

## Practical Information

*Dear students,*

*First of all, I would like to congratulate you for your choosing to study in Paris. Paris is a colorful, cultural, historical and dynamic city! So active in fact, that you often don't know where to go and what to look for. Paris has many tastes and reveals multiple faces which you will discover during your stay - by day as well as by night!*

*By joining INSEEC Paris you will be in a multinational and multicultural environment. Students from more than 35 countries are mixed in the classrooms with French students; INSEEC is an international school within a French environment.*

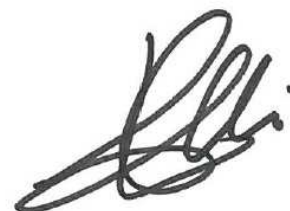
*Students can attend to courses in French or in English, and will also have the possibility to attend to Free French language classes and a French Culture course.*

*The International Relations Department, is here to assist you during your stay in Paris and is available to answer any questions you may have.*

*I wish you an enjoyable and rich experience at INSEEC Paris!*

*Please find in this guide practical information about:*

- ⇒ *Opening a Bank Account*
- ⇒ *Getting a Local Mobile Number*
- ⇒ *Health Insurance*
- ⇒ *Medical Services - English Speaking Doctors*
- ⇒ *Public Transport*
- ⇒ *Embassies and Consulates*
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- ⇒ *Museums*
- ⇒ *Outdoor Markets*
- ⇒ *Shopping in your arrondissement*
- ⇒ *Top 10 sites*
- ⇒ *French Phrases*
- ⇒ *How to write formal French*
- ⇒ *INSEEC Business School (Grande École) Campus Factsheet*
- ⇒ *INSEEC Bachelor Campus Factsheet*
- ⇒ *INSEEC Advertising (Sup de Pub) Campus Factsheet*



**Lorena ZANELLI**  
**Head of International Relations**  
**INSEEC Business School**

# Opening a Bank Account

Opening up a French bank account is important for students who wish to receive CAF allocations. It will also prove to be very useful when making local payments and paying your rent. The biggest French banks are: Société Générale, BNP Paribas, BRED, LCL and Crédit Mutuel. INSEEC has agreements with selected banks. Ask your local international officer where you can go for the best deal.



## French

French banks have certain conditions and formalities which may be different from banks elsewhere in the world. Depending on which bank you chose, you will have to deposit a minimum of 10 or 15 euro. Once you open an account you will receive a checkbook to write French checks and a bank card with a pin number and microchip. The pin number is confidential and necessary to use the card, for all purposes except online shopping. Depending on which bank card you chose, you will be able to withdraw cash from ATM, make local payments and even purchase items when abroad. Please make sure to ask your bank representative about extra fees. In some cases there are bank fees when customers use an ATM from another bank and make foreign purchases. Some banks will also allow for an overdraft ('un découvert') service which means that you can spend more money than the amount that is actually in your account. However, using this service will subject you to extra fees.

## Banking 2.0

### Essential Documents for opening a bank account:

- National identity card or passport with student visa
- Proof of residence in France (electricity bill, water invoice, rental agreement)
- Residence permit (not always necessary)
- Student card or INSEEC school certificate

Online banking is very popular in France. With a user name and password, you can check your balance and make monthly wire transfers to pay your rent or other bills. Typically online services are free of charge even if you are making a transfer to someone else's account at a competing bank.

## Theft in France

Pickpockets are common in all major cities in France. If your card is lost or stolen you must report it as soon as possible.

### Three steps to stop bank card payments

1. Call the bank center to stop the payment: 0892 705 705. You will be asked to give reference numbers for your checks or bank card. Do not give them your pin number.
2. Report the loss or theft to the nearest police station
3. Confirm your loss or theft with your bank by sending a fax or registered letter ('lettre recommandée avec accusé de réception' (A/R) with an account of what happened and a copy of the police report.

### Banking Vocabulary

In France you will often be asked to give a RIB - "Relevé d'Identité Bancaire" so that individuals can make a wire transfer to your account. Here are some other useful words.

Acquitter = to pay the sum owed

Agios = bank charges and interest

Date de Valeur = date on which money is debited or credited to an account

Relevé de compte = bank statement

Retirer = to withdraw money

Solde de compte = balance of account

Verser = to deposit

Virement = bank transfer

## Getting a Local Mobile Number

Having a local number is important while living in France and important when looking for accommodations. If you are easy to reach, landlords and agencies are more likely to contact you. Whether you decide to opt for a pre-paid SIM card or a contract with a mobile phone network operator, Group INSEEC strongly advises that you get a local number.

### *Mobile Phone Contract*

The largest mobile phone network operators are: SFR, Orange, Bouyues Telecom and Virgin. If you are planning to get internet and cable for your apartment, it is a good idea to look for package deals.

Once you are approved for a contract you must choose the amount of minutes, data and text messaging you would like to have each month. Please note, the offers vary in price and duration. It is important to know how you can end the contract. In France, using 3G can be expensive, but many providers offer 'hot-spots.' If you are also purchasing internet for your apartment it is interesting to know about the hot spot offers.

**Before purchasing a contract you will be asked to provide the following documents:**

- Identity card or a passport with a student visa
- RIB (French bank account number)
- Proof of residence in France (electricity bill, water invoice, rental agreement)
- Credit card (not always necessary)

### *Pre-paid SIM card*

The advantage of a pre-paid phone is that you pay only for what you use and there are no commitments. To set up a pre-paid phone go to any phone shop and ask them to buy a SIM card. You will load money on to the card as you use it. Please ask the phone store for instructions on how to 'top-up' your phone.

The first time you load money on your pre-paid SIM, expect to pay 20 or 30 euros. Do not forget to ask about calling rates and tariffs on text / sms messages. Please note, incoming calls and the voicemail service are free.

For other low cost contracts please visit:

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

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

[www.b-and-you.fr](http://www.b-and-you.fr)

[www.sfr.fr/telehonie-mobile/series-red-de-sfr.html](http://www.sfr.fr/telehonie-mobile/series-red-de-sfr.html)

### *Locked Phones*

Some countries lock phones to their local network. The USA is the biggest example. If you have a locked phone it is important to call your local mobile phone operator in your home country and asked them to unlock your phone. With the exception of the iPhone, unlocking services are free of charge. Once you unlock your phone, you will be able to use any SIM card in the world with your phone. This is very practical for students wishing to use the pre-paid method.



## Health Insurance

The French government requires all students to be covered under the French National Healthcare System.

### *European Students*

If you are a European student and you are covered under a national healthcare system from an EU member state then you must have a European Health Insurance Card before coming to France. Students will need to request a copy of their European Health Insurance Card from their national healthcare provider. This card is provided free of charge and allows the student to be covered by the French National Health Insurance. For more information about the EU Health Insurance card as well as the national contact points please visit the European Commission website: [http://ec.europa.eu/social/main.jsp?](http://ec.europa.eu/social/main.jsp?catId=559)



[catId=559](http://ec.europa.eu/social/main.jsp?catId=559)

### *Les Québécois*

France and Quebec have special bilateral agreements in place and therefore there are special procedures concerning healthcare. Students from Quebec must come with their SE-401-Q-106 form in order to be covered by the French National Health Insurance ("Sécurité Sociale Française"). This document exempts the student from subscribing to the Sécurité Sociale.

### *Other Students*

All other students who are less than 28 years old and not currently benefiting from a European National Healthcare System or are not from Quebec, are required to register with the French National Healthcare System through Groupe INSEEC. Students will not be able to start their course until they have done so. The registration fee is 215 euro and students are expected to register during the orientation sessions. Again, this registration is mandatory for the students in order to be given their Student ID card and to be admitted in class.

If you have private insurance this will be used to complement the French National Insurance. You cannot exempt yourself from registering to the French National Healthcare System even if you have your own private insurance.

### *Getting Reimbursed*

The French National Healthcare System is very complex. There are many rules and many exceptions. The French National Healthcare System ('Sécurité Sociale Française') sets prices on medical services ('tarifs de base' or 'tarifs conventionnés') and then reimburses 70% of the fixed price ('tarifs conventionnés'). However, it is important to note that doctors are not obligated to charge the fixed price. Doctors can decide to charge extra fees which are not reimbursed by the 'sécurité sociale.' For a list of doctors following the tariffs outlined by the French state (mc) and private doctors (MNC) then please visit: [www.ameli-direct.ameli.fr](http://www.ameli-direct.ameli.fr). For a list of recommended local English speaking doctors please see the annex 'INSEEC Cities.'



The coverage by the sécurité sociale is sufficient to visit general practitioner, however, visits to the dentist, eye doctor, specialist or the hospital are not very well reimbursed and many of these types of doctors do not follow the fixed prices. Complementary health coverage is therefore recommended for students. Some popular student mutual companies providing complementary health coverage are: La Mutuelle Des Etudiants (LMDE), VITTAVI, and or AVA. Ask your local international officer for more details.

## Hospitals

### American Hospital

63 bd. Victor Hugo  
92202 Neuilly sur Seine  
Tel: 01 46 41 25 25

[www.american-hospital.org](http://www.american-hospital.org)

### Hertford British Hospital

3 rue Barbès  
92300 Levallois-Perret  
Tel: 01 46 39 22 22

[www.british-hospital.org/GBH/index.php](http://www.british-hospital.org/GBH/index.php)

### Hôpital Foch

40 rue Worth  
92150 Suresnes  
Tel: 0826 20 72 20

[www.hopital-foch.org](http://www.hopital-foch.org)

### Allergist

Dr. Patricia Abello, 147, avenue Malakoff, 75016 Paris,  
Dr. Edouard Letellier, 11 bis, rue Ampère, 75017 Paris

Tel: 01 45 00 23 2  
Tel: 01 47 54 08 05

### Cardiologists

Dr. Guy Renault-Lamaze, Verville Medical Center, Place Normandie-Niemen, 91540 Mennecy  
Dr. Ari Lieber, Hospital Hotel Dieu, 1 Place du Parvis Notre-Dame, 75004, Paris

Tel: 01 42 34 80 25

### Chiropractors

Ms. Nadine Steinik Foresman (D.C) 22, rue des Canettes, 75006 Paris  
Dr. Denis Alemi, 11 Avenue Fremiet, 75016 Paris

