooking, simple foods), refinement, braising/sauteing/roasting/grilling, patisserie.

Famous dishes: oysters, ratatouille, duck confit, foie gras, escargots, mussels, galettes bretonnes/buckwheat pancakes, quiche Lorraine, dauphinoise potatoes, tartiflette, bouillabaisse, bouef bourguignon, coq au vin, soufflé, frogs legs, onion soup, croque monsieur, steak frites, salmon en papillot, omelette, terrine.

Other famous foods: macarons, baguette, tarte tatin, chocolate fondant, crepes, croissant, éclair, cheeses, profiteroles, crème brulee, floating islands, mousse.

THINGS TO DO



The Louvre Museum:

World's most visited museum, home of some of the best known works of art including Mona Lisa, housed in Louvre Palace, contains collections selected by its monarchs so showcases much of country's history, French Romanticism, Neoclassicism, etc.

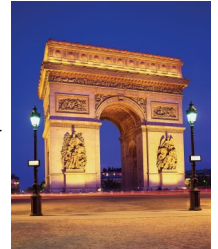
Location:
1st Arron-



Arc de Triomphe:

One of the most famous monuments in Paris, at one end of the Champs Elysees, designed by Jean Chalgrin in 1806; iconographic programme pits heroically nude French youths against bearded Germanic warriors in chain mail. It set the tone for public monuments with triumphant patriotic messages.

Location: between 16th, 17th, 8th. Price: 13 euros.



Notre Dame:

Medieval Catholic cathedral on the Île de la Cité. Dedicated to the Virgin Mary, is considered one of the finest examples of French Gothic architecture.

Location: 4th arrondissement. Price: Free



City Hall Paris:

Hotel de Ville, originally constructed by Francois I. burned by the Paris Commune, outside was rebuilt following the original design, but larger, between 1874 and 1882, while the inside was considerably modified.

Location: 4th arrondissement. Price: Free



Palais Royal:

Centre of historic Paris, now used for government offices, wonderful gardens. Former Royal Paris, built for Cardinal Richelieu from about 1633 to 1639 by the architect Jacques Lemercier.

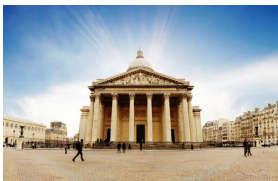
Location: 1st arrondissement. Price: Free



Pantheon:

Temple of the French nation, created by architect Jacques-Germain Soufflot for Louis XV to glorify monarchy in the form a church dedicated to patron saint of Paris, crypt houses tombs of many illustrious figures.

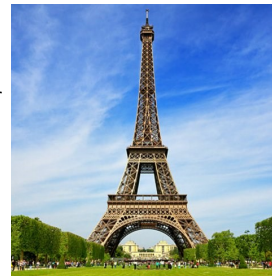
Location: 5th Arrondissement. Price: 9 euros.



Eiffel Tower:

Iron lattice tower by engineer Gustave Eiffel, tallest structure in Paris and was for 41 years the tallest manmade structure in the world, has three levels for visitors - can only climb 674 steps to second floor, then have to take a lift.

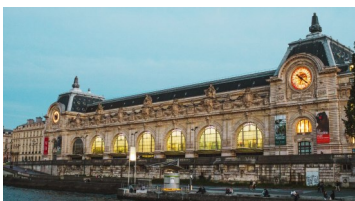
Location: 7th Arrondissement. Price: 20 euros to top.



Musee D'Orsay:

French Art museum with art from 1848-1914, including painting, sculptures, furniture - one of the largest art museums in Europe and houses largest collection of Impressionist and post-Impressionist pieces in the world, including Monet, Van Gogh, Cezanne, Renoir, Degas, Manet, Gauguin.

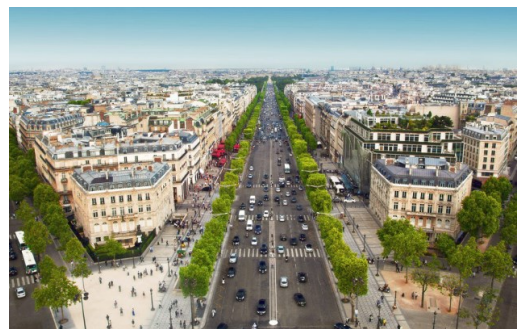
Location: 7th Arrondissement. Price: 16 euros.



Champs Elysees:

One of the world's most beautiful avenues, runs from Place de la Concorde to Arc de Triomphe, shops, luxury brands, cafes and food stalls, cultural hotspot,

Location: 8th Arrondissement. Price: N/A.



Canal Saint Martin:

A waterway and trendy area - up and coming neighbourhood with cafes, ethnic restaurants, historic food market, very pretty.

Location: 11th Arrondissement. Price: N/A.



Grand Palais:

Historic site, exhibition hall, and museum complex. Glass dome architecture. Was built for the 1900 Universal Exposition and dedicated to the glory of French art, showcases grand scale art exhibitions, and has three parts (the Nave/main bit for big events, national galleries for art exhibitions, and the science discovery museum).

Location: 8th Arrondissement. Price: Free but tours about 30 euros.



Pari Roller Skaters:

Various organisations such as this run roller skating tours, three hours 10pm to 1am, mission to organise and promote the Friday night skating tour and encourage roller skating as a leisure activity, also on Sundays there is an event with The Rollers and Couquillages Skate Club for not so confident, takes you round top attractions. Roller skating a popular hobby and many people glide around the city!

