

PARIS RESOURCES HANDBOOK

For ISP Families

This directory was compiled by the PTA in 2008 & updated in 2009

Note: it is not intended to be a comprehensive directory nor do the PTA assume any responsibility for its contents.

BOOKS ON FRANCE

60 Million Frenchmen Can't Be Wrong, Jean-Benoit Nadeau & Julie Barlow, 2003: Sourcebooks Inc.

The French, Theodore Zeldin, 1988: Collins, Harville

Cultural Misunderstandings: The French-American Experience, by Raymonde Carroll. Written by a French anthropologist living and working in the US, this is an excellent book for understanding the French, whether or not you are American.

Note: Check out the section of Books on France written in English in any of the various English bookstores in Paris- there are a multitude of books and new titles coming available all the time.

MAGAZINES & NEWSPAPERS

<http://www.iht.com/>

International Herald Tribune (English)

Subscription information

<http://www.theparistimes.com/content/> (English webzine)

<http://www.parisvoice.com/> (English webzine)

<http://www.fusac.fr/en/>

FUSAC (France-USA Contacts). Free English magazine of classified advertisements and advertising for the Anglophone community in the Paris area. All ads appear in print, with some information available on-line, too. Website lists addresses where magazine is available.

<http://www.expatica.com/fr/main.html>

Webzine in English with news and other information relevant to expats.

<http://paris.angloinfo.com/>

Excellent English-only site, with information on virtually all aspects of living and working in Paris and Ile de France.

Pariscope (French) Cheap and essential French weekly magazine costing only .40E at kiosks, "tabacs", and newspaper/magazine shops everywhere. Comes out every Wednesday. Listings on everything that's

happening in Paris, including restaurants, art exhibits, theatres, clubs, cinemas, concerts, Paris by night, and more. Also listings for free events, including concerts, recitals, and occasional shows at Radio France.

Guide to contents:

First section: notable culture news, followed by:

"Théâtre": what's playing at all key theater venues.

"Musique and Concerts Classiques": each day's events (program, location, time, price), including both opera houses (Bastille and Opera Garnier) if performances are scheduled. Some concerts are free (*entrée libre*).

"Visites et Promenades": outdoor events, including outdoor theater, flea markets, sound-and-light shows (*son et lumières*), key monuments such as the Eiffel Tower and Arc de Triomphe, river cruises, parks, zoos, and aquariums.

"Enfants": children's activities, including "Spectacles" (like magic shows); "Marionettes" shows and "Cirques" (circuses) — both are fun, even for non-French speakers.

"Cinéma": The "Films en Exclusivité" pages list all the films playing in town. A code marks films, such as "Comédie," "Documentaire," etc., and tells you if it is "v.f." (version française =dubbed in French) or "v.o." (*version originale*= original language version. Films are listed alphabetically, by neighborhood ("Salles Paris") and by genre. "Salles Périphérie" are in the suburbs. Ticket prices vary depending on the theater, the time of day, and your age. [Note: If you go to the cinema frequently, it may be worth buying one of the discount passes offered by UGC, Gaumont, two big chains. Passy Majestic theater near ISP also offers good discounts.]

"Arts": current hours for temporary expositions and all the museums (*tj* = *tous les jours* = daily, *sf* = *sauf* = except, *Ent* = *entrée* = entry price, *TR* = *tarif réduit*=reduced price (usually for students, children, people above the age of 60, or the unemployed).

"Sport et Bien Etre": public pools, hikes, steam baths, sporting venues.

"Paris la Nuit": Cabaret performances, varying prices and styles.

MAPS

<http://www.viamichelin.co.uk/>

Maps and route-finders for France and other countries, in English and many other languages. **Mappy** and **Google Maps** also have good maps.

<http://www.paris-walking-tours.com/paris-maps.html>

Excellent interactive map of Paris.

Note: There are a number of good pocket-size books containing maps of Paris (Paris Pratique for example) that you can buy in any bookstore (look for 'La Presse')

TRANSPORTATION

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

Information available in English, French, Italian, German, and Spanish. Excellent site, with route finder function, interactive transportation maps. Includes Metro, RER (suburban lines running through the city), day and night buses, tourist buses (Balabus available on Sundays and public holidays), the Seine Batobus, and the tramway. This site will help you to decide which type of transportation pass or tickets are most suitable for you and your family members. In particular, note that there is a Carte Famille Nombreuse for families with multiple children. The Imagine R annual pass for students is great value and can be replaced reasonably easily in case of loss or theft.

Velib (municipal bicycle rental network):

http://www.en.velib.paris.fr/comment_ca_marche

Taxi

If you wish to travel by taxi, you can flag one down on the street (taxi light should be lit if available), use one of the numerous taxi stands in the city or call a taxi company.