Tel: 01 43 54 26 25  
Tel: 09 51 10 49 41

### Clinical Immunologist (internal medicine)

Dr. Edouard Letellier: 11 bis, rue Ampère, 75017 Paris

Tel: 01 47 54 08 05

### Dentists

Dr. Jona Andersen: 15, rue Freycinet, 75016 Paris  
Dr. Patrick Bauer: 71, avenue Franklin D. Roosevelt, 75008 Paris  
Dr. Ariane Brunet: 75, rue de Turenne, 75003 Paris  
Dr. Edouard Cohen: 20, rue de la Paix, 75002 Paris (Métro: Opera)  
Dr. Serge Cohen: 91, rue Jouffroy d'Abbans (courtyard, 3rd fl.) 75017 Paris  
Dr. Laurent Covo: 37, avenue Victor Hugo, 75116 Paris  
Dr. Jean-Jacques Dupuis: 24, rue de Madrid 75008 Paris  
Dr. Eric Edwards: 88, avenue Foch, 75006 Paris  
Dr. Jean- Pierre Esquirol: 49, rue Laugier, 75017 Paris  
Dr. Oliver Hanisch: 68, ave. D'Iena, 75116 Paris  
Dr. Virginie Hery: 19, rue Jean Giraudoux, 75116 Paris  
Dr. Arnaud Letellier: 295, bd Raspail, 75014 Paris  
Dr. Vinh Nguyen: 113, Blvd Malesherbes, 75008 Paris  
Dr. Philippe Schneider: 10, blvd. Malesherbes, 75008 Paris  
Dr. Mark Shulman: 38, avenue Hoche, 75008 Paris  
Dr. Ziad Slewa: 197, rue de Lourmel, 75015 Paris

Tel: 01 47 23 01 00  
Tel: 01 42 25 76 30  
Tel: 01 48 87 62 56  
Tel: 01 42 61 65 64  
Tel: 01 42 27 86 00  
Tel: 01 44 17 99 44  
Tel: 01 45 22 29 15  
Tel: 01 45 01 91 71  
Tel: 01 47 63 14 31  
Tel: 01 47 20 22 22  
Tel: 01 47 20 86 57  
Tel: 06 03 34 66 95  
Tel: 01 42 65 08 70  
Tel: 01 42 65 37 51  
Tel: 01 45 61 06 42  
Tel: 01 45 54 49 56

### Dentists Pediatric

Dr. Lorraine Arav: 60, avenue d'Iena, 75116 Paris (Métro: Iena)  
Dr. Jean- Michel Morand: 10, rue Le Sueur, 75116 Paris (Métro: Argentine)  
Dr. Chantal Naulin-Ifi: 62, rue St Didier, 75016 Paris (Métro: Victor Hugo)

Tel: 01 40 70 98 48  
Tel: 01 45 00 56 36  
Tel: 01 56 26 59 00

### Dentists and Implantology

Dr. Sylvain Altglas: 45, rue Vineuse, 75116 Paris  
Dr. Teddy Levi: 242, rue de Rivoli 75001 Paris

Tel: 01 47 27 00 33  
Tel: 01 47 03 00 07

### Dentist-Stomatologists

Dr. Patrick Colas: 85, rue des Saints-Pères 75006 Paris

Tel: 01 45 48 14 80

### *Dermatologists*

Dr. Jean-Noël Dauendorffer: 116, rue de Rennes, 75006 Paris	Tel: 01 42 84 00 54
Dr. Isabelle Dousset-Faure: 6, rue de la Grande Chaumière, 75006 Paris	Tel: 01 40 20 94 07
Dr. Sébastien Fouéré: 41, bd Henri IV, 75004 Paris	Tel: 01 42 72 33 55
Dr. Marc Pinto: 10, rue du Mont-Thabor, 75001 Paris	Tel: 01 42 60 71 09
Dr. Michèle Wolter-Desfosses: 21, rue Tronchet, 75008 Paris	Tel: 01 42 66 17 83

### *Ear, Nose and Throat Specialists (E.N.T.)*

Private office: 14, av. Du President Wilson, 75116 Paris (Métro: Alma)	Tel: 01 58 12 09 33
Dr. Daniel F Brasnu: Hôpital Européen Georges Pompidou, 20 rue Leblanc, 75908 Paris,	Tel: 01 56 09 34 79
Dr. Gerald Fain: 32, avenue Maignon, 75008 Paris	Tel: 01 42 27 27 76
Dr. Jacques Huart: 44, rue d'Alésia, 75014 Paris	Tel: 01 43 27 18 31
Dr. Stephane Liwarek, Clinique Cornette de Saint Cyr, 15 rue Spontini, 75016 Paris	Tel: 01 45 53 03 50
Dr. Frederic Morand: 12, avenue André Morizet 92100 Boulogne-Billancourt	Tel: 01 46 04 47 91

### *Gastroenterologists-Proctologists*

Dr. Hervé Gompel: Private off: 11, rue Paul Chatrousse, Neuilly	Tel: 01 46 41 01 36
Dr. Jacques See: 20, av. Charles de Gaulle 92200 Neuilly-sur-Seine	Tel: 01 47 47 53 51
Dr. Diana Thierman: 2, rue Albert Camus, 75010 Paris	Tel: 01 42 40 64 86
Dr. Hervé Zylberberg: 3, avenue du President Wilson, 75016 Paris	Tel: 01 56 62 10 78

### *General Practitioners*

Dr. Julia Bache: 5 rue Léon Cogniet, 75017 Paris	Tel: 01 47 63 42 07
Dr. Marc Michaël Bransten: 186, avenue Victor Hugo, 75116 Paris	Tel: 01 45 04 56 42
Dr. Agnès Bryn: 11, rue de Pot de Fer, 75005 Paris (Métro: Monge)	Tel: 01 49 83 94 70
Dr. Michel Daniloski: 15, blvd Lefebvre, 75015 Paris (Métro: Porte de Versailles)	Tel: 01 45 31 10 80
Dr. Gunita Jolly: British Hospital 3, rue de Barbès, 92300 Levallois-Perret	Tel: 01 46 39 22 34
Dr. Anne-Valerie Meyers: 10, rue Royale (stairway C, 4th fl), 75008 Paris	Tel: 01 42 66 47 82
Dr. Nancy Salzman: 1, avenue Lowendal, 75007 Paris	Tel: 01 45 63 18 43
Dr. Francis Slattery: 10, avenue Eylau, 75116 Paris (Métro Trocadéro)	Tel: 01 47 42 02 34
Dr. Jurgen Tredup: 27, rue Saint Ambroise, 75011 Paris (Métro St Ambroise)	Tel: 01 43 55 03 21
Dr. Stephen Wilson: 54, rue des Archives, 75004 Paris	Tel: 01 48 87 21 10
Dr. Olivier Wong: 27, Rue 75015 Paris	Tel: 01 45 31 81 31

### *Geneticist*

Dr. Pierre Bitoun: 6, rue Jarente (Métro: St Paul) 75004 Paris	Tel: 01 42 77 74 37
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### *Gynecologists*

Dr. Jerome Berard, Private office: 5 rue Paul Valéry, 75116 Paris	Tel: 01 47 27 04 13
Dr. Guy Bercau: 276, bd. Saint-Germain, 75007 Paris (Metro: Assemblée Nationale)	Tel: 01 47 53 81 64
Dr. Emmanuel David-Montefiore: 60, ave d'Iéna, 75116 Paris	Tel: 01 47 20 50 68
Dr. Tatiane Oppenheim: 17, Blvd du Temple 75003 Paris	Tel: 01 48 87 22 63
Dr. Anne-Isabelle Richet, 109, rue de l'Université 75007 Paris	Tel: 01 45 51 82 32
Dr. Patricia Rérolle: 20, rue Daniel Stern, 75015 Paris	Tel: 01 43 06 60 00
Dr. Diane Winaver: 109, rue de l'Université 75007 Paris	Tel: 01 45 51 82 32

### *Neurologists*

Dr. Michael W.Mann: 58, rue des Gobelins, 75013 Paris	Tel: 01 43 37 05 10
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### *Neuropsychologist*

Mrs. Seta Kazandjian, 11, rue Bosio, 75016 Paris	Tel: 09 70 46 04 80
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### *Nutritionists*

Dr. Hervé Grosogeat: 108, rue du Bac, 75007 Paris	Tel: 01 45 49 07 06
Dr. Catherine Serfaty-Lacroisniere: 8 rue Jean Richepin, 75016 Paris	Tel: 01 45 04 34 34

### *Obstetricians*

Dr. Jerome Berard, Private office: 5 rue Paul Valéry, 75116 Paris	Tel: 01 47 27 04 13
Dr. Guy Bercau: 276, bd. Saint-Germain, 75007 Paris (Metro: Assemblée Nationale)	Tel: 01 47 53 81 64
Dr. Charles Brami: 16, Ave Paul Daumer 75016 Paris	Tel: 01 42 25 30 66
Dr. René Guglielmina: 28, avenue de la Bourdonnais, 75007 Paris	Tel: 01 45 51 20 75
Dr. Florence Hervé: Private office: 151, avenue de Wagram, 75017 Paris	Tel: 01 46 22 24 95
Dr. Eric Sedbon: Private office: 17, rue Petrarque, 75116 Paris	Tel: 01 45 53 71 60

### *Obstetrician – Surgeon - Gynecologists*

Dr. Jerome Berard: 5, rue Paul Valéry, 75116 Paris	Tel: 01 47 27 04 13
Veronique Hillmann: 4, rue du Canotage, 94170 Le Perreux sur Marne	Cell: 07 86 03 35 61

### *Ophthalmologists*

Dr. Howard Cohn: 45, rue Vineuse 75016 Paris (Métro: Trocadero)	Tel: 01 53 65 68 10
Dr. Jean-François Faure: 6, rue de la Grande Chaumière, 75006 Paris	Tel: 01 40 20 94 07

### *Orthodontists*

Dr. Christian Cannac: 37, bis Blvd de la Paix, 92400 Courbevoie	Tel: 01 47 88 99 08
Dr. Marc Castro: 21, avenue Niel 75017 Paris (Métro: Ternes or Pereire)	Tel: 01 43 80 39 70
Dr. Patrick Curriel: 109, bis, avenue Charles de Gaulle, 92200 Neuilly-sur-Seine	Tel: 01 46 40 01 02
Dr. Jean-Luc Pruvost: 98, avenue Kléber (Métro: Trocadero) 75116 Paris	Tel: 01 45 53 84 84
Dr. Eric Serfaty: 20, avenue Kleber 75116 Paris	Tel: 01 45 00 50 00
Dr. Jérôme Wanono: 99, avenue Charles de Gaulle, 95160 Montmorency	Tel: 01 34 12 53 47

### *Orthopedic Specialists*

Dr. Daniel Benjamin: Centre Medical Luxembourg, 103, bd St Michel, 75005 Paris	Tel: 01 80 98 99 99
Dr. V. Gasiunas, Clinique de l'Alma, 166 rue de l'Université, 75007 Paris	Tel: 01 45 56 97 80
Dr. Charles Msika: 196, avenue Victor Hugo, 75116 Paris	Tel: 01 45 04 79 00

### *Osteopaths*

(Alternative Health Care Practitioners: osteopaths have to submit their qualifications to the French préfecture to practice, and should have an ADELI number. These consultations are not reimbursed by the French social security system).

