

# SEEING PARIS

A guide to getting the most out of your stay





# MAKING THE DIFFERENCE IN EYE SURGERY



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# WELCOME TO PARIS, BON APPÉTIT AND ENJOY YOUR STAY.

Paris offers an infinite number of highlights in terms of urban planning and history! In a straight line, from the Louvre, once the royal seat, follow the Tuileries, where the heads rolled, the Champs-Élysées, where the gilets jaunes used to demonstrate, Place de Gaulle with Arc de Triomphe, commemorating the fame of French soldiers, one highlight after the other, until the Avenue de la Grande-Armée ends at Porte Maillot.

Yet, the real highlight of Paris is off the beaten track: the Eiffel Tower! Created for the 100<sup>th</sup> anniversary of the French Revolution at the 1889 World Fair, it has become the trademark of Paris and a symbol of engineering artistry. Gustave Eiffel had to assert himself against great resistance. Artists such as Gounod, Dumas and Maupassant resisted the disfigurement of the city, the license was limited to 20 years and for the renewed use at the World Exhibition 1900 a lavish disguise in the style of the Belle Époque was demanded. Eiffel left the clear structure unchanged, slightly modified the top, tinted the colour a little and renewed the technical facilities. Since then, the tower has been the bearer of all new technological developments.

Oertli has done much the same with its Faros, the first compact anterior and posterior segment platform ever to bring light into the world since 2009—Faros now radiates technological progress in a new generation with its unchanged unique structure. GFI active infusion with the SPEEPMoDe™, 27 G Continuous Flow Cutter, HFDS® glaucoma MIGS procedure and of course easyPhaco®. Visiting booth C101 will be well worth your time!

We look forward to also presenting our other success devices to you: CataRhex 3® and OS 4™ with many new innovations. Three masterpieces of surgical equipment, in lightly tinted yellow, like the Gilet Jaunes: les trois filets jaunes by Oertli. They match what is most important about a visit to Paris: Entrecôte Café de Paris, which, by the way, was invented in Switzerland, too: 1930 at Chez Boubier in Geneva. Bon appétit and enjoy your stay!



# WELCOME TO SEEING PARIS

**O**phthalmology Times Europe's exclusive guide to the host city for the 37th Congress of the European Society of Cataract and Refractive Surgeons (ESCRS), which will take place from 14-18 September, 2019 in Pavilion 7, Paris.

This guide is packed with a slew of Parisian sights and ideas to help you make the most of your visit – what to see and do, where to eat and drink and how to get around. Paris is a beautiful, bustling city with a great deal to offer. A true blend of the historic and the modern, it offers a vibrant cultural scene, great restaurants and, of course, an air of romance sweeps through its streets. You will find no shortage of things to enjoy!

We hope you find this guide useful and that you enjoy your stay in Paris!

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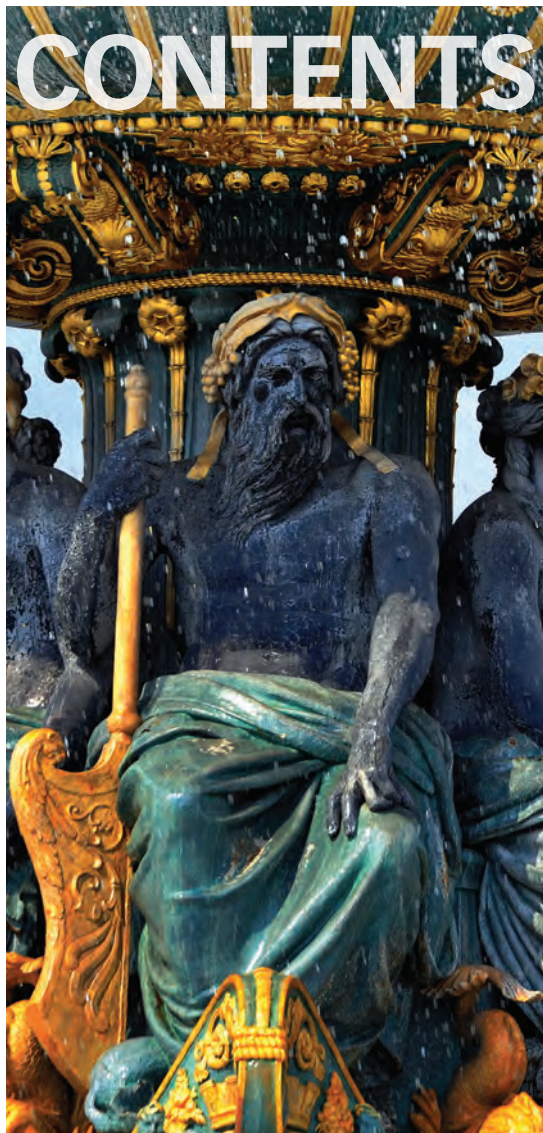
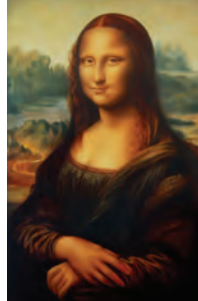
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# ESCRS2019

The 37th Congress of the European Society of Cataract and Refractive Surgeons (ESCRS) will take place from Saturday 14 to Wednesday 18 September, 2019, in Pavilion 7, Paris Expo Porte de Versailles, Paris.

This event offers a wide range of learning experiences for the ophthalmology community. Scheduled events include free paper presentations, instructional courses, symposia and an exhibition. Attendees will be able to learn from and connect with peers from around the world.

**Venue Information:** [www.viparis.com/en/site/paris-expo-porte-de-versailles](http://www.viparis.com/en/site/paris-expo-porte-de-versailles)

**Venue Address:** Pavilion 7, Paris Expo Porte de Versailles – 1 Place de la Porte de Versailles, 75015 Paris

**Nearest Metro:** Porte de Versailles line 12

## CLINICAL RESEARCH SYMPOSIA

These sessions will be held on **Saturday 14 September** at 8.30–17.30. Topics will include:

- *Understanding and Dealing with Dysphotopsia*  
08.30–10.30
- *Next Generation IOLs*  
11.00–13.00
- *Translational Research in Ocular Surgery*  
13.30–15.30
- *Hitting the Target with IOLs*  
15.30–17.30

## MAIN SYMPOSIA

These sessions will be held on **Saturday 14** through **Wednesday 18 September** between 11.00 and 16.00. Topics will include:

- *ESCRS/EuCornea Symposium: Cataract Surgery in Eyes with Diseased Corneas*  
Saturday 14 September | 14.00–16.00
- *Surgeons Under Stress*  
Sunday 15 September | 11.00–13.00
- *Artificial Intelligence in Ophthalmology*  
Monday 16 September | 11.00–13.00
- *The Unhappy Pseudophakic Patient*  
Tuesday 17 September | 11.00–13.00
- *Long-Term Implications of Standard Refractive Procedures*  
Wednesday 18 September | 11.00–13.00

## INSTRUCTIONAL COURSES

All instructional courses are free to attendees and will be held from Saturday to Tuesday. No registration is required. Note that some instructional courses are prerequisites for certain surgical skills training courses and, as instructional courses cannot be booked in advance, it is advisable to arrive early to avoid disappointment. Here is the line-up for **Saturday 14 September**.

