



07/04 - 15/04



Survival Guide

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I. General Information

A. About France

1. Introduction

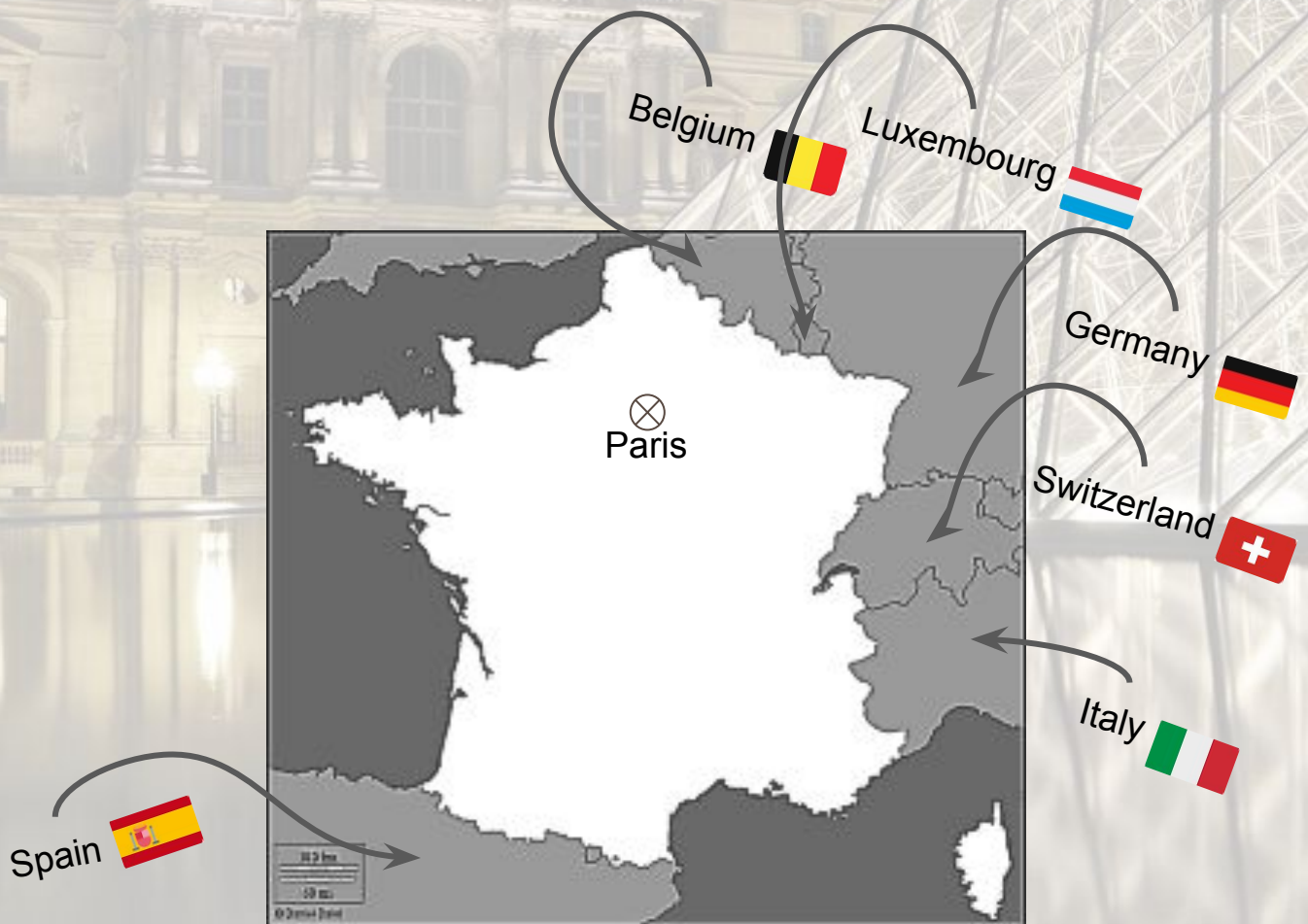
Area : 643 801 km²

Population : 67 million. Among them 89.4% are French. 10.6% are foreigners or french by acquisition (Maghrebis, Africans, Other Europeans, Asians, Turks, Americans)