Iona Jones: English medical center, 8 bis rue Quinault, St. Germain en Laye	Tel: 06 65 57 52 95
Laetitia de Laroullière: 5, rue Godot de Mauroy, 75009 Paris (Métro: Madeleine)	Tel: 01 40 07 04 43
Marie-Emmanuelle Voisin: 1, place de la Pyramide, 92800 Puteaux	Cell: 06 83 63 18 70

### *Pediatricians*

Dr. Pierre Bitoun: 6, rue Jarente (Métro: St Paul) 75004 Paris	Tel: 01 42 77 74 37
Dr. Haïm Cohen: 76 bis, rue de Suffren, 75015 Paris	Tel: 01 40 56 03 33
Dr. Brigitte Pacault: 3, bis Blvd Jean Jaurès, 92100 Boulogne-Billancourt	Tel: 01 46 05 02 88

### *Periodontists*

Dr. Philippe Bidault: 8, rue des Colonels Renard, 75017 Paris	Tel: 01 58 05 05 00
Dr. Jean-Paul Djian: 37, rue des Acacias 75017 Paris	Tel: 01 47 04 43 43
Dr. Catherine Dorange: 3, rue Eugene Manuel, 75116 Paris	Tel: 01 40 50 92 82
Dr. Georges Krygier: 63, avenue Franklin D. Roosevelt, 75008 Paris	Tel: 01 43 59 47 67

### *Pharmacies*

British Pharmacy Villa Mayor: 1, rue Auber, 75009 Paris	Tel: 01 42 65 88 29
Anglo-American Pharmacy: 37, avenue Marceau, 75016 Paris	Tel: 01 47 20 57 37
British Pharmacy: 62 avenue des Champs Elysées, 75008 Paris	Tel: 01 43 59 22 52
Pharmacy Swann (Anglo-American) 6, rue de Castiglione, 75001 Paris	Tel: 01 42 60 72 96

### *Physical Therapist*

Mr. Paul Beurskens: 34, rue Dauphine, 75006 Paris	Tel: 01 44 07 04 97
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### *Podiatrist*

Dr. Daniel Benjamin: 120, rue Oberkampf, 75011 Paris (specialist in orthopedic treatment and sports therapy) Tel: 01 43 57 02 00

### *Psychiatrist/Adults*

Dr. Christophe Bagot: 4, avenue d'Eylau, 75116 Paris Tel: 01 45 05 10 20  
Dr. Christine Barois: 54, avenue Kléber, 75016 Paris Tel: 01 45 20 20 28  
Dr. Ludwig Sitzmann: 121, rue de Rennes, 75006 Paris Tel: 01 45 48 86 56  
Dr. Alain Sztern: Private office: 12, rue Victor Hugo, 92000 Nanterre Tel: 01 47 21 23 77  
Dr. Sami P. Tawil: 80, avenue Victor Hugo, 75116 Paris Tel: 01 47 27 24 68

### *Psychiatrist/Children & Adults*

Dr. Michel Lecendreux: 11 rue Bosio, 75016 Paris Tel: 01 42 15 15 75

### *Psychotherapists / Psychologists*

Ms. Debra Berg (DESS) 7, rue Edgar Quinet, 92240 Malakoff Tel: 01 46 55 96 96  
Mr. Roland F. Bessis (Ph.D FPPR) 30 avenue Gabriel-Peri, 93100 Montreuil Tel: 01 42 87 82 13  
Mrs. Mirelle BLOCH, 38, boulevard des Invalides, 75007 Paris Tel: 06 73 92 58 18  
Mr. C. David Frese (MA) 91, rue du Théâtre, 75015 Tel: 06 26 39 63 31  
Ms. Carole Gauthier (Ph.D) 9, rue Gustave Courbet, 75116 Paris Tel: 06 14 50 17 71  
Ms. Vivienne Harvey (MA) 120, Avenue Champs Élysées, 75008 Paris Tel: 06 20 55 17 56  
Ms. Tamara Howell (MS) 91, rue du Theatre, 75015 Paris Tel: 06 10 79 68 79  
Mr. Steven Jaron (DESS) 88, avenue d'Italie, 75013 Paris Tel: 01 45 80 24 50  
Ms. Joanna Kaluzinska (DESS) 68, rue du Moulin de la Pointe, 75013 Paris Tel: 01 45 88 58 60  
Ms. Stephanie Kleindorfer (Ph.D) 8, rue de l'Odéon, 75006 Paris Tel: 01 46 33 50 23  
Mrs. Sharon Korman: 91, rue du Théâtre, 75015 Paris Tel: 06 50 02 30 66  
Ms. Ursula Knapp-McInnes (MA) 14, rue Gambetta, 92100 Boulogne-Billancourt Tel: 01 46 03 04 19  
Ms. Camille Lannes de Montebello (MA) 107, rue de Longchamp, 75116 Paris Tel: 06 49 10 68 33  
Ms. Laura Neulat (Ph.D) 144, bd Exelmans, 75016 Paris Tel: 01 47 43 08 68  
Mrs. Beatrice M. Patsalides (Ph.D) 240, rue Saint Jacques, 75005 Paris Tel: 01 46 33 81 12  
Mr. Ghislain Rubio de Teran, 68 rue Saint Didier Paris 75016 Tel: 06 49 52 59 52  
Ms. Fiona Scott: 6, rue Cernuschi, 75017 Paris Tel: 01 47 63 61 02  
Ms. Connie Vanesse (MSW) 4, Square Emile Zola, 75015 Paris Tel: 01 45 75 91 76 12  
Ms. Valerie A.G. Ventureyra (Ph.D) 68, rue Julien Lacroix, 75020 Tel: 06 42 06 01 40  
Ms. Ariane K. Wilder (LMFT-MA) 91, rue du Théâtre, 75015 Paris Tel: 06 43 73 19 93  
Dr. Mary J. Zachary Cagniard, 10bis, blvd de la Bastille, 75012 Paris Tel: 01 75 51 13 08  
(Accredited Practitioner EMDR Therapy) Cell: 06 60 13 21 72

### *Radiologist*

Dr. Antoine Hakime: 5, rue Antoine Arnauld, 75116 Paris Tel: 06 21 39 60 36

### *Rheumatologists*

Dr. Julien Champey: 34, rue Lourmel, 75015 Paris Tel: 01 45 75 38 08  
Dr. Vera Lemaire: 41, Bd de la Tour Maubourg, 75007 Paris Tel: 01 45 50 20 60

### *Social Workers*

Ms. Melinda Fogel (MSW) 55, avenue Marceau, 75016 Paris Tel: 01 40 50 33 00  
Ms. Marjorie Oberman (MSW), 6, impasse Adele Mulot, 78000 Versailles Tel: 01 39 51 98 99  
Ms. Connie Vanesse (MSW) 3, Villa Violet, Paris 75015 Tel: 01 45 78 67 24

### *Speech and Language Therapist*

Dr. Julie Morris Tuil: 9, rue Léon Vaudoyer, 75007 Paris Tel: 01 42 56 59 05

### *Sports Doctor (specializes in sports injuries and related problems)*

Dr. Michel Daniloski: 15, blvd Lefebvre, 75015 Paris (Métro: Porte de Versailles) Tel: 01 45 31 10 80  
Dr. Hervé Grosgeat: 108, rue du Bac, 75007 Paris Tel: 01 45 49 07 06  
(also has aeronautics and parachuting medical certificates)

### *Stomatologists (tooth extraction)*



Dr. Patrick Colas: 85, rue des Saints-Pères, 75006 Paris	Tel: 01 45 48 14 80
Dr. Walter Green: 68, avenue d' Iéna (Métro: Kleber), 75116 Paris	Tel: 01 47 20 22 22
Dr. Philippe Katz: 7, rue Théodore Banville, 75017 Paris	Tel: 01 42 67 26 80
Dr. Stephane Luc-Sebaoun: 56, avenue Kléber, 75116 Paris	Tel: 01 47 04 41 41

*Surgeons (G.I) and/or hands and maxillo-facial, plastic*

Dr. Alain Bzowski: 6, rue de l'Alboni, 75016 Paris	Tel: 01 45 25 44 00
Dr. Krishna Clough: 7, avenue Bugeaud, 75016 Paris	Tel: 01 45 63 00 00
Dr. Mourad Kassab: 77, avenue des Champs - Elysées, 75008, Paris (Joint Replacement Surgery and Sports Surgery)	Tel: 01 53 76 37 27

*Urologists*

Dr. Richard Braun: 89, avenue de Villiers, 75017 Paris	Tel: 01 46 22 30 64
Dr. Roland Chiche: Private office: 51, avenue Montaigne, 75008 Paris	Tel: 01 42 56 26 66
Dr. Marcel Kulski: Private office: 22, rue de Lisbonne, 75008 Paris	Tel: 01 43 87 44 45

*Vein Specialist*

Dr. Jean-Charles Benzimra: 4, rue Roquepine, 75008 Paris	Tel: 01 42 65 21 56
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*Veterinarians*

Dr. Jean-François Bardet: 32, rue Pierret, 92200 Neuilly-sur-Seine	Tel: 01 46 41 05 93
Dr. N.R Caspard-Chappey: 47, rue St Charles, 75015 Paris	Tel: 01 40 59 04 76
Dr. Christian Rodriguez: 58, rue du Cherche Midi, 75006 Paris	Tel: 01 45 44 19 27
Drs. Legmann/Benaïm Bedossa: 10/12, rue Bailly, 92200 Neuilly-sur-Seine	Tel: 01 46 24 25 84



112 French / English speaking European Emergency Number

17 Police (Emergency )

15 SAMU : (Service d'Aide Médicale d'Urgence) has to be called in case of serious health problems. They provide ambulances which are fully equipped to handle medical emergencies.

18 Sapeurs-pompiers : (Fire Brigade) have to be called in case of fire, and also in case of accident or life saving situation (choking, breathing problems...)