### 8.30–9.30

- *Basic Microsurgical Suturing Techniques for Beginners*

### 10.30–12.30

- *Malpositioned Lenses: Optimal Surgical Management Techniques*
- *Conquering Capsule Complications: My Best Teaching Videos*
- *Explanting IOLs and Refixating Secondary IOLs*
- *LASIK: Basic Steps for Safety and Great Results*
- *Glaucoma Surgery: Modern Perspectives*
- *Corneal Cross-Linking Therapy*
- *How to Avoid the Mistakes We Made in Converting to DMEK*
- *Correction of Astigmatism Using Toric IOLs, LRIs and Refractive Laser Surgery*
- *Basic Phacoemulsification (Part 1)*

## 14.30–15.30

- *Learning Phaco Chop: Pearls and Pitfalls*
- *Dry Eye: An Ocular Surface Disease After Cataract and Refractive Surgery*
- *Management of Anterior Segment Trauma: Primary Repair and Management of Sequelae*
- *Demystifying Biometry With the Barrett IOL Calculator*
- *Micro-Invasive Glaucoma Surgery*
- *Understanding Ophthalmic Viscosurgical Devices (OVDs) to Optimise Their Use in Cataract Surgery and Complications*
- *Targeting Millennials and Grandmas Through Facebook*
- *Endothelial Keratoplasty: UTDSEK, PDEK, DMEK*
- *Corneal Tattoo*
- *Your Online Marketing ROI: if you are confused, you are not alone!*

## 16:00–18:00

- *Posterior Capsule Rupture: Mastering Vitrectomy and IOL Implantation – A Video Based Course*
- *Big Bubble...No Trouble: A Step-by-Step Approach to Successful Deep Anterior Lamellar Keratoplasty with the Big Bubble Technique*
- *Paediatric Penetrating Keratoplasty: To Do or Not To Do?*
- *New Concepts and Research on Keratoconus*
- *Boston Type 1 Keratoprosthesis: From Indications to Innovations*
- *LASIK: Update with Surgical Tips in Primary and Secondary Cases – Basic Comparison With Surface Ablation Technique*
- *PRK, LASEK and epi-LASIK*
- *Minimally Invasive Glaucoma Surgery: Time to Shine*
- *Basic Phacoemulsification (Part 2)*
- *Primary Posterior Capsulorhexis: Indications and Surgical Techniques*

## COMBINED SYMPOSIUM OF CATARACT & REFRACTIVE SOCIETIES

Monday 16 September | 16:15–18:15

Delegates from the European, Asia-Pacific, American and Latin American Societies of Cataract and Refractive Surgeons (ESCRS, APACRS, ASCRS and LASCRS) explore the topic of 'innovative IOL technology'.

## SURGICAL SKILLS TRAINING COURSES

Running from Saturday to Tuesday, surgical skills training courses are hands-on wetlab courses utilising high-communication wetlab technology as well as the SFVT eye model with red reflex and changeable intraocular pressures. These classes offer participants the opportunity to practice surgical techniques on porcine eyes. The classes are small and utilise two-way audio and video as teaching tools. They incur an extra charge and booking is required.

### Course topics include:

- *Basic Phacoemulsification*
- *Basic Suturing Techniques (Corneal / Scleral / Trauma / Keratoplasty)*
- *Boston Keratoprosthesis (B-KPro)*
- *Corneal Cross-Linking Therapy*
- *DSEK and DMEK Keratoplasty*
- *Intraocular and Transcleral Suturing Techniques*
- *IOL Explantation Wetlab*
- *Iris Claw Aphakic IOL*
- *LASIK (Laser in Situ Keratomileusis)*
- *Modern MIGS Techniques Using Implants*
- *Modern MIGS Techniques Not Using Implants*
- *Phaco: Management of Complications*
- *Phakic IOLs*
- *Posterior Capsulorhexis 'Bag in the Lens'*
- *PRK, LASEK and epi-LASIK*
- *Schlemm's Canal Surgery: Viscoanalostomy and Canaloplasty (including ABiC)*

## 'BEST OF THE BEST' REVIEW SESSION

Wednesday 18 September | 08:30–10:30

This session will review the best presentations and videos from the entire meeting.

## EXHIBIT HALL

The Exhibit Hall will be open from **Friday** to **Tuesday**, 9:00–17:00.

## FOLLOW ALONG

Get headlines from the meeting by following **@ESCRSofficial** on Twitter, the official account of the **ESCRS**, providing society news, educational content and conference coverage from the world of ophthalmology. You can also join in the conversation during the congress: use the hashtag **#ESCRS19** to get involved.

## MEETING WEBSITE

More information: [www.escrs.org](http://www.escrs.org).



## SEE&DO

In *Ophthalmology Times Europe's* definitive city guide, you can find help planning your perfect day in the city with information on everything you could 'See & Do' while in Paris. From dreamy shopping experiences that are pure couture to delightful budget city tours that really get under the skin of the city and its twinkly-by-night streets. Whether you choose to shop 'til you drop in Chanel or Lanvin, take a stroll through the immaculately landscaped gardens or swim in the Avant Guard baths that are beloved by Voguettes, there's something for every discerning eye surgeon to see and do here. Have a read and start planning some delightful memories that we hope will stay with you a long time and help make your stay in Paris super special.

### Shopping Experiences

As the world's fashion capital, the style and chic imbued in Paris and its locals is really difficult to ignore. In a city so known for its romantic ruffles, sensual scents and visual treats, it's hard not to get a bit giddy at all it has to offer.

Quirky, hidden stores offer interesting destinations for those looking to venture off the beaten track, such as tea-connoisseurs Palais Des Thes or low-fi fashion at Lemaire in the North-Eastern arrondissements. For those with an eye for film-noir-style glamour, head straight for the big hitters like Chanel or Lanvin around Rue St-Honoré.

In this takedown of shopping in Paris you can see a nice cross-section of all the shops the city has to offer. Whether you choose to max out your credit card in a luxury shop or rummage a flea market for bargains and antiques, here you'll find endless acres of all that twinkles in Paris's crown jewels: satin, gold, diamonds and rubies! You certainly

won't be short of things to see, spend and splash-out on – from Chanel cashmere to rare-blend tea.

#### Chanel

##### 19 Rue Cambon, Paris

[www.chanel.com](http://www.chanel.com)

A visit to Paris isn't complete without a splurge on something lovely from Chanel. Just last year the pinnacle of Parisian couture opened a major new flagship store that spans three buildings, including a former 17th century convent. The 1,500 square-metre boutique spreads around the corner of Paris's busiest luxury thoroughfare, St Honoré, to Rue Duphot and Rue Cambon, with entrances on all three streets. Chanel's signature camellia flowers tumble down the lofty ceilings and light, airy space, and a glass wall at the back offers views onto the Notre-Dame-de-l'Assomption church and the more distant Tuileries. Despite the eye-watering





price tags and gallery-style spaciousness, the store is comfortable, offering a tactile sensation with its creamy upholstery and sofas to lie on when you realise how much those shoes you want cost.

### Lanvin

**15 & 22 Rue du Faubourg Saint-Honoré,  
75008 Paris**  
[www.lanvin.com](http://www.lanvin.com)

For those who want a classic item with a twist, look to Lanvin, who blend contemporary chic and fashion-forward know-how with classic cuts. The store has seen a revival during Paris Fashion Week over the last decade and is now worn by trendy hipsters as well as retired, coiffured ladies who lunch. The best buy here would be tailored satin shirts for men or, for women, something with the signature Lanvin bow, which is cleverly worked into so many staple items. Think a mute palette of greys and navies in the most sumptuous of fabrics. Head to the Lanvin flagship store in Saint-Honore for rails and rails of inspiration and fabric that's a sensation to touch.

### L'Habilleur

**44 Rue de Poitou, 75003 Paris**  
[www.habilleur.fr](http://www.habilleur.fr)

If you'd like to add a dash of colour to your Lanvin ensemble, try designer-discount store L'Habilleur. It's the 'go-to' for cashmere scarves in a rainbow of colours and, with a starting price of 60€, each bright and breezy scarf is a lot easier on the wallet than our previous designer shops. The styles of the scarfs

are oversized, which I'm told is the Parisian way to wear them all through the four seasons. For men, try the autumnal-hued, soft-leather shoes with white stripes that'll ensure your feet are both comfortable and stylish all year round, and while walking under the starry Parisian sky after dusk.