Capital : Paris with 2 million people

Official Language : French

Time Zone : GMT +1 hour



I. General Information

A. About France

2. Some French to get by

English	French	Pronouciation
Hello	Bonjour	Bon-joor
Goodbye	Au revoir	Oh-rvwar
Please	S'il vous plaît	Sil voo play
Thank you	Merci	Merci
Sorry	Désolé(e)	Desolay
Yes	Oui	Wii
No	Non	Non
How are you?	Comment vas-tu?	Common va tu
Water	Eau	Oh
Beer	Bière	Bee-ay-r
Cheers !	Santé !	Santay
Bottoms up !	Cul Sec !	Cue Sec
(French) Kiss	Bisou	Bee-zoo
I don't speak french	Je ne parle pas français	You won't know, because you don't speak french
You are nice	Voulez-vous coucher avec moi ce soir ?	Voo-lay-voo coochay avec mwa su swar
Have you seen my bra?	As-tu vu mon soutien-gorge ?	A tu view mon soo-ti-an gorge?
I love you	Je t'aime	
You are beautiful	T'es trop beau	Tay trow bow
Wanna fight?	Tu veux te battre?	Tu view tew batre?

I. General Information

A. About France

3. Money and prices

The French currency is euro. It is a good idea to have some euros when you arrive, but if for some reason you have more exotic currency, you can change currency at exchanges offices inside the airport or at most banks. Just tell us and we will drive you there if needed.

The prices in France depend on the region you are in. Paris is more expensive than other cities. The amount of money you will spend during our event depends on your personal taste - we will provide you with basic accommodation, food and program during the event. However, you might want to spend some money at least on souvenirs, snacks, drinks and nightlife.

Here you find some examples of the prices:

Food and snacks

Chocolate bar (200 g) 1 euro

Pizza 10 - 12 euros

Big Mac meal 7 euros

Baguette 0.80 euros

Sandwich 4.50 euros

Coffee 1.50 euros

Camembert 3 euros

Champagne > 15 euros

Frogs > 20 euros

Drinks

Bottle of Coca-Cola (1.5 l) 1,8-2,5 euros

Bottle of beer at supermarket (0,33 l) 1,3 euro

Bottle of vodka (0,5 l) 13 euros or more

Bottle of cheap (but decent) wine (0,75 l) 7 euros

Transportation

Paris local bus ticket 1.4 to 2 euros

Train from central Paris to ENSTA 3,65€

Taxi from CDG Airport to ENSTA up to 60€

Leisure

Museums free in most cases

Cinema 8 euros

Nightclub up to 15 euros

Pub 4 euros during Happy hours, otherwise 7€

I. General Information

A. About France

4. Useful tips

Electricity

Sockets look like this
230V, 50Hz



Water

Tap water is drinkable. Don't bother wasting money on bottled water.

Politics

KNOW THE DIFFERENCE



Macarons :
-Mostly air
-Zero nutritional value
-Come in whatever flavour the general public wants
-For rich people
-Old women find it tasty