**Common Emergency Phrases:**

My name is:	mon nom est...
My address:	mon adresse...
My phone number is:	mon numéro de telephone est...
This is an emergency:	c'est un cas d'urgence
Diabetic:	diabetique
Help!	au secours!
To be poisoned:	être empoisonné
To bleed:	saigner
I need an ambulance:	j'ai besoin d'une ambulance
Heart attack:	une crise cardiaque
Stroke:	une attaque cérébrale (AVC)
Unconscious:	inconscient
He's fallen:	il est tombé

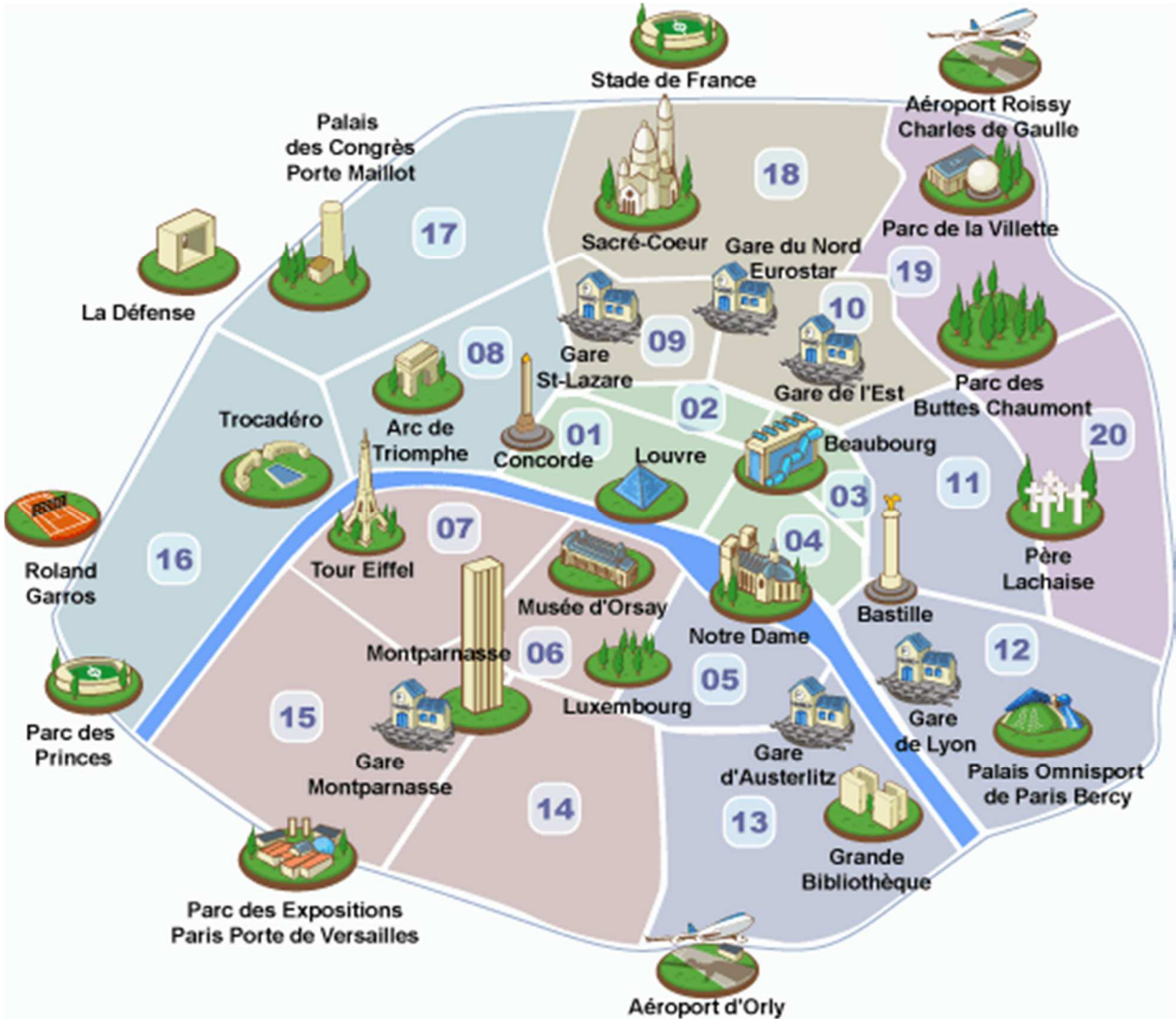
# Public Transport

Paris is divided into 20 districts (called 'arrondissements',) which differ a lot from each other in many regards. When searching for an apartment it is important to research the area and have an basic understanding of the public transportation system. Groupe INSEEC recommends that you go to [www.rapt.fr](http://www.rapt.fr) or [www.vianavigo.com](http://www.vianavigo.com) to create simulations so you will know how long it will take you to access the school as well as other points of interest. The 4th arrondissement is very far way from INSEEC schools in Paris.

## Places to Avoid

You will generally be fine anywhere in the 1st to 8th arrondissements this includes such areas as St. Michel, St. Germain des Prés – the Left Bank and Latin Quarter. This does not rule out other areas though; Le Marais is also a popular area, as is Montmartre (though some people dislike its 'vibrant' nature). Try to avoid the areas immediately around train stations, the suburbs, and areas without good metro links. Clichy, Clignancourt, and Seine Saint-Denis are also to be avoided. Try and avoid the north of Paris the 17th and 18th arrondissement as well. If you are interested in a flat close Gare du Nord, Les Halles, Place des Fêtes, Guy Môquet or Porte de Clignancourt metro stations, please visit the area at both night-time and day-time. These are transitioning areas, some streets are very nice, but others can be a bit more dangerous.

Many students ask about living in the suburbs. There are pros and cons about being outside the city. Most students prefer to live inside Paris, even if this means they pay a bit more for an apartment. Ultimately, the choice is up to you.



## Tickets & Monthly Passes

If you plan to use the Paris transit system (metro, bus, tram or RER) on a daily basis then you are advised to pay for a monthly or yearly pass.

### ☞ Tickets (T+)

Tickets are good for single journey within Paris, zones 1-2 for the bus, metro or trams; in some cases, such as with buses you cannot transfer with this ticket. Normally, you can always use the ticket to transfer to different metro lines.

### ☞ Billet Ile de France

You can buy a 'billet Ile de France' to go beyond zone 2. If you are using the RER, to go to Versailles for example, you must choose you arrival station as it will change the cost.

### ☞ Paris Visit Pass

The Paris visit pass is just that. A pass to visit Paris. It is good for 5 days and you have unlimited access to the public transport system, zones 1-2 and you will receive discounts to visit museums and monuments.

### ☞ Annual Pass

The annual pass is the cheapest option. If you are under 26 you should ask for the 'Carte Imagin 'R.' The price of the card depends on how many zones you want to access. If you are living in Paris, Groupe INSEEC advises you to take zones 1-2 (this is the least expensive option). All zones are free on the weekends. It is important to note, that you will pay each month for the monthly pass. If you are only staying for 6 months, you can send a letter to RATP, proving you are leaving and they will stop the payments.

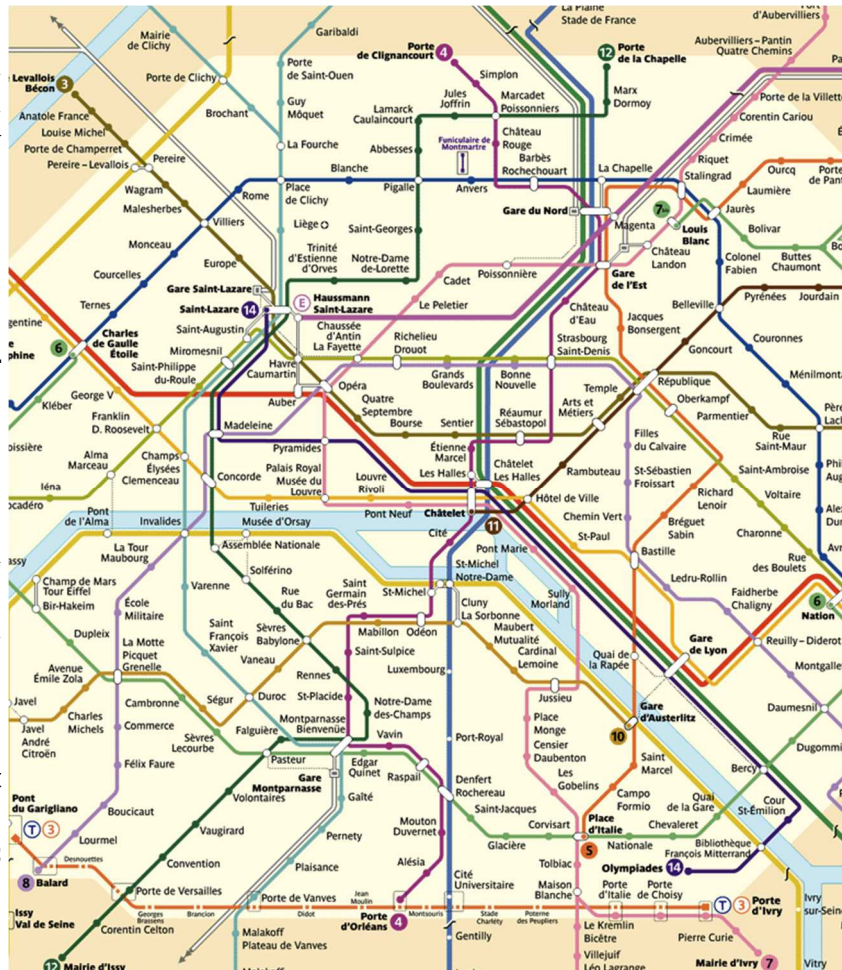
If you are over 26 you will have to purchase the 'Navigo Annuel.' The rules and terms of use are exactly the same as the 'Carte Imagin 'R'

### ☞ Monthly or Weekly Pass

The monthly or weekly pass is only good for the Navigo cards (students over 26). You pay each month or week with this card.

### ☞ Daily Pass

With a daily pass you have unlimited access to the transit system for a 24 hour period. If you ride the metro more than 5 times in one day, it is worth it. If you are under 26 you can buy the 'Ticket Jeunes' which is available only on week days and public holidays. If you are over 26, you will need to buy the 'Ticket Mobilis.'



## Warning!

Never buy tickets from people on the street. They may try to offer you a deal, but it's a scam. These people pay the child fare and then sell them to adult tourist. If you are caught buy the metro police with a child ticket you will be fined!!! No exceptions or excuses will be accepted.