### Lemaire

**28 Rue de Poitou, 75003 Paris**  
[www.lemaire.fr](http://www.lemaire.fr)

Housed in an old pharmacy where surgeons may feel at home, Lemaire has been dubbed 'The epicentre of all things chic' by The Guardian newspaper in London. Home to both menswear and womenswear, this cool boutique from French designer Christophe Lemaire and partner Sarah-Linh Tran offers understated looks for discerning customers.





## Merci

**111 Boulevard Beaumarchais, 75003 Paris**  
**[www.merci-merci.com](http://www.merci-merci.com)**

This independent concept boutique spans three loft-like floors and plays host to several up-and-coming designers and labels as well as Merci's own, more affordable, brand. Merci was founded in March 2009, in the historic district of Haut-Marais, by owners Bernard and Marie France Cohen. Together, the duo hopes to offer a one-of-a-kind boutique with the best of global fashion, design and household goods with a side of food and drink in the refreshment areas.

Further to this, the team behind Merci decided that the proceeds of their store would serve to fund an endowment paying for educational projects and development in south-west Madagascar. Visit here for all things stylish with a heart-plus-a-tipple for good measure

## Palais Des Thés

**64 Rue Vieille du Temple, 75003 Paris**  
**[www.palaisdesthes.com](http://www.palaisdesthes.com)**

According to these Parisian 'Tea Gurus': "Because the origin of tea defines a key part of the drinking experience, we travel the world to bring you exceptional harvests. The strong partnerships that we maintain with our growers lead to an infinite variety of flavours and emotions. And because tea is also a source of inspiration, Palais des Thés designs in Paris flavoured teas and infusions that awaken your senses to this exquisite beverage". Come here to

sample the finest tea in Paris and stock up for when you return home: there's nothing more refreshing than a cup of tea after a long flight. And if you fancy digging a little deeper into your tea experience you can also visit their sister 'Tea School', which offers courses that put the 'Tea' into 'Teaching'.

Here, savvy tea sommeliers pass on knowledge of their craft in classes designed to arouse both mind and senses. Whether you're taking your first steps in tea, are interested in the art of tea tasting, want to learn about tea and food pairings, or wish to take part in a 'Cha No Yu' ceremony, the Tea School is for you.



## Flea Markets

The French phrase 'Marché aux puces' literally means 'flea market'. The famous markets started life in 1870 and earned their namesake because of the flea-



infested furniture and other wares sold there. Fast forward a century and Pablo Picasso used the markets for walks of inspiration. Suddenly the flea market became fashionable and everyone wanted in – even more recently Woody Allen who used the flea markets in his film *Midnight in Paris*, where leading characters went in search of bargains and hidden treasures. Now you're here, you too can take an inspiring walk through Paris's flea markets and pick up a 'Bric a Brack' bargain to take home after your trip. Here, we round up some of the best.

### Les Bouquinistes de Paris

**Bords de Seine, du Pont Marie au quai Voltaire, 75004 Paris**

What could be a nicer way to spend an hour down-time in Paris than browsing some 300,000 books along the riverside? Les Bouquinistes ticks this box. The booksellers are an enormous 'open-air bookshop' punctuating the Seine riverbanks like hairpins along a blue ribbon.

With a bustling atmosphere, this cultural and literary attraction forms part of Paris's historic heritage and gorgeous landscape. To find it, head on to the Right Bank, from Pont Marie to Quai du Louvre, and then look on the Left Bank, from Quai de la Tournelle to Quai Voltaire. There's something worthy of a rummage for every reader, too, with both old and modern literary works for sale.

### Marché Dauphine

**132–140 Rue des Rosiers, 93400 Saint-Ouen**  
**[www.marche-dauphine.com](http://www.marche-dauphine.com)**

For the largest covered market in Paris, head to Marché Dauphine or the even larger 'Saint-Ouen flea market'. Under a glass roof of 3,000 square metres, plenty of bargains and hidden treasure rest here waiting to be discovered. You'll also find plenty of antiques, music memorabilia, books and vintage fashion here from over 150 dealers. According to the tourist board, it is the Marché Dauphine that is the most 'eclectic' of the Parisian flea markets and, as well as antique and vintage paraphernalia, you'll also discover galleries and contemporary art galleries situated on the ground floor.

### Paul Bert Serpette

**110 Rue des Rosiers, 93400 Saint-Ouen**  
**[www.paulbert-serpette.com](http://www.paulbert-serpette.com)**

Nestled in the centre of the Puces de Paris Saint-Ouen, the Paul Bert Serpette antiques market is among the world's largest antique





and decor market. Founded in 1946, here you'll unearth over 400 shops, each offering rare and valuable pieces. Whether you're in search of antiquity, contemporary art pieces or sharp design, jewellery or haute couture, you'll find it all here.

It's no surprise that this flea market attracts visitors in the hundreds and thousands, with over 350 passionate antiques experts tooting their treasure. Come for the old romantic in you, who wants a memorable piece of French history.

## Art and Museums

Delight in Paris's culture with our museum and art gallery 'hit list' of all the best art and artefacts in the city. Paris is known as the 'City of Light' with good reason, and there are plenty of sparkling gallery gems and magical museums here to keep you entertained and enthralled during time out from the conference.

From impressionistic masters to queens of fashion from a bygone era, the colourful and eclectic mix of the arts and culture here range from the charming to the plain beautiful. If your time here is slim, make sure to visit at least one of these unmissable Paris museums or galleries.

### Galerie Kamel Mennour

**47 Rue Saint-André des Arts, 75006 Paris**

**6 Rue du Pont de Lodi, 75006 Paris**

**[www.kamelmennour.com](http://www.kamelmennour.com)**

Nestled in the centre of Saint-Germain-des-Prés and in La Vieuville mansions is a hub of emerging and contemporary

artists. Owned by the art-dealer Kamel Mennour, the space dates back to the 17th Century and exhibits work by prominent international painters, including Anish Kapoor, Lee Ufan and Daniel Buren, who have already had major exhibitions here.

### Galeries Nationales du Grand Palais

**Champs-Élysées, 75008 Paris**

**[www.grandpalais.fr/en](http://www.grandpalais.fr/en)**

First constructed for the World's Fair of 1900, the Galeries Nationales du Grand Palais are a huge, sprawling mass that exceeds the usually fare galleries have to offer tourists. For starters there are 43 museum shops and 10,000 products from pictures, and jewellery, to gifts and replicas. The gallery plays host to 40 events each year and 20 exhibitions organised all over France – and with 2.5 million visitors to these exhibitions, its success is in its popularity.

Built to showcase international exhibitions from around the world, du Grand Palais defines all that's grand – its exterior is all Beaux-Arts architecture and the steel-framed glass roof is a real treat for the eyes. After a restoration project, this gallery reopened in 2005 and has since held large artworks by Irving Penn, Marc Chagall and Cartier jewellers.

### Musée Yves Saint Laurent

**5 Avenue Marceau, 75116 Paris**

**[www.museeyslparis.com](http://www.museeyslparis.com)**

It's the designer most synonymous both today and yesterday with luxury and



glamour. And now the label that harks back to the days of smouldering Hollywood glamour has its own museum. Glimmering in the summer sunlight, this former couturier site rests above the entrance to a three-storey Second Empire mansion house just across the river from the Eiffel Tower.