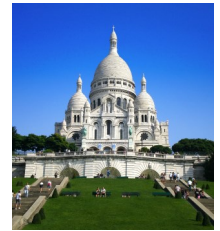
Location: starts 14th Arrondissement. Price: Free.



Sacre Coeur Basilica:

Roman catholic church and minor basilica in Paris, dedicated to the Sacred Heart of Jesus. Panoramic view of the city both from in front of the basilica and from its dome, built late 1800s to honour those who perished during the French Revolution and during the Franco-Prussian war, and to make good for the 'crimes' committed by the Paris Commune. As well as honouring those who died it was also built to inspire faith into the French people who lived on and struggled during what was a very trying era.

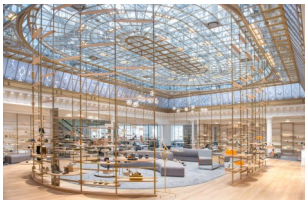
Location: 18th Arrondissement on top of Montmartre Hill. Price: 10 euros.



Bon Marche:

Founded 1838, is the world's oldest and longest running department store, pioneered retail concepts now taken for granted, first ever department store catalog, allowed design customisation (included fabric swatches), revolutionized shopping experience as a social occasion, designed to inspire people to amble through like in Paris streets and to discover new things and relax.

Location: 7th Arrondissement. Price: N/A.



Palais de Chaillot:

Building at top of the Chaillot hill, houses number of museums but was originally built for the 1937 Internationale Exhibition - Cité de l'architecture et du patrimoine, the Musée national de la Marine, the Musée de l'Homme and Chaillot - Théâtre national de la Danse. Architecture Museum, Naval Museum, Prehistory Museum, and the theatre.

Location: 16th Arrondissement. Price: 10 euros for each museum, theatre prices depend on event.



National Library:

National repository of all that is published in France and also holds extensive historical collections, shaped like books, keeps every single book/newspaper/magazine ever printed in France, named after former president Francois Mitterrand..

Location: 13th Arrondissement. Price: Free.



Catacombs:

Underground ossuaries in Paris, France, which hold the remains of more than six million people, was created as part of the effort to eliminate the city's overflowing cemeteries, but was largely forgotten in early 19th century - made open to public in 1874. Much of the tunnel network was historically used for concerts, private events, etc.

Location: 14th Arrondissement. Price: 30 euros.



Pont Neuf:

Oldest standing bridge across River Seine, stands by the western point of the Île de la Cité, the island in the middle of the river that was, between 250 and 225 BC, the birthplace of Paris, then known as Lutetia and, during the medieval period, the heart of the city.

Location: 1st Arrondissement. Price: N/A.



Palace of Versailles:

Former royal residence, owned by the French Republic and has since 1995 been managed, under the direction of the French Ministry of Culture, by the Public Establishment of the Palace, Museum and National Estate of Versailles. Palace and gardens - designated a World Heritage Site by UNESCO in 1979 for its importance as the center of power, art, and science in France during the 17th and 18th centuries.

Location: NOT Paris - 12 miles West. Price: Free.



Wall of Love:

Created in 2000 by calligraphist Frédéric Baron and mural artist Claire Kito, love-themed wall 40 square metres in garden square, find 311 written declarations of love in 250 different languages.

Location: 18th Arrondissement. Price: Free.



of

Musee de l'Orangerie:

Art gallery of impressionist and post-impressionist paintings, famous for Water Lilies murals but has Renoir, Rousseau, Picasso, Matisse, etc.

Location: 1st Arrondissement. Price: Free.



Place de la Concorde:

Major public square in Paris, site of many notable public executions, very historic, was designed in 1700s under Louis XV but statue torn down during revolution, and then was renovated between 1836 and 1840 when a giant 3,000-years-old Egyptian obelisk from Luxor, offered by the Khedive of Egypt, was placed in the center of the square.

Location: 8th Arrondissement.

Price: N/A.



Giverny Monet:

House of Claude Monet and garden! Charming home and museum.

Location: NOT IN PARIS - Giverny. Price: 13 euros.



Marche Bastille:

The largest farmers market in Paris - when you're done, take a break in one of the many parks nearby! 8:00 am – 2:00 pm on Thursdays and Sundays.

Location: 11th Arrondissement.



Galleries Lafayette:

Upmarket French department store chain, the biggest in Europe. Known for upscale fashion, gourmet food, beautiful Art Nouveau architecture, and in-store activities, such as cooking classes, baking, fashion shows, etc.

Location: 9th Arrondissement.

Price: N/A.



Marche des Enfants Rouges:

This historic market takes its name from the 16th-century orphanage that used to occupy the site; the red of the children's clothes indicated they had been donated by Christian charities. Although the orphanage closed before the revolution, the imposing wooden edifice survived and was reopened as a deluxe food market in 2000 after extensive campaigning from locals. Now something of a tourist hotspot, the market also boasts a handful of first-rate restaurants. Open everyday but Monday.

Location: 3rd Arrondissement.



Marche aux puces de Saint-Ouen:

One of the absolute best flea markets in Paris, with everything ranging from 19th century household appliances to nostalgic vintage cameras! Saturday, Sunday and Monday from 8:00 am – 6:00 pm.

Location: 18th Arrondissement.



AND, OF COURSE, SOME SUPERMARKETS!
Lidl, Auchan, Inter-marche, Magasins U!