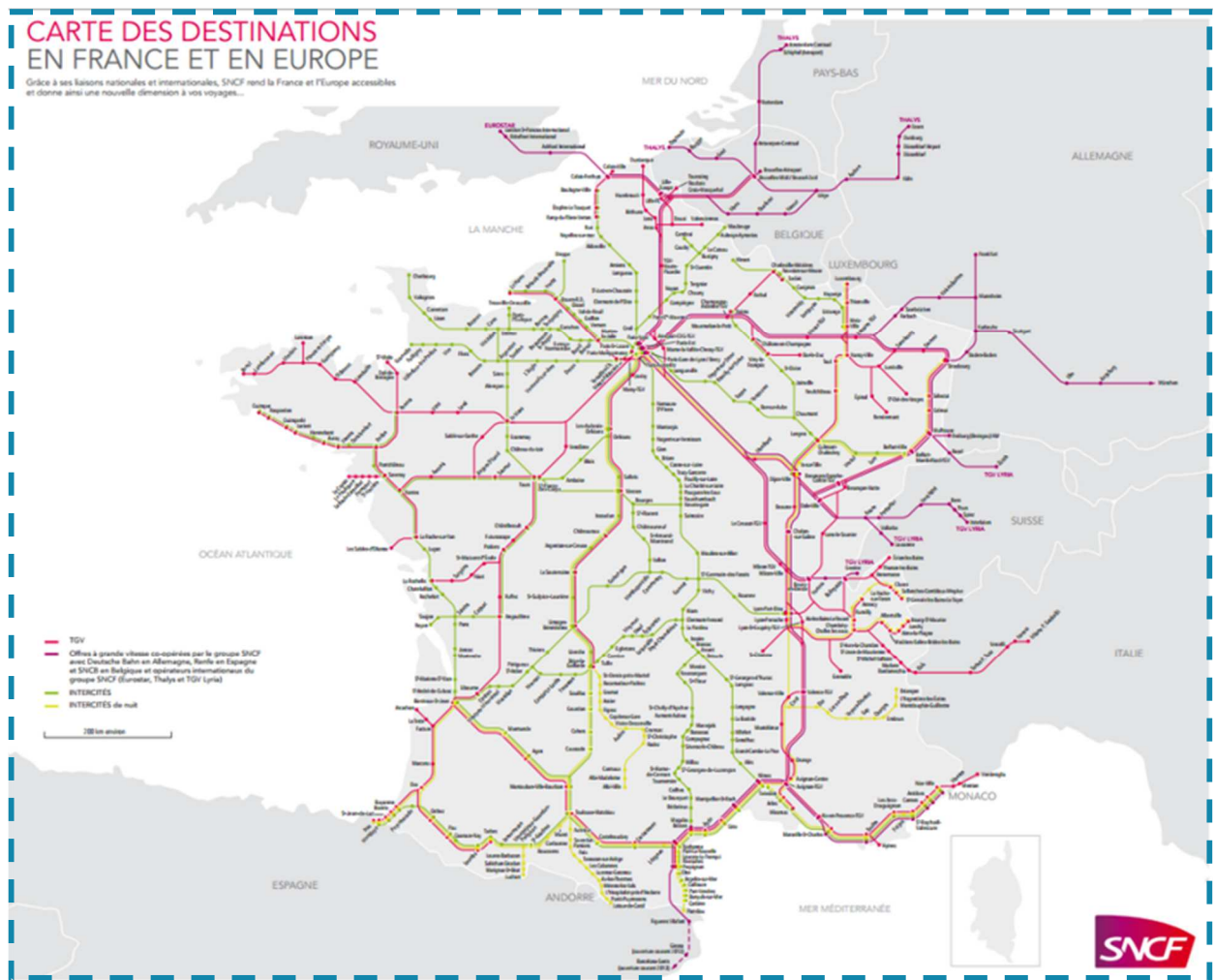
# Understanding SNCF

Public transport / subsidized transportation is common in all major cities in France. This includes: trains, metros, buses, trams, RERs, TERs, Vélip' (public bicycles) and Autolib' (public electric cars). Within most cities there are student discounts and monthly passes available. Please check out the annex 'INSEEC Cities' to have more information about what kind of public transport is available in your city, what card is best for you and how to purchase it. Your local international officer will also be able to provide you with maps and other relevant information.

## SNCF

SNCF is the national train company in France and a recommended way to travel around France. As a student between the ages of 18 and 27, you can benefit from a student discount card (Carte de Réduction) which allows you to save up to 60% of the normal ticket cost. Even if you buy the ticket moments before the train departs. This includes intercity transport as well.

The discounts are also valid on the French fast train, TGV which runs at 320km/hr. or 200mph. Currently the TGV runs from Paris – Lille (1h02), Paris – Marseilles (3h05), Paris – Bordeaux, Lyon – Marseilles, Paris – Strasbourg, Rennes – Lille and many, many more.



With the student reduction card you can also benefit from discounts with the TGV bar such as 15% discount on selected menus, 25% reduction for a second suitcase, discounts when renting a car or hotel room from the train. The card cost 50 euro per year. For more information please contact your local international officer.

## Embassies & Consulates

Australia E/C: 4, rue Jean Rey 75015 Paris	<a href="http://www.france.embassy.gov.au">www.france.embassy.gov.au</a>	01 40 59 33 00
Bahrain E/C: 3bis, place des Etats-Unis 75116 Paris	<a href="http://www.ambahrein-france.com">www.ambahrein-france.com</a>	01 47 23 49 15
Bangladesh E/C: 109, avenue Henri Martin, 75116 Paris	<a href="http://www.banglaemb-paris.org">www.banglaemb-paris.org</a>	01 46 51 90 33
Brunei-Darussalam E/C: 7, rue de Presbourg 75116 Paris		01 53 64 67 60
Canada E/C: 35, avenue Montaigne 75008 Paris	<a href="http://www.canada.international.gc.ca">www.canada.international.gc.ca</a>	01 44 43 29 90
China E/C: 11, avenue George V 75008 Paris	<a href="http://www.amb-chine.fr">www.amb-chine.fr</a>	01 49 52 19 50
Denmark E/C: 77, avenue Marceau 75116 Paris	<a href="http://www.frankrig.um.dk/fr">www.frankrig.um.dk/fr</a>	01 44 31 21 21
Finland E/C: 1, place de Finlande 75007 Paris	<a href="http://www.finlande.fr">www.finlande.fr</a>	01 44 18 19 20
Germany E: 13-15 avenue Franklin-Roosevelt 75008 Paris / C: 28, rue Marbeau 75116 Paris	<a href="http://www.paris.diplo.de">www.paris.diplo.de</a>	01 53 83 45 00
India E/C: 15, rue Alfred Dehodencq 75016 Paris	<a href="http://www.amb-inde.fr">www.amb-inde.fr</a>	01 40 50 70 70
Indonesia E/C: 49, rue Cortambert 75116 Paris	<a href="http://www.amb-indonesie.fr">www.amb-indonesie.fr</a>	01 45 03 07 60
Ireland E/C: 4, rue Rude 75116 Paris	<a href="http://www.dfa.ie">www.dfa.ie</a>	01 44 17 67 00
Israel E/C: 3, rue Rabelais 75008 Paris	<a href="http://www.paris.mfa.gov.il">www.paris.mfa.gov.il</a>	01 40 76 55 00
Italy E: 51, rue de Varenne 75007 Paris / C: 5, bd Emile Augier 75116 Paris	<a href="http://www.ambparigi.esteri.it">www.ambparigi.esteri.it</a>	01 49 54 03 00 / 01 44 30 47 00
Japan E/C: 7, avenue Hoche 75008 Paris	<a href="http://www.fr.emb-japan.go.jp">www.fr.emb-japan.go.jp</a>	01 48 88 62 00
Kuwait E/C: 2, rue de Lübeck 75116 Paris		01 47 23 54 25
Netherlands E/C: 7, rue Eblé 75007 Paris	<a href="http://www.lafrance.nlambassade.org">www.lafrance.nlambassade.org</a>	01 40 62 33 00
New-Zealand E/C: 7ter, rue Léonard-de-Vinci 75116 Paris	<a href="http://www.nzembassy.com">www.nzembassy.com</a>	01 45 01 43 43
Norway E/C: 28, rue Bayard 75008 Paris	<a href="http://www.norvege.no">www.norvege.no</a>	01 53 67 04 00
Oman E/C: 50, avenue d'Iéna 75116 Paris		01 47 20 25 51
Qatar E/C: 1, rue de Tilsitt 75008 Paris	<a href="http://www.qatarambassade.com">www.qatarambassade.com</a>	01 45 51 90 71
Russia E/C: 40-50 boulevard Lannes, 75116 Paris		01 45 04 05 50
Singapore E/C: 16, rue Murillo 75008 Paris		01 56 79 68 00
Saudi Arabia E/C: 5, avenue Hoche 75008 Paris	<a href="http://www.mofa.gov.sa">www.mofa.gov.sa</a>	01 56 79 40 00
South-Africa E/C: 59, quai d'Orsay 75007 Paris	<a href="http://www.afriquesud.net">www.afriquesud.net</a>	01 53 59 23 23
South-Corea E/C: 125, rue de Grenelle 75007 Paris	<a href="http://www.fra.mofa.go.kr">www.fra.mofa.go.kr</a>	01 47 53 01 01
Spain E/C: 22, avenue Marceau 75008 Paris	<a href="http://www.maec.es">www.maec.es</a>	01 44 43 18 00
Sri Lanka E/C: 16, rue Spontini 75116 Paris		01 55 73 31 31
Sweden E/C: 17, rue Barbet-de-Jouy 75007 Paris	<a href="http://www.swedenabroad.com/fr">www.swedenabroad.com/fr</a>	01 44 18 88 00
UAE E/C: 2, boulevard de La Tour-Maubourg 75007 Paris	<a href="http://www.amb-emirats.fr">www.amb-emirats.fr</a>	01 44 34 02 00
United Kingdom E: 35, rue du Faubourg-Saint-Honoré 75008 Paris / C: 16, rue d'Anjou 75008 Paris	<a href="http://www.ukinfrance.fco.gov.uk">www.ukinfrance.fco.gov.uk</a>	01 44 51 31 00
United States E: 2, avenue Gabriel 75008 Paris / C: 2, avenue Gabriel 75008 Paris	<a href="http://www.french.france.usembassy.gov">www.french.france.usembassy.gov</a>	01 43 12 22 22 / 0 810 26 46 26

## Cultural Centers

British Council 01 49 55 73 00

9, rue de Constantine, 75007 Paris [www.britishcouncil.fr](http://www.britishcouncil.fr)

Canadian Cultural Center 01 44 43 21 90

5, rue de Constantine, 75007 Paris [www.canada-culture.org](http://www.canada-culture.org)

Centre de Relations Culturelles Franco-Indiennes 01 45 48 04 64

50, rue Vaneau, 75007 Paris [www.crcfi-yoga-vie.com](http://www.crcfi-yoga-vie.com)

Centre Culturel Calouste Gulbenkian 01 53 23 93 93

39, bd de la Tour Maubourg, 75007 Paris [www.gullbenkian-paris.org](http://www.gullbenkian-paris.org)

Centre Culturel de Chine 01 53 59 59 20

1, boulevard de la Tour Maubourg, 75007 Paris [www.cccparis.org](http://www.cccparis.org)

Centre Culturel Coréen 01 47 20 83 86

2, avenue d'Iena, 75116 Paris [www.coree-culture.org](http://www.coree-culture.org)

Centre Culturel de Russie en France 01 44 34 79 79

61, rue Boissière, 75116 Paris [www.russiefrance.org](http://www.russiefrance.org)

Centre Culturel Suisse 01 42 71 44 50

38, rue des Francs-Bourgeois, 75003 Paris [www.ccsparis.com](http://www.ccsparis.com)