Here is where the designer worked for almost 30 years and the museum is an ode to this, a rich and incredibly extensive archive full of designs from Saint Laurent's Dior years, as well as those looks that defined '80s power-dressing, AKA 'YSL'. Visit to see sketchbooks and ephemera, mannequins and montages, original notes, videos and voice-overs all giving props to the incredible Saint Laurent story, starting with his first fashion show in 1962.

### **Museum of African and Oceanic Art Paris**

**37 Quai Branly, 75007 Paris**

**[www.quaibrarly.fr/en/](http://www.quaibrarly.fr/en/)**

Go tribal with a museum that features all the best indigenous art and cultures of Africa, Asia, Oceania, and the Americas. The Musée du quai Branly (also known as Jacques Chirac) has 450,000 objects in its archive and you can see around 3,500 are on display here at any given time, in both permanent and temporary thematic exhibits. During the autumn months in 2019 visit for the 'Paradise Palace' exhibition which shows

paper sculptures from Taiwan. According to the website: "In Taiwan paper funeral objects (zhizha) belong to this long history while representing a local, original art. This exhibition, produced in partnership with the Taiwan Cultural Centre, presents creations from two Taipei paper studios: Hsin-Hsin and Skea.

The decor seeks to highlight the poetic, sometimes exuberant, dimension of these ephemeral items, lit up and destroyed by flames." What could be a more splendid way to celebrate life than a colourful palace made of paper?

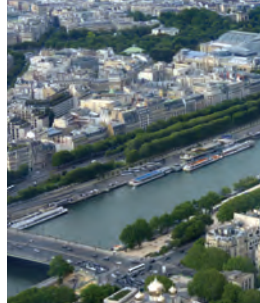
### **Paris Museum of Modern Art**

**11 Avenue du Président Wilson, 75116 Paris**

**[www.mam.paris.fr](http://www.mam.paris.fr)**

Loftily resting at the top of Chaillot Hill, you can discover all the delights contemporary art has to offer from cultish artists like Larry Clark – the photographer and film director of the controversial but oh-so-hip 'Kids'.





Other previous artists of note who have shown here include Matthew Barney, Olafur Eliasson, Maurizio Cattelan, Pierre Huyghe and Beijing-based modern master-artist, Zeng Fanzhi. Here the collections house plenty of important works from the major artistic movements of the last century as well as contemporary art trends.

### The Centre Pompidou

**Place Georges Pompidou, 75004 Paris**

**[www.centrepompidou.fr/en](http://www.centrepompidou.fr/en)**

The Centre Pompidou not only looks industrial with its architectural primary colours, exposed pipes and air ducts, but it's also an industrial-sized player in the history of arts in Paris. As one of the best-known sights in the city, when the centre opened in 1977 its success was phenomenal. After a 2-year renovation for the Millennium, the centre reopened in 2000 with a larger museum, renewed performance spaces and, of course, Georges restaurant with its side order of splendid vistas. Entrance here is free for those who have overspent in the Rue St-Honoré area. Here, you'll discover the largest collection of modern art in Europe, rivalled only by New York's Museum of Modern Art in the States. Sample the 600 works of art if you can, or choose just one, sit back and mediate on its beauty.

### The Louvre

**Rue de Rivoli, 75001 Paris**

**[www.louvreens.fr](http://www.louvreens.fr)**

Not to miss is The Louvre, the world's largest museum and also the most visited, with a record 10.2-million visitors last year

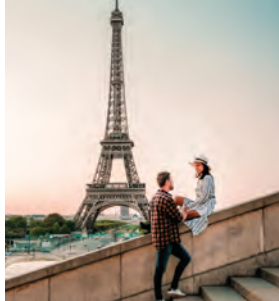
alone. With over 35,000 works of art and artefacts on show, we recommend you choose one of eight departments to peruse, each housed in three wings: Denon, Sully and Richelieu. Nestled under the atrium of an impressive glass pyramid, each wing has its own entrance and you can pass from one to another from here.

You can take your pick of works from individual galleries, which each have a specialism, from the Egyptians and Etruscans to the Greeks and Romans and right back to Middle Eastern and Islamic art. On the first floor you'll find delightful European decorative arts from the Middle Ages up to the 19th century, and the hoard of artefacts from Napoleon III's lavish apartments is a highlight for those seeking a modicum of French history.

It's so vast here we recommend taking a map on entry and planning how you'll spend your time here first – what would you most like to see and how can you move through this vast maze of art cities within historical cities?

### Tours

What could be a better way to fully explore Paris and its streets, skylines and rivers than with a detailed tour? Whether you choose to see Paris by foot, boat or from the top of the Eiffel Tower, there's something unique for everyone to see here. Savour the sparkling lights of Paris by night or take in the whole city from up above – tours are a great way to really get under the skin of Paris in just a few hours. Find out about the city's history and culture and get to know the different



streets and districts that should be on your radar. You can even take in dinner or lunch while you're there. We recommend taking a notepad in case you see a hidden bar or shop tucked down the back streets and wish to revisit it at a later date. Enjoy...

### Bateaux Parisiens Boat Tour

**Find Bateaux Parisiens at the foot of the Eiffel Tower (nearest Metro station is Champ de Mars /Tour Eiffel on line RER C)**

**[www.bateauxparisiens.com](http://www.bateauxparisiens.com)**

All-aboard the Bateaux Boats! Come here for an excursion that's slightly different from the norm. Visit as a group of colleagues or friends, by day or by night, and you can discover Paris as you've never seen it before – along the waterways of the river Seine. Take a break from the hustle and bustle of the fashion capital with lunch, dinner or simply a tour on one of several cruise ships, which will each glide from one of Paris's bridges to the next.

Start your journey with Bateaux Parisiens boat tours at the foot of the Eiffel Tower and be prepared to be spoilt with a warm welcome, good service and comfortable interiors.

The team here offer a full dining experience in both the evening and daytime, with traditional French cuisine freshly prepared on-board each day. You can enjoy the river/dining experience as one that delights all the senses as the fresh air breezes past the boat.

### Big Bus Tour

**Available at stalls around Paris:**  
**[www.bigbustours.com/en/paris/paris-bus-tours/](http://www.bigbustours.com/en/paris/paris-bus-tours/)**

See some of Paris's most spectacular architecture with a Big Bus tour. The bus will take you to all the best attractions the city has to offer, from the stunning Notre-Dame to the iconic Eiffel Tower. As one of the largest bus-touring companies, the Big Bus tours operator offers open-top sightseeing tours all over the world, which also includes the sights of Paris. Formed by the merger of London's Big Bus Company Ltd and Paris's Les Cars Rouges, the two businesses, each with over 20 years of successful tour experience, created Big Bus Tours in May 2011.

Today, it offers tourists the best-selling way to see a city by day or night on an open-topped bus. Simply pick a tour from one of the many tour sellers dotted around Paris: from day or night, deluxe or standard. Then you can hop on and hop off the bus as you please, taking in the sights as you pass them. Big Bus tours are the perfect way to really get to see so much without walking too far.





## The Official Eiffel Tower Tour

**Eiffel Tower (nearest Metro station is Champ de Mars/Tour Eiffel on line RER C)**

**[www.toureffel.paris/en](http://www.toureffel.paris/en)**

Follow the light! As like all towers, the Eiffel Tower allows us to see and be seen. For an unforgettable climb that reaches the heights of Paris's skyline, take a tour of the Eiffel Tower. With its spectacular panoramic views of the city of Paris, a tour of the Eiffel Tower offers you an idyllic and iconic day trip for your French itinerary.