Two of the most widely used Taxi Companies are :

Taxis Bleus- Order online <http://www.taxis-bleus.com/> (you may order online in English)or telephone 08 91 70 10 10

Taxi G7- <http://www.taxig7.fr> or telephone 01 47 39 47 39 (to order on English call 01 41 27 66 99)

TOURIST INFORMATION

<http://en.parisinfo.com/>

Official website of the Paris Convention and Visitors Bureau. Information available in English, Spanish, German, French. Sections on museums and monuments (including many with free entry), trips and tours, current events, maps and transport, shopping, eating, and practical Paris, including language schools, social customs, money, health, worship, language schools, and more.

http://www.paris-tourist-information.co.uk/Paris/About_Paris.html

Extensive information about what to do, where to go, and what to see in and near Paris.

<http://www.lonelyplanet.com/worldguide/france/paris/>

<http://www.paris-walking-tours.com/pariscustoms.html>

Very informative web-page on common Paris customs, including: in greetings, in restaurants, on the Metro, on the streets

National & City Museums

Most national museums are free for under 18s and for everyone on the first Sunday of the month, depending on the time of year. Admission to the permanent collections of the City (Ville de Paris) museums is free year round. Check 'parisinfo' website listed above for more details. If you plan to visit the Louvre or the Grand Palais more than once, you can save money by buying their annual membership passes (For the Louvre, look for info on Amis du Louvre)

Tours of Paris (in English)

<http://www.paris-walks.com/>

<http://www.ClassicWalksParis.com/>

<http://www.parisgreeter.org/home/>

<http://www.fattirebiketours.com/>

<http://www.citysegwaytours.com/>

For Japanese families:

http://www.bonjourparis.jp/index_j.html

SHOPPING

For an excellent guide and smart tips on all aspects of shopping in Paris:
http://goparis.about.com/od/shopping/a/Paris_sales.htm

Sales

Major sales (**soldes**) are held all over France twice a year, summer and winter, starting and ending on specific dates. They generally last six weeks starting at the end of June and the beginning of January.

Books on Shopping

--*Paris Pas Cher*, by [Anne Riou](#) and [Alain Riou](#). In French. Available in all Paris bookstores, in Paris guidebooks section. Updated annually, this is a
-- *Paris chic à prix choc : La mode femme homme enfant + 100 adresses internet*, In French, by [Dominique Brabec](#) and [Catherine Brabec Vilmin](#). Available at most Paris bookstores.

--*Born to Shop France* by Suzy Gershman. Available through www.amazon.fr or some Paris English bookstores.

Food

<http://www.paris-france.org/en/Living/markets/markets.ASP>

List of Paris food markets, with days and times.

<http://www.annuairedescueillettesalaferme.com/>

Directory of pick-it-yourself fruit, vegetable, and flower farms all over France. For Paris area, see "Ile de France."

<http://www.telemarket.fr/dynv6/index.shtml>

Don't want or can't go out to the supermarket? You can try the biggest French on-line supermarket. Site is in French, but reasonable to navigate. Excellent service, pick your own delivery times. Also, all of the major supermarkets have an on-line delivery service (these include Monoprix, Franprix, Carrefour, Auchan etc.)

La Grande Epicerie du Bon Marché

38, rue de Sèvres

<http://www.lagrandeepicerie.fr>

A supermarket carrying international foods and gourmet items.

Paris Food Blogs

<http://www.francoissimon.typepad.fr/>

<http://www.davidlebovitz.com/>

<http://www.chocolateandzucchini.com/>

<http://www.restoparis.com/>

Listing of restaurants in Paris with ratings

Sporting Goods

The biggest chain stores are DECATHLON, <http://www.decathlon.fr/> and GOSPORTS, <http://www.go-sport.com/>. See websites for locations.

Decathlon is somewhat better stocked and has more "house brands", so it often provides better value.

Books

www.amazon.fr is usually the cheapest option, with many English books available in 24 hours if they have them in their French warehouse.

Otherwise, they source them from the UK and the US, and it can take 1-2 weeks--sometimes more. Shipping is FREE for a very low minimum purchase. You can also order from the UK, and sometimes get things sooner, but shipping is higher. There are many bookstores in Paris with English books. See

http://www.discoverfrance.net/France/Paris/Shopping/Paris_bookstore_s.shtml for a large listing.

American Library in Paris: This is one of the largest English language libraries in continental Europe. Reasonable membership prices.

<http://www.americanlibraryinparis.org/>

Public libraries are also available in every neighbourhood (arrondissement) in Paris.

Household Goods

BHV (BAZAAR HOTEL DE VILLE)

Rue de Rivoli- across from Metro station Htel de Ville (line 1)

This department store carries everything from kitchen and bath necessities to hardware and clothing. Helpful staff.

On-line Buy and Sell Website

Paris.craigslist.org

Craigs List provides local classified ads for jobs, items for sale, services, local community events and more.

PARIS ORGANIZATIONS (for English speakers)

<http://cesc.online.fr/>

Council for the English-speaking community. Information on more than 80 English-speaking service groups and associations in the Paris region.