Macron :
-Same but he is the president of France

French Habits

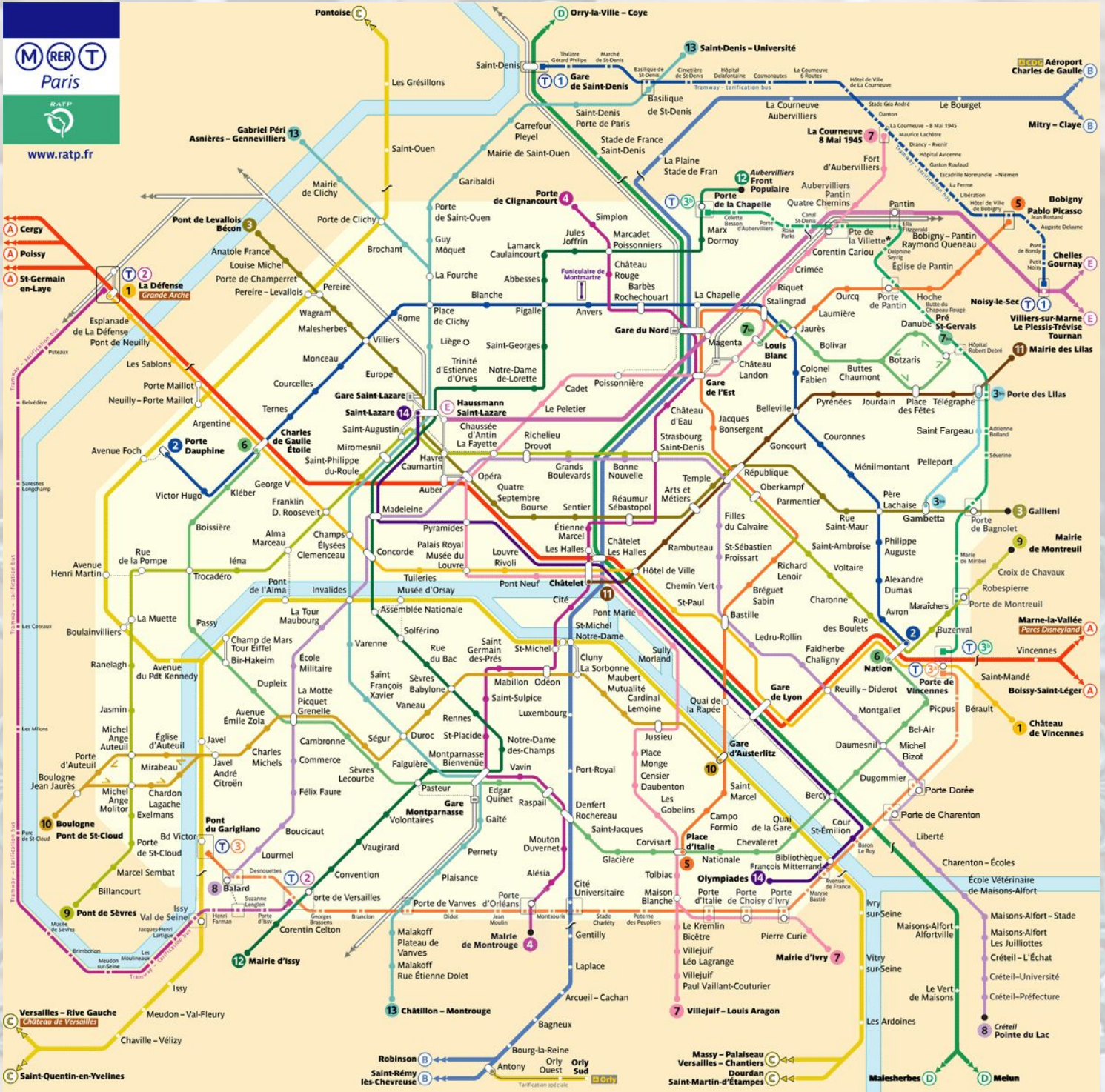
We love baguette, but that's not the actual way we shave→



I. General Information

B. About Paris

1. Map of the Parisian metro



The map is really small here, but you can see it [here](#) or ask for one in any metro station.

I. General Information

B. About Paris

2. Must see's & must do's

Here is a map of some places you may want to see while you're here!

We'll make sure to visit a lot of them during the City Rally!



What you have to see

1. The Eiffel tower: The symbol of Paris.
Opening from 9am to 12:45am, to get to the second floor it's about 4 € by stairs and 7 € with the elevator.
To get there : M6 "Bir-Hakeim" or "Trocadéro" Or RER C "Champs de Mars - Tour Eiffel"
2. Musée du Louvre: Too huge to be visited in one day but don't miss Mona Lisa, the Victory of Samothrace, the Milo's Venus and so many other things!
M1 or M7 "Palais royal - Musée du louvre"
3. Sacré-Cœur/Montmartre: A very nice place, with a great view of Paris.
M2 "Anvers"
4. Arc de triomphe - Champs Elysées: Don't miss the most prestigious avenue in the world !
M1 or M6 "Charles de Gaulle Etoile"
5. Opéra - grands boulevards : Do you know the phantom of the opera ? Well, he used to live in the building you're going to see ! And the grands boulevards are beautiful streets with French malls like Galeries Lafayette.
M7 or M8 or M3 or RER A "Opéra"
6. Notre Dame de Paris: The great cathedral of Paris, don't forget the small streets of the latin Quarter that are nearby.
RER B "Saint Michel Notre Dame"



7. Bastille: Heart of the French Revolution, enjoy this very active part of Paris, and especially by night!
M1 or M5 or M8 "Bastille"
8. Tour Montparnasse: One The highest skyscrapers of Paris.
M6 of M12 or M4 "Montparnasse"
9. Panthéon: The Greek style building where famous people are buried.
RER B "Luxembourg"
10. Concorde - Tuileries: Beginning of the Champs Elysées, with a great Egyptian obelisk at the center.
M12 or M8 or M1 "Concorde"
11. Père-Lachaise: The Greatest graveyard of Paris. There, you'll find famous people buried such as Molière.
M2 or M3 "Père Lachaise"
12. Parc du Luxembourg: A beautiful park in Paris, where you can also find the Sénat.
RER B "Luxembourg"