Taking just 2 years, 2 months and 5 days to construct, it has always been a technical and architectural achievement, and to Parisians, it is a defining moment of the industrial era as well as a beacon that's so recognisably 'Paris'. Originally, the Eiffel Tower was only designed to last 20 years. However, it was saved by the scientific experiments and the first radio signals from the Pantheon Tower in 1898. There's no better time to go than autumn when it's surrounded by golden leaves and the temperature isn't too cool. Take a hotdog and ascend the tower for an Instagram-friendly experience that you can one day share with your grandchildren. Or go in the evening when the tower glitters for the ultimate romantic experience

## Walking Tour with Local Guides

**Haussman Boulevard (follow the WithLocals.com link to find your guide)**

**[www.withlocals.com/experience/the-city-of-lights-by-night-private-tour-dc78ccaf](http://www.withlocals.com/experience/the-city-of-lights-by-night-private-tour-dc78ccaf)**

Take in Paris at night with a guided stroll along the city's legendary streets. On this 2.5-hour tour you'll be shown around by a

guide from 'WithLocals.com' – where local Parisian residents show you cities through their eyes. 'The City of Lights by Night' tour starts on a rooftop of a big department store on Haussman Boulevard. Tourists then continue passing by the Opéra Garnier and learn about the legend of The Phantom of the Opera. Afterwards, you can take in the column of the luxurious Vendôme Square and the mysterious Egyptian Obelisk of Concorde Square.

This walking tour continues along the Champs-Élysées and through Le Grand Palais. Other highlights include viewing the Eiffel Tower from Trocadero Square. The rooftop tours are opened until 19:30 from Monday to Saturday and until 19:00 on Sunday.

## Gardens and Stately Homes

The influence of the Renaissance period can be seen in much of Paris's architecture and many of its gardens. The French Renaissance gardens seen today are characterised by symmetrical and geometric planting beds, potted plants, paths of gravel and sand, terraces, stairways, and ramps. Expect to see moving water in the form of canals, tumbling cascades and gorgeous 'Medici'-created fountains.

Renaissance architecture aside, you can also get a taste for some of the world's finest gardens – from Japan to China. Whether you opt to ogle a Chinese pagoda in Parc de Bagatelle gardens or take a moment of mindfulness in the Japanese 'Zen' gardens at the Fort of Issy, the gardens of Paris offer a melting pot of different cultures to





take in, with red roses, other flowers, herbs and spices. Here are our top gardens to see in Paris.

### Ichikawa Japanese Garden

**Allée Vauban, 92130 Issy-les-Moulineaux**  
[www.issy.com](http://www.issy.com)

The Fort of Issy is a model for eco-responsible and connected neighbourhoods. As a living space built on the side of a former 19th century fortress that was demilitarised in 2009, today it is a symbol of urban Paris and includes more than 1,600 houses, 3,500 residents and 1500 square metres of local shops. We recommend a moment of 'Zen'.

In the Japanese gardens here, which also include an environmentally friendly school made of straw and wood, a Feng Shui swimming pool, a digital centre where you can test the latest tech (such as smart glasses and the Nao robot), and sports facilities. Plus, with 44,000 square metres of orchard surrounding it, the Japanese garden makes the perfect respite for busy and overworked ophthalmologists.

### Luxembourg Gardens

**6 Rue de Médicis - Rue de Vaugirard,**  
**75006 Paris**

[www.senat.fr/visite/jardin/index.html](http://www.senat.fr/visite/jardin/index.html)

Created in 1612 by Queen Marie de' Medici of the famous (or infamous) Medici family, who pretty much ran Florence in its Renaissance era, The Luxembourg Gardens are also known in France as 'Jardin du Luxembourg'. Legend has it that Marie de' Medici (the then widow of King Henry IV of France) wanted a new residence and

so she constructed these gardens as part of the formidable Luxembourg Palace.

The compelling site covers 23 hectares and is known for its lawns, tree-lined promenades, flowerbeds and model sailboats. There's also a noteworthy circular basin and picturesque Medici Fountain here, which was built just after the palace itself.

### Tuileries Garden

**Place de la Concorde, 75001 Paris**  
[en.parisinfo.com/paris-museum-monument/71304/Jardin-des-Tuileries](http://en.parisinfo.com/paris-museum-monument/71304/Jardin-des-Tuileries)

The Tuileries Garden, or 'Jardin des Tuileries' in French, is a public garden located between the Louvre and Place de la Concorde. Its central location and masses of green could make it a contender for Paris's very own tranquil green mecca within a city centre: it is to Paris what Central Park is to New





York. Another garden created by the all-powerful Medici family, this time Catherine de' Medici, Tuileries Gardens opened to the public in 1667 and became a public park after the French Revolution. For modern Parisians it has always been celebrated as a place to meet, take a stroll and chill out.

### Parc de Bagatelle–Jardin Botanique de Paris

**Bois de Boulogne – Route de Sèvres à Neuilly, 75016 Paris**

[en.parisinfo.com/paris-museum-monument/71636/Parc-de-Bagatelle](http://en.parisinfo.com/paris-museum-monument/71636/Parc-de-Bagatelle)

The Parc de Bagatelle is truly one in vermillion – a burst of red florals amid the heart of the Bois de Boulogne. Here, you'll discover one of Paris's four botanical gardens, and the perfect place for walking and relaxing.

With giant trees and an assortment of plants and flowers, little bridges, rocks, caves, flowing streams, and waterfalls, this park has charm and romance. This delightful park was created in 1775 and its chateaus were built in 64 days after a wager between Queen Marie-Antoinette and her brother-in-law, the Count of Artois.

Of note is the 19th century Chinese pagoda, and visitors can admire the aforementioned vermillion display in the rose garden, which has 10,000 rose bushes from 1,200 different species. The Parc de Bagatelle is a real find for those seeking something romantic.

### Sport and Culture

From football to French wines, to cheese and swimming – Paris offers an irresistible combination of all things sports and culture to entertain you. With rock-star stadium concerts and classes for cheese and wine tasting, your French itinerary will be bursting at the seams with so much to do. Whether you choose to take a ride in the world's biggest hot air balloon, make fancy French paper or simply indulge your senses on a tasting class, there really is something for every sports and culture fan in Paris.

### Stade de France

**Porte H – Avenue Jules Rimet, 93200 Saint-Denis**  
[www.stadefrance.com/en](http://www.stadefrance.com/en)

Built in a contemporary style for the 1998 Football World Cup, the Stade de France is the biggest stadium in France, boasting an 80,000 capacity. It is situated in the north of Paris, in Saint-Denis, and is easily reached by Paris's public transport. It hosts sports events all year round, as well as rock-stadium concerts, with headline acts such as Coldplay and U2. There are also guided visits of this great arena when events are not being staged – so, there will always be something to do here whenever you decide to go.

### Swimming at Molitor

**13 Rue Nungesser et Coli, 75016 Paris**  
[www.mltr.fr/en/molitor](http://www.mltr.fr/en/molitor)

Molitor first opened in 1929 and for 60 years was the most popular swimming baths in Paris, known for its two swimming pools where the rich and fashionable locals would



hang out. After a brief closure, the Molitor was listed as a historic building and used solely by Parisian artists, who transformed the abandoned building into a mecca for the Avant Garde underground. Today, after restoration in 2014, the pools form part of an Art Deco hotel.

The original changing cubicles are now hotel rooms, the ticket booth is the lobby and the swimming pool has been gloriously restored with a keen mustard hue. Hipsters and Vogue girls swim here in the summer and drink all year round on the roof terrace with its herb and flower gardens.

### Cheese and Wine Tasting

**6 Rue Baudelique. 75018 Paris**

[www.cooknwithclass.com/paris/course/cheese-wine-tasting-classes-paris/](http://www.cooknwithclass.com/paris/course/cheese-wine-tasting-classes-paris/)

After working up an appetite with all that swimming, what better way to unwind than to indulge in a little cheese and wine tasting? It's not a secret that France loves cheese and wine – and now you can join in the fun.