Deutsches Historisches Institut 01 44 54 23 80

8, rue du Parc Royal, 75003 Paris [www.dhi-paris.fr](http://www.dhi-paris.fr)

Finnish Institute 01 40 51 89 09

60, rue des Ecoles, 75005 Paris [www.institut-finlandais.asso.fr](http://www.institut-finlandais.asso.fr)

German Cultural Center-Goethe Institut 01 44 43 92 30

17, avenue d'Iena, 75116 Paris [www.goethe.de](http://www.goethe.de)

Institut Néerlandais 01 53 59 12 40

121, rue de Lille, 75007 Paris [www.institutneerlandais.com](http://www.institutneerlandais.com)

Institut du Monde Arabe 01 40 51 38 38

1, rue des Fossés Saint Bernard, 75005 Paris [www.imarabe.org](http://www.imarabe.org)

Instituto Cervantes 01 40 70 92 92

7, rue Quentin Bauchart, 75008 Paris [www.paris.cervantes.es](http://www.paris.cervantes.es)

Irish Cultural Center 01 58 52 10 30

5, rue des Irlandais, 75005 Paris [www.centreculturelirlandais.com](http://www.centreculturelirlandais.com)

Maison de la Culture du Japon à Paris 01 44 37 95 01

101 bis, quai Branly, 75115 Paris [www.mcjp.fr](http://www.mcjp.fr)

Maison de l'Amérique Latine 01 49 54 75 00

217, bd Saint-Germain, 75007 Paris [www.mal217.org](http://www.mal217.org)

Maison du Danemark 01 56 59 17 40

142 av. des Champs-Élysées, 75008 Paris [www.maisondudanemark.dk](http://www.maisondudanemark.dk)

Mona Bismarck American Center for art and culture 01 47 23 38 88

34, avenue de New-York, 75116 Paris [www.monabismarck.org](http://www.monabismarck.org)

Swedish Institute 01 44 78 80 20

11, rue Payenne, 75003 Paris [www.institutsuedois.fr](http://www.institutsuedois.fr)

SCentre Culturel de Taïwan 01 44 39 88 66

78, rue de l'Université, 75007 Paris [www.ccacctp.org](http://www.ccacctp.org)

### International Organisations

- Comité International de la Croix Rouge (CICR)
- European Space Agency (E.S.A.)
- Banque Mondiale
- Bureau International des Expositions (BIE)
- Conseil de l'Europe
- Fonds Monétaire International (F.M.I)
- Haut Commissariat des Nations-Unies pour les Réfugiés (HCNUR)
- OCDE (OECD)
- Organisation de l'Aviation Civile Internationale (O.A.C.I.)
- Commission Européenne (Bureau de Paris)
- U.N.E.S.C.O.
- UNICEF (Fonds des Nations Unies pour l'Enfance)

### International Clubs

- ALORA/OECD
- Anglo-American Press Association in Paris
- Bienvenue en France
- Cercle de l'Union Interalliée
- Comité France - Amériques
- Council for the English-Speaking Community (CESC)
- English Language Schools Association
- English Speaking Union Paris
- Women's International Club of Paris
- Lions Club International France
- Professional Women's Network Paris
- Rotary Club of Paris
- The Travellers Paris
- American Aid Society
- American Club of Paris (ACP)
- World Federation of Americans Abroad
- Comité d'Etudes des Relations Franco-Allemandes-Cerfa
- IDSP (Internationale Deutsche Schule Paris)
- Deutscher Akademischer Austauschdienst - DAAD
- Friedrich-Ebert-Stiftung
- Institut Franco-Allemand DFI
- Office Franco-Allemand pour la Jeunesse OFAJ
- The German Marshall Fund of the U.S.
- Association France-Union Indienne
- Les Comptoirs de l'Inde
- CIDIF (Centre d'Information et de Documentation de l'Inde Francophone)
- Indian Women's Friendship Association
- Indo-French Reflection Group (promotes understanding of the Indian and French cultures)
- Association Irlandaise en France
- Association of Irish Women in France
- Franco-Irish Exchange Programme
- SOFEIR French Society for Irish Studies
- France - New-Zealand Association
- New-Zealand-France Friendship Fund

- Association France - Afrique du Sud
- Cercle de Littérature Sud-Africaine
- Présence sud-africaine en France
- Peuple d'Afrique du Sud (RENAPAS)

### Religious Institutions

- American Cathedral of the Holy Trinity
- American Church in Paris Baptist Church
- The Bridge International Church
- Danish Church of Paris
- Deutsche Evangelische
- Christuskirche
- Emmanuel International Church
- Holy Trinity Church
- Katholische Gemeinde (Deutscher Sprache)
- St Albertus Magnus
- Trinity International Church of Paris Sainte-Opportune (Protestant, Evangelical)
- St. George's Anglican Church
- St. Joseph's Roman Catholic Church
- St. Mark's Church (Anglican)
- The Scots Kirk (Church of Scotland Presbyterian)
- Kehilat Geshar Bilingual Liberal Synagogue (Services in French and Hebrew)
- Great Synagogue
- Unitarian Universalist Temple de Pentemont
- Fellowship of Paris
- Mosquée de Paris
- St Luke's Anglican Church
- St Peter's Anglican Church



## Museums

Paris is home to many famous museums. In order to promote the arts, some museums are free the first Sunday of every month or on Friday afternoons. For a full listing, please visit [en.parisinfo.com](http://en.parisinfo.com)  
*Please be aware that many museums are closed on Mondays!*

For more information about the annual museum passes such as the 'Laissez-Passer' or 'Les Amis du Louvre' please ask the international office or your buddy!

You can also visit : [www.parismuseumpass.com](http://www.parismuseumpass.com)

The Paris Tourist Office is located at 25 rue des Pyramides, 75001 Paris

The following museums are free on 1st Sunday of the month, all year round!!!!

### Musée national d'art moderne - Centre Pompidou

Place Georges Pompidou, Paris 4th - Metro Hôtel de Ville / Châtelet - Les Halles

### Musée de l'Assistance Publique - Hôpitaux de Paris (closed for renovation work until 2016)

Hôtel de Miramion - 47, quai de la Tournelle, Paris 5th - Metro Maubert - Mutualité / Saint-Michel - Notre-Dame

### Musée des Arts et Métiers

60, rue Réaumur, Paris 16th - Metro Arts et Métiers

### Musée de la Chasse et de la Nature

Hôtel de Mongelas - 62, rue des Archives, Paris 3rd - Metro Hôtel de Ville / Châtelet - Les Halles

### Musée national Eugène Delacroix (renovation work planned to take place from April 2013)

6 rue de Furstenberg, Paris 6th - Metro Saint-Germain-des-Prés / Saint-Michel - Notre-Dame

### Musée national Gustave Moreau

14, rue de la Rochefoucauld, Paris 9th - Metro Trinité

### Musée national Ernest Hébert (closed for renovation work)

Hôtel de Montmorency-Bours - 85, rue du Cherche-Midi, Paris 6th - Metro Vaneau

### Musée national Jean-Jacques Henner

43, avenue de Villiers, Paris 17th - Metro Malesherbes

### Musée national du Moyen Âge - Thermes de Cluny

6, place Paul Painlevé, Paris 5th - Metro Cluny - La Sorbonne / Saint-Michel - Notre-Dame

### Musée national de l'Orangerie

Jardin des Tuileries, Paris 1st - Metro Concorde

### Musée d'Orsay

1, rue de la Légion d'Honneur, Paris 7th - Metro Solférino / Musée d'Orsay

### Musée national Picasso (closed for renovation work until spring 2014)

Hôtel Salé - 5, rue de Thorigny, Paris 3rd - Metro Saint-Paul / Châtelet - Les Halles

### Cité de l'Architecture et du Patrimoine

Palais de Chaillot - 1, place du Trocadéro et du 11 novembre, Paris 16th - Metro Trocadéro / Champ de Mars - Tour Eiffel



### **Cité nationale de l'histoire de l'immigration**

293, avenue Daumesnil, Paris 12th - Metro Porte Dorée

### **Musée du Quai Branly**

37, quai Branly Portail Debilly, Paris 7th - Metro Alma - Marceau / Pont de l'Alma

### **Musée Rodin**

79, rue de Varenne, Paris 7th - Metro Varenne / Invalides

### **Musée d'Archéologie nationale de Saint-Germain-en-Laye**

Place Charles de Gaulle, 78 - RER Saint-Germain-en-Laye

### **Musée départemental Albert-Kahn**

14, rue du Port, 92 - Metro Boulogne - Pont de Saint-Cloud

### **Maison d'Auguste Rodin à Meudon**

19, avenue Auguste Rodin, 92 - Metro Mairie d'Issy

### **Musée des années 30**

28, avenue André-Morizet, 92 - Metro Marcel Sembat

### **Musée national du Château de Compiègne**

Place du Général de Gaulle, 60

### **Musée franco-américain du Château de Blérancourt** (closed for renovation work until end of 2014)

Château de Blérancourt, 02

### **Musée national de Port-Royal des Champs**

Route des Granges, 78 - RER Saint-Rémy-lès-Chevreuse

### **Musée national des châteaux de Malmaison et Bois-Préau** (Château de Bois-Préau: closed for renovation-work) Avenue du Château, 92 - RER Rueil Malmaison

### **Sèvres - Cité de la Céramique**

Place de la Manufacture, 92 - Pont de Sèvres

### **Musée national de la Renaissance - Château d'Ecouen**

Château d'Ecouen, 95 - Garges - Sarcelles

### **Musée départemental Maurice Denis**

2bis, rue Maurice Denis, 78 - RER Saint-Germain-en-Laye

### **Musée français de la Carte à jouer**

16, rue Auguste Gervais, 92 - Metro Mairie d'Issy

### Open tues to sat 8am to 1pm - 4pm to 7pm / Sun 8am to 1pm

3rd arrondissement - Enfants Rouges 39, rue de Bretagne  
 6th arrondissement - Saint-Germain 3 ter, rue Mabilion  
 8th arrondissement - Europe 1, rue Corvetto  
 10th arrondissement - Saint-Quentin 85 bis, Boulevard Magenta  
 12th arrondissement - Beauvau-Saint-Antoine Rue d'Aligre, rue de Cotte  
 16th arrondissement - Passy Rues Bois-le-Vent et Duban  
 16th arrondissement - Saint-Didier Rues Mesnil et Saint-Didier  
 17th arrondissement - Batignolles 96 bis, rue Lemercier  
 17th arrondissement - Ternes 8, rue Lebon  
 18th arrondissement - La Chapelle 10, rue de l'Olive  
 19th arrondissement - Riquet 42, rue Riquet  
 19th arrondissement - Secrétan 46, rue Bouret et 33, ave Secrétan