<http://www.wice-paris.org/>

A not-for-profit Anglophone, volunteer-based association, with cultural and educational programs and services for the international community in Paris. Excellent programs.

http://www.messageparis.org/public_website/

MESSAGE is a volunteer-run, independent, and not-for-profit English-speaking support and contact group for parents and parents-to-be living in and around Paris. Includes members, who speak English, from all over the world and all walks of life. With over 1,500 members, MESSAGE aims to provide a social and support network to expectant women, new mothers, fathers, and families with children of all ages. Has extensive parenting resources, including dozens of monthly activities and events, practical advice and useful information.

<http://literarysalon.free.fr/>

Check out the various organizations that are country-specific

Google 'name of your country + groups + Paris' or you may find this information on your embassy website.

SPORTS AND ACTIVITIES

There are wonderful opportunities for an enormous array of sports in and around Paris--and all over France. Even if you don't speak French, many instructors nowadays speak some English. Visit your local town hall (Mairie) for a full listing of activities in your neighbourhood. Also check out the sites listed below.

General listing

http://www.paris.fr/portail/Sport/Portal.lut?page_id=8481

Listings, in French, of more than 2000 sporting activities taking place at municipal facilities. Note that there are many more taking place in independent/private venues, but are not listed here. Thanks to the pictures next to each rubric, this page is reasonably easy to navigate. Please note that many sports activities for students require you to enroll in September for the school year.

Paris municipal swimming pools

http://www.paris.fr/portail/Sport/Portal.lut?page_id=8409

http://www.paris.fr/portail/Sport/Portal.lut?page_id=5733

Includes information on hours, locations, facilities. Children living in Paris residents can obtain discounts (may need proof of residence).

Tennis

http://www.paris.fr/portail/Sport/Portal.lut?page_id=153

Municipal tennis courts for Paris residents. You can register on this French site, enabling you to reserve a city tennis court anywhere in Paris. The first time you go, you must present a piece of identification proving your residence in Paris. It is very low-cost--currently 6 euros per hour per court (currently 4 euros for young people under age 26). The tennis courts are located at municipal sports centers. When you go, you need to check in at the reception desk with a printout of your reservation, although they should have it in their computer. You can still play if you are not a Paris-resident, but the person making the reservations must be.

Yoga

A multitude of Yoga Centres exist in Paris. Google individual type of yoga, (Bikram, Ashtanga, Iyengor, power yoga etc.) for more information.

PHYSICAL AND MENTAL HEALTH

(Also see separate list of parent-recommended English-speaking health care providers).

<http://www.healthwiseparis.org/index.php>

A volunteer, not-for-profit, English-speaking organization created to help Anglophones of all nationalities to use the French health care system.

<http://www.paritherapyservices.com/index.html>

A listing of English-speaking mental health practitioners providing counseling and psychotherapy in and around Paris.

<http://www.soshelpline.org/>

English-language confidential listening line.

PETS

General Information

<http://paris.angloinfo.com/information/6/animals.asp>

Extensive information in English on owning pets in Paris.

For emergency medical care, see Emergency Services listings in separate handout)

Veterinarians (English-speaking, recommended by ISP families)

Dr. Eric DEAN

81 rue de Longchamp

75116 PARIS

01 60 83 31 21

(With Dr. Cécile SOYER on some days)

Dr. Laurence BERDAH

34, rue de Sablonville

92200 Neuilly sur Seine

Telephone: 01 46 24 69 29

Fax: 01 46 24 82 45

(Right next to the 17th arrondissement)

TRAVEL IN FRANCE

Just to get you started, a few things we have found useful:

Family or youth discounts on French railways (SNCF):

If you have a child under the age of 12, you can get an annual, family discount card good for purchasing tickets for all the immediate family (including grandparents). The discounts can be huge, and well worth the annual fee of about 60 euros. If you are age 12-25, you can get a card costing 49 euros, valid for one year, entitling you to 25%-60% off the regular price of a ticket. For details and up to date information, see http://www.sncf.com/en_EN/flash/. (Also in French and German). First page in English, links to other pages may be in French. There is an SNCF office on rue Passy, near school, where English-speaking staff are sometimes on duty.

If you travel on the French railroads, you MUST validate your ticket before boarding the train, using one of the little yellow machines you will see everywhere near the platforms. If you forget, you must notify the train conductor as soon as you see him/her on the train or you may be required to pay a fine.

Booking site for flights from Paris

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

Paris airports arrival and departures
<http://www.aeroportsdeparis.fr>

Booking site for high speed trains between France and other European countries
<http://www.tgv-europe.com/>

Eurostar booking site- Fast trains between London and France or Belgium
<http://www.eurostar.com/>

Looking for a lovely escape in the countryside?

--For unbiased, thoughtful information, <http://www.sawdays.co.uk/> is an excellent site and environmentally conscious company.

--Consider renting a house or staying at a Bed and Breakfast through

the **Gites de France system**. Government-regulated with strict standards, more than 45,000 reasonably-priced accommodations in beautiful places are available throughout France. http://www.gites-de-france.com/gites/uk/rural_gites (Site available in English or French).