Learn to navigate your way through more than 365 cheeses and 450 wines at the specialist 'Cook'n With Class' in Paris. Here, you can experience 'French terroir through the flavour of the earth and the culture of the land'. Their sommelier will guide you through five major families of French cheeses and French wines in a fun and relaxed atmosphere.



### Paper Making at Antoinette Poisson

**12 Rue Saint-Sabin, 75011 Paris**

[www.antoINETTEPOISSON.com/en/la-dominoterie](http://www.antoINETTEPOISSON.com/en/la-dominoterie)

During the Age of the Enlightenment in France, the dominotiers' guild printed ornate motifs on 35x45 cm paper sheets using engraved plates and applying colour with stencils. These decorative sheets of paper were called 'dominos'. Now you, too, can hone your paper-making skills, 18th century style, at Antoinette Poisson on Rue Saint-Sabin. So, if you find yourself needing some sort of mindful down time in Paris this summer, do make an appointment at the studio where hand-painted, hand-blocked wallpaper inspired by 18th century decorative domino paper is made. Once you've produced your picture-perfect paper, it's framed and ready to take home. By appointment only.

### Hot Air Ballooning

**Parc André Citroën, 75015 Paris**

[en.parisinfo.com/guided-tours/74324/Ballon-de-Paris](http://en.parisinfo.com/guided-tours/74324/Ballon-de-Paris)

If balloons are your bag you'll not be disappointed in Paris, where you'll find the biggest hot air balloon in the world.

Take a flight of fancy in the huge balloon and say 'come fly with me' to your colleagues. Get a unique bird's eye view of Paris from an altitude of 150 metres, and discover the capital like never before! Flights depend on weather conditions: please follow the link below for more information on the day of your visit.



## DINING IN PARIS

With no shortage of restaurants and cafes, Paris has it all: from fine dining paired with some of the finest wines on the planet, to more casual options that were once-upon-a-time favoured by some of the world's most influential philosophers and artists. You can find almost every type of cuisine represented as well. Here is a small sampling of some of the tastier options available while you are in town for ESCRS. Be sure to check opening hours before heading out, as they do change. The majority of the following information has been taken from each establishment's website.

### Dining

Whether you're a meat-eater, vegan, vegetarian or gluten-free, you'll find some delicious cuisine in Paris. Here's a taster of what's on offer.

#### Anahi

49 Rue Volta, 75003 Paris  
[www.anahi-paris.com](http://www.anahi-paris.com)

Harking back to the '90s when trendy designer Haider Ackermann came for

steak four times a week, this Argentine institution closed down in 2014. But now it's made a snazzy comeback. Red-lipped Carmina Lebrero hosts on weeknights – the best nights to visit to spot a 'star'. The interiors are slick with the tiles of the original restaurant still intact. Owned by meat exporter Riccardo Giraudi, come here for a quality side of beef as well as the shishito, a sweet-pepper-infused ice cream.

#### Angelina

226 Rue de Rivoli, 75001 Paris  
[www.angelina-paris.fr/en/](http://www.angelina-paris.fr/en/)

Angelina was founded in 1903 by the confectioner Antoine Rumpelmayer. Over the following century, the tearoom has built a reputation as elegant as the bygone era in which it was established. It's the place to be seen among the Parisian aristocracy, with Proust and Coco Chanel both being notable clientele.





Inside is designed by the famous Belle Epoque architect Edouard-Jean Niermans, and combines sophistication, charm and refinement to create a sense of romanticism and poetry. There are multiple reasons to visit, including the legendary hot chocolate, chestnut cream and merengue that guests can't get enough of. You can also visit for super-charming service with a smile and – most importantly – all the right sugar and spice to satisfy the sweetest of teeth.

### Arpège

84 Rue de Varenne, 75007 Paris

[www.alain-passard.com/en/](http://www.alain-passard.com/en/)

Chef Alain Passard is a man of the vegetable, and his imaginative dishes of fruit and veg on the menu here are sourced straight from his garden. In 1986 he first opened his restaurant Arpège under the name Arcestrade and decorated it in an Art Deco style. Today, you can see the influence still: it's all Lalique crystal in pear trees and Bacchanalia on the walls. You could say the interiors play homage to Passard's love of vegetables, too; the smooth





leather chairs beg to differ, but they do blend in well. And with up to 14 dishes to try over 4 hours, they're imperative to the comfort of one's experience here. This is a great restaurant for vegans and vegetarians. We think that British singer Morrissey would approve.

### Astrance

**4 Rue Beethoven, 75016 Paris**  
**[www.astrancerestaurant.com](http://www.astrancerestaurant.com)**

Pascal Barbot is a chef who can knock out an endless array of dishes to cater

for all different moods and tastes that are almost always in tune with the zeitgeist, as well his 'mood du jour'.

Think food with a punch. It's said that the chilli sorbet once on the menu was enough alone for this joint to achieve three Michelin stars. Interior design here is also key, with a vintage feel that's come back into fashion after it has remained unchanged for over 20 years.

An experience at Astrance doesn't come cheap at approximately 95€ for lunch (add 30€ for a wine pairing), but it's worth visiting once while here as you'll take home an experience and a memory as well a full belly.

### Bistrot Paul-Bert

**18 Rue Paul Bert, 75011 Paris**  
**[www.facebook.com/pages/Rue-Paul-Bert/719989498024661](https://www.facebook.com/pages/Rue-Paul-Bert/719989498024661)**

For a classic French bistro experience try the ever-so-charming Bistrot Paul-Bert. With both menu and interiors appearing like textbook classic French bistros, the menu here boasts steak and frites, soufflé and tarte tatin.

Owned by a man named Bertrand Auboyneau, whose love of wine is apparent in the wine list and as a top supporter of vigneron, there's something here to indulge a variety of palates.





## Chez Papa

6 Rue Gassendi, 75014 Paris

[www.chez-papa.com](http://www.chez-papa.com)

Local Parisians recommend the Chez Papa restaurant for a taste of southwestern French food in a cosy environment. Reviews hint at a good combination of top-notch food and super service with wine recommended by staff a sure-fire winner. Come here on your final night when the budget runs dry as the food is reasonably priced and you can find main courses for less than 20€.

## La Guingette d'Angèle

34 Rue Coquillière, 75001 Paris

[www.laguingettedangele.com](http://www.laguingettedangele.com)

At the forefront of Paris's clean-eating movement, all the food at La Guingette

d'Angèle is locally sourced and gluten-free. And, according to the restaurant's legend, all the fashion heavy weights have had them produce food at their events (think Louis Vuitton, Chanel and Dior).

It's no surprise, then, that this restaurant is a big hit with the fashion crowd, especially as eating here is kind to the waistline. Plus, the food is not just healthy, but tastes great, too. Visit for a bowl of salad and fresh juice.

Situated in the Bonpoint store, it's family-friendly plus the garden is a great spot for the children to play while you eat a light afternoon snack.





## Septime

80 Rue de Charonne, 75011 Paris

[www.septime-charonne.fr/en/](http://www.septime-charonne.fr/en/)

Curated by super-chef Bertrand Grébaut, Septime is very, very cool and it's the sort of place you can impress even the most-surlly of teenagers. Said to be one of the hippest tables in the world, it is also a one-time winner of the Sustainable Restaurant Award. At a cool 100€ for the contemporary tasting menu, it doesn't come cheap, but what would you expect with such a reputation and a wait of up to 3 weeks for a reservation? Of note is the dish of lobster with boudin noir and tart wild strawberries. Beverage pairings are brilliantly natural, too. Inside echoes the natural tastes on the menu, with exposed beams and raw accents. Come here for the best in contemporary food but be sure to book well in advance.