### Open 7am to 1.30pm

2nd arrondissement - Montorgueil Rue Montorgueil (closed on Monday)  
 5th arrondissement - Mouffetard Rue Mouffetard (every day except Monday)  
 5th arrondissement - Maubert Place Maubert (tues, thurs, sat)  
 5th arrondissement - Monge Place Monge (wed, fri, sun)  
 5th arrondissement - Port-Royal Front of Port-Royal - Hospital (tues, thurs, sat).  
 6th arrondissement - Raspail Bd Raspail, rues du Cherche-Midi and de Rennes (tues, fri)  
 6th arrondissement - Buci Rue de Buci (closed on Monday)  
 7th arrondissement - Saxe-Breteil Avenue de Saxe, Segur, place de Breteil (thurs, sat)  
 10th arrondissement - Alibert Rue Alibert, rue Claude Vellefaux (sun)  
 11th arrondissement - Belleville Bd de Belleville (tues, fri)  
 11th arrondissement - Bastille Bd Richard-Lenoir, rue Amelot (thurs, sun)  
 12th arrondissement - Daumesnil Bd de Reuilly, rue de Charenton, rue Amelot,  
 12th arrondissement - Rue Saint-Sabin (tues, fri)  
 12th arrondissement - Aligre Place d'Aligre (closed on mon)  
 12th arrondissement - Cours de Vincennes Bd de Picpus, rue Netter (wed, sat)  
 13th arrondissement - Bobillot Rue Bobillot, rue de la Colonie (tues, fri)  
 14th arrondissement - Alesia Rue d'Alésia (wed, sat)  
 14th arrondissement - Edgard-Quinet Bd Edgard-Quinet (wed, sat)  
 15th arrondissement - Convention Rues de la Convention, Alain Chartier, Abbé Groult (tues, thurs, sun)  
 15th arrondissement - Saint-Charles rues Saint-Charles, de Javel (tues, fri)  
 16th arrondissement - Auteuil Rues d'Auteuil, Donizetti, la Fontaine (wed, sat)  
 16th arrondissement - Président Wilson Ave Président Wilson, between place d'Iéna and Rue Debrousse (wed, sat)  
 17th arrondissement - Berthier Porte d'Asnières et bd Berthier (wed, sat)  
 18th arrondissement - Ornano Bd Ornano, rues du Mont-Cenis and Ordener (tues, fri, sun)  
 19th arrondissement - Jean-Jaurès From n° 145 to 185 (tues, thurs, sun)  
 20th Pyrénées Between rues de l'Ermitage and de Ménilmontant (thurs, sun)

### Themed Markets:

**Africa and the West Indies**, Château Rouge (18th arrondissement) Metro Château Rouge

**China and South East India** (13th arrondissement) Metro Porte d'Ivry and Belleville (20th arrondissement) Metro Pyrénées.

**India**, in the Passage Brady (10th arrondissement) Metro Strasbourg-Saint-Denis.

**Japan**, around rue Sainte-Anne (2nd arrondissement) Metro Opéra.

**Kosher**, around rue des Rosiers (4th arrondissement) Metro Saint-Paul.

**North Africa**, in Ménilmontant (20th arrondissement) Metro Ménilmontant.

**South America**, on the Montagne-Sainte-Genève (5th arrondissement) Metro Place Maubert.

## Shopping

<b>1st arrondissement</b>	Place Vendôme: high class jewellery
	Les Halles: trendy fashion, kitchen utensils
	Palais-Royal: vintage haute couture, designer fashion, accessories
	Rue de Rivoli: souvenir shops, books, high street fashion
	Le Louvre des Antiquaires: antiques
Rue Saint-Honoré, Rue du Mont-Thabor: designer fashion, second hand and antique jewelry	

<b>2nd arrondissement</b>	Rue de la Paix: high class jewellery
	Place des Victoires, Rue Etienne Marcel and around: trendy clothes, designer fashion and costume jewellery
	Le Sentier: rag trade wholesale merchants
	Rue du Mail: wallpapers and fabrics
	Rue Montorgueil: food shops
Rue Sainte-Anne: Japanese restaurants and shops	

<b>3rd &amp; 4th arrondissement</b>	Le Marais: art galleries, designer fashion
	Rue Charlot (numbers 15 - 74): fashion
	Rue Vieille-du-Temple (numbers 56 - 123): fashion boutiques, gift shops
	Rue du Temple: costume jewellery
	Rue Meslay: shoes
	Ile de la Cité: flower and plant market
	Rue Saint Paul: antiques
	Rue des Francs-Bourgeois: designer fashion
Rue des Rosiers: kosher groceries and restaurants	

<b>5th arrondissement</b>	Bd Saint Michel: books and clothes
	Rue Mouffetard: famous food market
	Everywhere bookstores galore, both generalists and specialists
	Bd. Saint-Germain near pont de Sully: flooring, electricity supplies

<b>6th arrondissement</b>	Rue de Rennes: high street and designer fashion
	Saint-Germain-des-Prés and around: established and avant-garde furniture and fashion designers, chic little boutiques, jewellery, books, antiques, home decoration, art galleries
	Rue Saint-Placide: discount shoes and clothes
	Rue de Buci: famous food market
	Place Saint-Sulpice and around: religious articles

<b>7th arrondissement</b>	Rue de Beaune and around: antiques, florists, home decoration, art galleries
	Rue de Grenelle: interesting fashion street for shoes and clothes
	Rue Cler: famous food market

<b>8th arrondissement</b>	Rue du fg. Saint-Honoré, av. Montaigne, av. George V: haute couture and designer boutiques, high jewellery
	Av. Matignon: art galleries
	Rue Royale: gifts and home accessories, china, crystals, luxury goods, jewellers
	Place de la Madeleine: gourmet food, items for the home, fashion, flower market
	Av. des Champs-Élysées: records and video, jewellery, cosmetics, cars companies, high street and luxury fashion
Rue de Rome: musical instruments and editors	
<b>9th arrondissement</b>	Bd. Haussmann: department stores
	Rue Drouot and around: auction house, antiques
<b>10th arrondissement</b>	Rue de Paradis: china and crystals, tableware
	Rue d'Hauteville: furs
	Canal Saint-Martin: trendy fashion
	Passage Brady: Indian shops, oriental groceries
<b>11th arrondissement</b>	Place de la République and around: silverware
	Rue de Charonne: designer fashion
<b>12th arrondissement</b>	Place de la Bastille and around: art galleries
	Rue du fg. Saint-Antoine and around: trendy and designer fashion, cabinet makers, furniture, haberdashery, gourmet shops
	Place d'Aligre: famous food market, may be the best
	Viaduc des Arts, Cour Saint-Emilion: shopping malls
	Rue de Charonne: designer fashion
<b>13th arrondissement</b>	Place Tolbiac and around: Chinatown, south-east asian food, furniture and fashion
<b>14th arrondissement</b>	Rue d'Alésia (numbers 50-120): fashion outlets
	Rue Daguerre: food shops
	Vanves Flea Market: avenue Georges Lafenestre on Sat. and Sun.
<b>15th arrondissement</b>	Rue du Commerce and around: high street fashion, food market
	Le Village Suisse: antiques
<b>16th arrondissement</b>	Rue de Passy: high street and designer fashion, home accessories, toys
	Rue de la Tour: antiques, jewellery
	Avenue Victor Hugo: high street and designer fashion
	Avenue de la Grande Armée: cars, bikes, motorbikes
	Rue des Belles Feuilles - Rue de l'Annonciation: food shops
<b>17th arrondissement</b>	Porte Maillot: boutiques du Palais Shopping Mall
	Avenue des Ternes: high street fashion
	Rue de Levis: food shops

<b>18th arrondissement</b>	Rue d'Orsel and around: Marché Saint-Pierre (fabrics market) and art center
	Rue des Gardes: designer fashion and accessories
	Pigalle: red light district
	Rue Lepic: food shops
	Rue Dejan: exotic market African & Caribbean

<b>19th arrondissement</b>	Belleville: art galleries, multicultural groceries
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<b>20th arrondissement</b>	Rue de la Mare: artist shops for fashion accessories
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## Top 10 Sites

### 1-The Eiffel Tower

Eiffel tower or "Tour Eiffel" is the most visited town. This monument has come to represent an elegant contemporary Paris. Built for the world exposition in 1889, the 1063 feet tall iron tower, was such a success it became the most visited attraction today. The tower has three levels and you can get to one of the levels either by walking up the 300 steps that you will find in the two first levels or you can get the elevator to get up to the last level.

#### Admission fees to the Eiffel Tower:

Stairs to 1<sup>st</sup> and 2<sup>nd</sup> floors: 25 years old and over 4euros/25 years old and under 3, 10 euros.

Top level: adults 12euros

1<sup>st</sup> floor: adults 4, 80 euros

The tower is open every day, all year long.

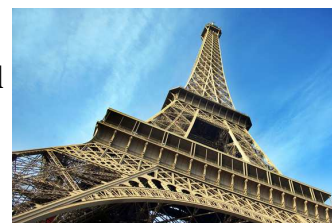
#### How do you get to the Eiffel Tower?

The Eiffel Tower is located on "Champs de Mars".

Metro: line 6, Bir- Hakeim and Dupleix stops; line 6 and 9, Trocadero stop; line 8, Ecole Militaire stop.

RER train: line C, station Champs de Mars-Tour Eiffel.

Bus : lines 42, 69, 72, 82, 87.



### 2-The Arch of Triumph



One of the most noted landmarks is the Arch of Triumph "Arc de Triomphe", to recognize the military honors, primarily battles fought under Napoleon I. The Arc is centered in Place Charles de Gaulle head of Champs-Elysees.

**Prices:** Adults; 9euros. Free entry to 18 to 26 year-olds(European Citizens)/Adult group rat(minimum 20 people); 7 euros.

**Opening hours:** open every day 1 April to 30 September: 10 am to .11pm// 1 October to 31 March: 10 am to 10:30 pm.

**Metro/Bus:** Metro ; Charles de Gaulle Etoile lines 1, 2, 6/

RER A: Charles de Gaulle Etoile.

Bus ; 22, 30, 31, 52, 73, 92.

### 3-Cathedral de Notre-Dame

Notre Dame Cathedral is the most popular visited church and monument in Paris. Located in Ile-de la Cite, Notre Dame is about 850 years old and which is really a masterpiece of Gothic architecture.

**Opening hours:** no visit during the religious service.

April to May 31 and September 1 to 30: from 10 am to 6.30 pm

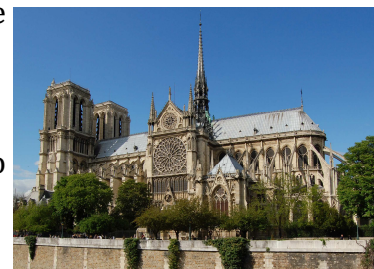
June to August 31: from 10 am to 6.30 pm, Saturday and Sunday 10 am to 11 pm.