## French Cafés

When it comes to cafés, in Paris you'll be spoiled for choice. Here are a handful that you can visit to experience Paris to the full.



## Cafés de Flore

172 Boulevard Saint-Germain, 75006 Paris

[cafedeflore.fr/](http://cafedeflore.fr/)

With its slick, large mirrors, sumptuous red booths and fashionable clientele, Le Cafe de Flore has become a hotspot for fashionistas, artists and the jet-setters from afar. Come here for the ambiance and philosophy over a latte. It's not changed much since opening around World War II, and since it flung its doors open has hosted guests such as Jean-Paul Sartre and Simone de Beauvoir, all taking a sip from its appealing array of beverages.

## Café de la Paix Web

12 Boulevard des Capucines, 75009 Paris

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

In 1975, the French Government named Café de la Paix as a historic site for its use in the arts and it's not hard to see why. It's very gold, glitzy and glamorous here, with the opulent, frescoed interiors looking every inch the stately home that inspired so many poems and paintings.

It has hosted and inspired French writers such as Guy de Maupassant and Emile Zola.

## Grand Cafe Bataclan

50 Boulevard Voltaire, 75011 Paris

[www.grandcafebataclan.com](http://www.grandcafebataclan.com)

Show your solidarity with the people of Paris and take a drink in the Grand Café Bataclan, where, just over 3 years ago, the terror attacks took place. Eighteen months ago the





café reopened with a slew of glowing reviews from the media, so we don't think you'll be disappointed. According to Vice magazine, Bataclan's coffee game is stronger than ever.

With a new chef (Marc Souton) taking helm of the kitchen, everything is made by hand and with a whole heap of heart. Much of this can be attributed to Souton's experience in four- and five-star hotels. Come here for a classic French dessert and food with a fuss-free, home-made taste.

### **Le Select**

**99 Boulevard du Montparnasse, 75006 Paris**  
**[www.leselectmontparnasse.fr](http://www.leselectmontparnasse.fr)**

Set in the majestic Montparnasse, you'll find a great classic Parisian café-brasserie called Le Select. Here, the set-up nods to the glamour of yesteryear with an eye-wateringly cool list of clientele it once played host to. Henry Miller, Hemingway, Picasso, and F. Scott Fitzgerald all took time out of their days to visit, drink, talk and relax here, and no doubt history was made within Le Select's walls too. Inside, tiles line the floor and the tables are furnished with wicker chairs in the typical Parisian style.

### **Les Deux Magots**

**Place Saint-Germain-des-Prés, 75006 Paris**  
**[www.lesdeuxmagots.fr/en/](http://www.lesdeuxmagots.fr/en/)**

Just across the street from Café de Flore is another favourite among philosophers Jean-Paul Sartre and Simone de Beauvoir. With its sunny terrace, today it attracts a glitzy but discerning clientele of doctors

and lawyers who go for the selection of newspapers to read over café crème. Other notable philosophers who jostled with their concepts and book writing include Ernest Hemingway, absurdist and Paris-regular Albert Camus, as well as artist Pablo Picasso – all familiar with the Parisian scene and 'in-crowd' when Paris was centre of the world.





## NIGHTLIFE IN PARIS

Here are a few suggestions on places to meet up with friends and colleagues to enjoy an adult beverage or two

### Banana Jungle and the Club Banana Café

13 Rue de la Ferronnerie, 75001 Paris

<https://club-banana-cafe.com/en/>

Established in 1990, when raves had Governments worried, this eclectic club is not for the faint hearted and claims to: 'always make you live a night high in colours and emotions of which they alone have the secret'.

With cocktails-a-plenty this zany nightclub is well established in Paris and features a warm, vaulted 'Piano Bar' accompanied by a mad troupe artist. This is where you need to party if you're in a particularly courageous, carefree mood.

### Harry's Bar

5 Rue Daunou, 75002 Paris

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

It sounds a lot more American than it really is, but it's a must-visit in Paris. As a landmark to all things France, this is the birthplace of the Bloody Mary cocktail (that's a tasty mix of vodka, tomato juice, Worcester sauce, a slice of lemon, and salt and pepper) and is said to be one of the most famous bars in the world.

Harry's has been serving cocktails since 1911 and maintains its olde worlde style and smashing cocktail menu to this day.

### Hôtel de Crillon

10 Place de la Concorde, 75008 Paris

[www.rosewoodhotels.com](http://www.rosewoodhotels.com)

The light and airy space that is Hôtel de Crillon reopened in June last year and its main claim to fame is that it's the former site of Marie Antoinette's piano lessons. The vibe is less stuffy than other grand Parisian hotels and it's got a nice, cosy, home-from-home feel. The Choupette suite has also been designed by the late Karl Lagerfeld and is dedicated to his Birman cat, making this joint purr-fect for a late-night tippie.





## La Mano

**10 Rue Papillon, 75009 Paris**

**[www.facebook.com/lamano.paris](http://www.facebook.com/lamano.paris)**

Formally a Mexican greasy spoon café on the left bank, La Mano boasts DJs and live artists such as Flavien Berger, who performed at the club's opening. Think Latin-American fusion with a twist and a helping of salsa mixed in for good measure. The crowd are trendy, too, with the guys and gals rocking a B-Boy/B-Girl look of Supreme streetwear with high-fashion Celine garb. The glimmering golden disco ball is also not to be missed.

## Maison Lautrec

**63 Rue Jean-Baptiste Pigalle, 75009 Paris**

**[www.maisonlautrec.fr](http://www.maisonlautrec.fr)**

Visit Maison Lautrec for fresh bar snacks and cocktails sourced from a local permaculture garden just 45 km from central Paris. With exquisite dishes served alongside gourmet cocktails you can't go wrong. We recommend the 'egg with sesame mayonnaise, shitake, peanuts, soybean and honey vinaigrette' to eat alongside the Basilic 12 cocktail, which comprises Greygoose infused with basil, lime, ginger, St Germain and Angostura. Such heady combinations ensure a glamorous clientele (Lautrec's Instagram account strapline is along the lines of 'beer as cold as your girlfriend's heart').

## Nuits Fauves

**34 Quai d'Austerlitz, 75013 Paris**

**[www.nuitsfauves.com](http://www.nuitsfauves.com)**

Finally, for the house-music fans who like to feel at-one with the youths, there's Nuits Fauves, which opened in June 2016 as a 'warehouse solution' for central Paris's nightlife. It's super industrial and harks

back to the days of Chicago's house-music scene with its graphical posters adorning the corrugated, industrial metal walls: 'Your God can't see you here', they decree. Here, you'll find a DJ booth that masquerades as a cage, and from this spot you can hear tunes and music from the likes of A-Trak, Tiga and Boys Noize to Carl Craig, Moodymann and Perc. Come here to indulge in some serious dance and a wild all-nighter.

## The Hoxton

**30-32 Rue de Sentier,**

**75002, Paris**

**[www.thehoxton.com](http://www.thehoxton.com)**

If velvet is the fabric of the small hours, then The Hoxton in Paris has it in spades. Since opening last August the former hôtel particulier has had a chic, intimate and plush makeover with only the atmosphere here rivalling the suave interiors. Drink on the terrace bar, Jacques, which serves craft beers and wines from local Parisian breweries and is decorated in a North-African style that Camus would approve of was he still drinking in Paris today.

## Utopia

**79 Rue de l'Ouest, 75014 Paris**

**[www.utopia-cafeconcert.fr](http://www.utopia-cafeconcert.fr)**

Utopia has been a private 'concert café' since 2008. With a seductive, late-night line-up of blues, rock and country music, Utopia has been a Paris music fixture for 40 years and has hosted blues legends Memphis Slim, Jack Dupree, Mickey Baker, Shrimp City Slim, and more. With a traditional red-velvet curtain backdrop, here you can be certain of some entertainment, Paris-style. It's smoky, grungy and over-priced but, above all, it's authentic.



## NAVIGATING PARIS

A wide range of public transport and sightseeing transport options serve the 20 arrondissements (or districts) of Paris, and with the tips on these pages, you'll be able to plan your journeys with ease. Some other key information, such as rules on tipping and emergency numbers, are also detailed here.

### LANGUAGE

The official language of France is French. Most French speak at least some English (many of them speak it fluently), especially in areas heavily visited by tourists, such as hotels and restaurants.

### KEY INFORMATION

**Paris's size:** 105 square km<sup>2</sup> (41 square miles)

**Population:** 2,140,526

**Currency:** Euro (€)

**Time zone:** Central European (GMT+2). Daylight saving time is observed in Metropolitan France from the last Sunday in March (02:00 CET) to the last Sunday in October (03:00 CEST).

### ELECTRICITY

In France, the power plugs and sockets are of type E. The standard voltage is 230 V and the standard frequency is 50 Hz.

### TELEPHONE

The Telephone prefix for calling Paris is + 33 1.

### TIPPING

Be sure to tip doormen €1 to €2 if they hail you a taxi. A good tip for taxi drivers is 10% of the fare and in restaurants you should tip waiters and waitresses 5% of the bill.

### ARRIVING FROM THE AIRPORT

#### RAIL

Rail is one of the quickest and cheapest ways to travel to central Paris. Trains run from Charles de Gaulle Airport to Paris between 04:46 and 23:56 Monday to Sunday. Buy train tickets from one of the blue ticket machines and they cost 9.25€ one way. The journey takes up to 50 minutes.

#### BUS

The **Roissybus** is one of the most popular buses to take passengers from Charles de Gaulle Airport to the centre of Paris. It departs from all three terminals and runs from 06:00 to 23:00 every day. Buses run every 15 minutes until 20:45, and then every 20 minutes until 23:00.

Tickets cost 9.25€ one way and you can buy them on the bus. There are also night buses running, the N140 and N143 run seven days a week and depart from all three terminals. Bus N140 runs hourly to Paris between 01:00 and 03:00, while the N143 runs from midnight until 04:30 at half-hourly intervals. Tickets start from 5.70€ one way and are available to buy on the bus.

#### TAXIS

There are **taxis** at all three terminals and you can spot legitimate taxis by the yellow lights on the roof. Costs from Charles de Gaulle Airport are approximately 50.00€ to central Paris, or 60.00€ at peak or overnight times.



## COACH

Take the **coach** for comfort: passengers of any airline can travel by this method and you can save money by booking in advance online. Prices start at 15.50€ per adult one way.

## TRAVEL TICKETS

### STANDARD "T+" METRO TICKETS

These tickets are good for one Metro, RER, bus or tramway ride within Paris (zones 1-2 only). Buy these if you're staying for a short time and will use public transport sparingly. Currently, a single ticket costs 1.90€, while a bus ticket purchased on-board is 2€.

### THE PARIS VISITE PASS:

Choose this pass if you're planning to travel widely around Paris. With this card you can get unlimited travel in Paris on the Metro, RER, bus, tramway and regional SNCF trains, and it also includes special offers at select museums, attractions and restaurants.

### DAILY AND WEEKLY PASSES

Daily and weekly passes are good for unlimited travel in and around Paris, without the discount on attractions. A one-day pass will cost you 7.50€, depending on the number of zones, while weekly passes start at 20€.

## WEATHER

Typically European, Paris experiences mild weather across four distinct seasons. Daily highs range from 46°F (8°C) in the winter to 77°F (25°C) during summer. Extreme cold or heat is pretty rare and light showers can come and go quickly throughout the day.

## SHOPPING HOURS

Shops are usually open Monday–Saturday

from 9:00 to 19:00, although smaller shops may close between 12:00 and 14:00. Shops are closed on Sundays and on public holidays.

## UNDERSTANDING THE DISTRICTS

The *arrondissements* of Paris are administrative divisions and divide Paris into 20 'arrondissements', each of which has a town hall (Mairie) and a mayor (Maire), as well as elected officials, a council and a politician. The 20 arrondissements are still subject to the overall policy of the city and the mayor of Paris. These districts shouldn't be confused with Paris's 'quartiers' – the neighbourhoods such as Belleville and Saint-Germain-des-Près. Generally, an arrondissement is larger in scale than a neighbourhood, of which there are several in each.

Get a feel for where you are with this top-tip: the 1st arrondissement of Paris (1e arrondissement) is in the centre of the city, then the others grow outwards in a clockwise spiral, to finish in the 20th arrondissement in the east – so, the greater the number of the arrondissement, usually the further away from the city centre you'll be.

## EMERGENCY NUMBERS

In case of an emergency dial 112, the **European Emergency Number**. Operators respond to this number and can speak in either French or in English, and can redirect your call to the appropriate emergency service. Otherwise, you can dial 18 for the fire service, 17 for the police and 15 for an ambulance.





## KEY PHRASES

**Most Parisians speak at least some English, especially those who interact with tourists, but it never hurts to know a few French phrases. Here are some of the most useful, courtesy of**

[www.dummies.com](http://www.dummies.com)

English	French	Pronunciation
Hello/ Good day!	<b>Bonjour!</b>	<i>bohN-zhoohr!</i>
Good evening!	<b>Bon soir!</b>	<i>bohN-swahr!</i>
Goodbye!	<b>Au revoir!</b>	<i>ohr-vwah!</i>
Please	<b>S'il vous plaît</b>	<i>seel vooch pleh</i>
You're welcome	<b>Je vous en prie/De rien</b>	<i>zhuh voochzahN pree./duh ryahN</i>
Thank you	<b>Merci</b>	<i>mehrsee</i>
Excuse me	<b>Pardon/Excusez-moi</b>	<i>pahr-dohN./eks-kew-zey-mwah</i>
My name is...	<b>Je m'appelle. . .</b>	<i>zhuh mah-pehl. . .</i>
Please to meet you	<b>Enchanté/Enchantée</b>	<i>ahN-shahN-hey</i>

### IN AN EMERGENCY:

English	French	Pronunciation
Help!	<b>Au secours!</b>	<i>oh skoohr!</i>
Police!	<b>Police!</b>	<i>poh-lees!</i>
Fire!	<b>Au feu!</b>	<i>fOh fu!</i>
Get a doctor!	<b>Cherchez un médecin/un docteur!</b>	<i>sheh-rshey uhN meyd-sahN/uhN dohk-tuhr!</i>
I am sick	<b>Je suis malade</b>	<i>zhuh swee mah-lahd</i>

### DINING:

English	French	Pronunciation
The menu, please	<b>Le menu, s'il vous plaît</b>	<i>luh muh-new, seel vooch pleh</i>
I'd like...	<b>Je voudrais. . .</b>	<i>zhuh vooch-dreh. . .</i>
Another (beer) please	<b>Encore (une bière), s'il vous plaît</b>	<i>ahN-kohr (ewn byeh!), seel vooch pleh</i>
Enjoy your meal	<b>Bon appétit!</b>	<i>bohN-nah-pey-tee!</i>
The check, please	<b>L'addition, s'il vous plaît</b>	<i>lah-deesyohN, seel vooch pleh</i>
A receipt, please	<b>Un reçu, s'il vous plaît</b>	<i>uhN ruh-sew, seel vooch pleh</i>

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# BOOTH TALKS

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Aaron Waite MD  
Waite Vision Eye Centre,  
Lehi, Utah, USA

The detailed program of our  
booth talks can be found on  
[www.oertli-instruments.com](http://www.oertli-instruments.com).



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