October 1 to March 31: from 10 am to 5:30 pm.

**Prices:** Access to the cathedral is open and free of charge every day of the year, during the opening hours.

**Metro/Bus:** Metro; Cité

**RER:** Châtelet- Les Halles, Saint-Michel-Bus: 21, 24, 27, 38, 47, 85, 96.



### 4-The Concorde Square

“Place de la Concorde” is another magnificent square called Place de la Concorde for all to enjoy. It’s located at the eastern end of the Champs-Elysees and between that avenue and the Tuileries Gardens. At the middle of the place does stand an Obelisk that was offered by the Egyptians.

**Location:** Champs-Elysées.

**Metro:** Metro; Line 1, 8, 12.

**Bus:** 73, 94, 24, 42, 52.

### 5-The Sacred heart-Montmartre



With its unmistakable white dome, the sacred heart (Sacré Coeur in French) sits at the highest point of Paris on the Montmartre knoll, or butte. Montmartre, a neighborhood located at the summit of Paris, is one of the city’s most poetry-drenched spots. The narrow, steep, cobblestone-paved streets, stairways, hidden gardens show that Montmartre was, until recently, a village in its town right, tucked away from the city. A lot of bars and well-known cabarets like “Le Moulin Rouge” are located around this area.

**Access fees:** none

**Metro / Bus:** line 12 exit: Lamarck Caulincourt/ Line 2: Anvers.

**Bus:** Montmartrobus.

### 6-The Palais Garnier

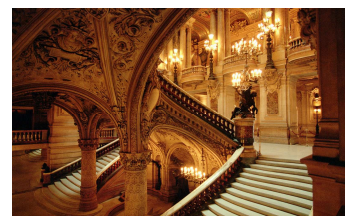
The Palais Garnier is not only a must see but a must attend if you’re into the arts at all Named the Académie Nationale de Musique and Theatre de l’Opéra, was built in the late 19th. The Palais Garnier is literally close to many pleasant shopping stores and restaurants.

**Opening hours:** 10 am-4.30 pm, and until 5,30 pm from July 15th and September 10th.

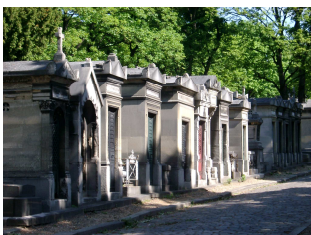
**Metro:** Opéra 8, 3, 7.

**RER A :** Auber

**Bus:** 20, 21, 22, 27, 29, 31, 39, 42, 52, 53, 66, 68, 81.



## 7-Père Lachaise Cemetery



Tucked in a corner of northeastern Paris, the cemetery is affectionately called la cité des morts --the city of death—by Parisians. With its rolling hills, thousands of trees, winding paths with carefully plotted “street” names, and tombs, it’s easy to see why Père Lachaise is considered Paris’ most hauntingly beautiful place of rest. And countless great figures have their resting place here, including Chopin, Proust, Colette, or Jim Morrison. Really a place to see!

The cemetery is located in the 20 th arrondissement, nearby Belleville and Oberkampf.

**Opened:** from Monday to Sunday 8 am-5 pm and the entrance is for free.

**Principal entry:** Rue de Repos, “Porte du Repos”.

**Metro** Philippe Auguste (line 2) secondary entry : « Porte des Amandiers ».

**Metro** Père-Lachaise (Line 2,3).

## 8-The Latin quarter

The Latin Quarter is a favorite arrondissement in Paris and the bohemian lifestyle that is associated with. It sits on the left bank and home to the Sorbonne University and borders St. Germain-des-pres, a must visit. The area, which is located in the 5 th, is known for its student life, typically bistros and bars.

**Metro:** Cluny-la-Sorbonne (line 10)

**RER:** Luxembourg (line B)

## 9-The Marais

Located in the right Bank, the area is spread across the 3 rd and 4 th district of Paris. The Marais is one of Paris “oldest and most dazzling quarter”. The Marais is considered as the Jewish area of Paris; you can eat in traditional Jewish restaurants on Rue des Rosiers where many synagogues are still standing.

Apparently, the area is well-known of its great gay community and it is really the place to shop since boutiques are opened 7 days a week. Also, you can visit many museums like Picasso Museum and the Carnavalet Museum.

**Metro:** Saint-Paul, line 1

## 10-The Orsay Museum

The Orsay Museum ( Musée d’Orsay in French) is a must see in Paris, housed in what used to be the old train station along the River Seine, across from Tuileries gardens. The museum was built for the Universal Exposition of 1900 and it itself being a work of art. The place is dedicated to the visual arts of the nineteenth century and especially famous for its funds of impressionism.

**Admission tickets:** 18-25 years olds who are not citizens or long-term residents of an EU member state: 5, 5 euros.

18-25 years olds who are citizens or long-term residents of an EU member state: free.

**Opening times:** 9.30 am to 6 pm to 9.45 pm on Thursdays closed on Mondays.

**Metro:** Musée d’Orsay, line 12.



## French Phrases

French is a very difficult language to learn, there are more exception than rules when it comes to conjugation and pronunciation. However, with its basis in Latin and its role as the second official language in many international organizations, learning French can be a great tool for you in the future. This is why all of the institutions within Groupe INSEEC arrange and pay for mandatory French classes for the international students.

Below you will learn some survival French and basic vocabulary words.

French	English
Je m'appelle / Mon prénom est	My name is
Je viens de	I come from
Je suis étudiant à l'INSEEC	I am an INSEEC student.
Je vis à Paris	I live in Paris
Bonjour, je voudrais	Hello, I would like
Avez-vous un plan du metro?	A subway map, please
Pour appeler à l'étranger	To call abroad
Pour se connecter à Internet	To go on the internet
Excusez-moi. Pardon	Excuse me. Sorry
Merci	Thank you
Ca coute combien?	How much is it?
Parlez-vous anglais?	Do you speak English?
Une pinte/ une demie de bière/de cidre s'il vous plait!	A pint/half pint of beer/of cider please!
Une bouteille de vin	A bottle of wine
Une tasse de café/thé	A cup of coffee / tea
Une verre d'eau	A glass of water
Un menu s'il vous plait	A menu
Petit-déjeuner	Breakfast
Diner	Dinner
Déjeuner	Lunch
Le plat principal	The main course
La carte des vins	The wine list
Où est-ce que je peux acheter quelque chose à manger?	Where can I buy something to eat?
Où se trouve la station de metro plus proche/banque/cyber-café/pharmacie?	Where is the closest subway station / bank / cyber- café / pharmacy?
Où se trouvent les toilettes?	Where is the bathroom?
Je suis malade, j'aimerais voir un docteur	I'm sick, I would like to see a doctor
Où avons-nous cours?/Où le cours a lieu?	Where are we having class?



When writing formal letters, it is customary to write your name (without title), above your address at the top of the page, on the left-hand side of the page. The addressee's name and address should be inserted below your address on the right-hand side of the page. In a letter to someone with a title, in a business situation for instance, the title is placed after the addressee's full name. The date comes after the addressee's name and is usually also on the right-hand side of the sheet. In this type of letter, people often write the name of the place they are in, followed by the date at the top of the page. (ex. *Bordeaux, le 78 juillet 8668*)

In writing the date, the day number is preceded by *le*. Note also that in French, unlike in English, names of the month are not capitalized.

The common practice is to write dates: day-month-year.

### HOW TO START A LETTER

#### Formal / Business

- Monsieur, Madame— To whom it may concern
- Monsieur — To a man
- Madame/ Mademoiselle—To a woman
- Monsieur le Directeur—Dear Director
- Monsieur le Ministre—Dear Minister

#### Less formal, if you know the person

Cher Monsieur /Chère Madame (+ the surname of the person)

#### Informal

Cher / Chère (+ the name)

### HOW TO FINISH A LETTER

#### Formal

Veillez agréer (or veuillez recevoir), Monsieur le ... or Madame .... l'assurance (or l'expression):

- de ma haute considération (to an Ambassador, a Minister, a Member of Parliament)
- de ma considération distinguée (headmaster)
- de toute ma considération (banker, insurance broker, lawyer...)
- de mes sentiments dévoués.

#### Less formal, if you know the person

- avec mes sentiments respectueux
- avec mes sentiments distingués
- avec mes meilleurs sentiments

#### To a friend

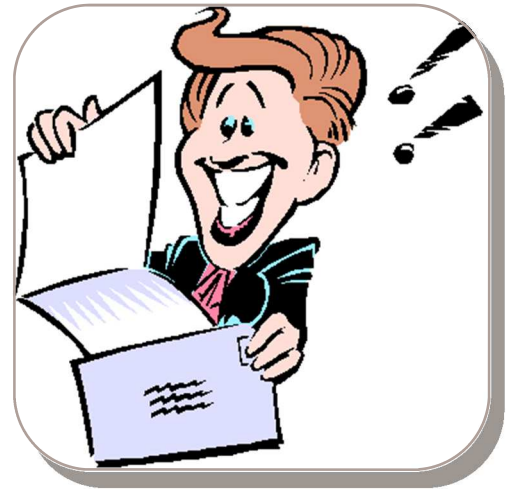
Toutes mes amitiés, or bien amicalement, or avec mon meilleur souvenir, or affectueusement or bien affectueusement.

#### Business


Cordialement, très cordialement, bien à vous, bien à toi...

#### Envelope

Write out Monsieur, Madame, Mademoiselle...Monsieur le Directeur.. Monsieur et Madame ... in full.



# Campus Factsheet - INSEEC Business School, Paris

	<p>INSEEC Business School Grande École Program 27 Avenue Vellefaux 75010 Paris, France</p>
<p>International Office:</p>	<p>Justine DAMON et Eva ALONSO 3rd Floor B-301 27 Av. Claude Vellefaux, 75010, Paris</p>
<p>Director of INSEEC Business School Programme Grande École</p>	<p>Offices : 3rd Floor Remy CHALLE</p>
<p>Academic Student Advisors</p>	<p>Offices : 1st Floor Donia MAHIOUS - Management Program 2 Magalie SOUKRI - Management Program 3</p>
<p>Lunch facilities:</p>	<p>Cafeteria on the ground floor is open from Monday - Friday</p>
<p>Computer labs:</p>	<p>Computer labs in room 205/206 and 213/214 Open Monday – Saturday at 8:00 a.m. to 7:00 p.m. (please note, it may be necessary to ask the receptionist for the key)</p>
<p>Library / Reading Room:</p>	<p>A Learning Center is located on the Ground Floor</p>
<p>How to get to INSEEC Business School Metro line 2 - Colonel Fabien</p>	