I. General Information

B. About Paris

3. What you have to know

Where to buy stuff

- Sex Toys : Pigalle
- Flea market : Barbès-Rochechouart or Porte de Montreuil
- Souvenir : Near any monument
- Really good french french fries : De Clerq
M14 "Olympiades" or M9 "Richelieu-Drouot"
- Real french fries : Wrong country, go back to Belgium



Trains

There are two types of trains in Paris : the metro and the RER. The difference is that the metro serves mainly the inside of the city, whereas the RER connects the suburbs to the city center. Lucky for us, it is the same line of RER (RER B) that connects ENSTA and the airports to Paris! The metro lines go from 1 to 14 and the RER lines go from A to E.

Where to set a meeting point



- A famous monument of Paris, such as:
 - The Saint-Michel Fountain
 - The Notre-Dame Cathedral
 - The Eiffel Tower
- Any metro or RER station

Weather

Not too hot, not too cold, but often cloudy; sometimes rainy (woops). It's hotter inside Paris though.

Mean temperature in Paris in April : around 15 °c by day and 7 °c by night

Security

After the terrorist attacks in France, french people and Parisians in particular became a little paranoid. You will be asked to open your bags when entering malls or museums and to watch out your stuff at all time in the metro for safety. Sometimes trains can be stopped because people left their luggage in a station.

I. General Information

C. About ENSTA ParisTech

Originally founded in 1741, ENSTA (Ecole Nationale Supérieure de Techniques Avancées) is today one of the top French institutes of higher education in engineering. Its students are selected from among the brightest science students. Located in Paris, ENSTA offers a comprehensive scientific education, training in a broad range of technological areas, as well as in the management skills necessary to the engineer. ENSTA's laboratories, equipped with excellent facilities, perform top-level fundamental and applied research.



ENSTA ParisTech is in fact not located in Paris! The campus moved in Palaiseau, in the suburbs of the French capital in 2012. We almost live in the countryside. Far enough from Paris to find fields around the uni: students buy vegetables from farmers around the corner.

What's ParisTech?

ParisTech brings together ten of the foremost French institutes of engineering education and research. Covering nearly the whole spectrum of science and engineering, it forms an entity of comparable status to the most famous universities of technology around the world.

The member institutes of ParisTech are well-established educational institutions, many of which were founded back in the 18th century. Ever since, they have stood at the forefront of technological and scientific development in their held and have trained a majority of the engineers who have given rise to French industrial achievements.



II. What you should do before you leave

A. What you should bring with you

Sleeping bag and pillow

The accommodation will be arranged in the university campus, right next to the university. The facilities are students rooms with a little kitchen (that will not be needed) and a bathroom including a shower and toilets. Take sleeping bag with you, you will need that also during weekend trip. We have mattresses, but that's it. If you think you'll need sheets, pillow covers and other bed linen with you, take those as well.

Specific clothes for parties

Parties can go dirty, so don't take clothes you care about too much.

You also want to bring *good shoes* because there will be a lot of walking!

Take *sport clothes* and *clean sneakers* (don't forget these or you will miss an activity).

Camera, in case you want to make sure that all those precious memories will be preserved. You can't always count on your own memory ;)



Food for International Evening

We will provide you with breakfast (arranged by the organizers), lunch and dinner (most of the time cooked by organizers) during the whole event. The food is going to be as French as possible and as student-friendly as possible. Many of these dishes will be something that you might not have been used to – real cultural experiences!

If you have a special diet and have not informed us it yet (vegetarian, lactose-free, allergies, not eating pork etc.), contact the organizers well in advance to make sure you will get suitable food – we will try to do our best if we know about your needs.

Nevertheless, in BEST events, there is a tradition that every participant brings something from their home country for **International Evening (IE)**. Then we share all the drinks and snacks and get to know the different cultures a little better. When planning what to bring, take into account that the cooking facilities are limited. There are also shops in France, so you don't have to bring everything with you; we have the basic stuff here. In case you doubt if we have some ingredient that you need, just ask. Don't plan something that needs more than 30 minutes of preparation.

Personal sanitary products (like a toothbrush). We count on your personal imagination for this part :). (And don't forget to bring a towel!)

Earplugs. Just in case your roommate snores.

A big smile, some BEST spirit and LOTS OF ENERGY!!



II. What you should do before you leave

B. What to check

Passport and/or ID card

Take also a copy of the picture page of your passport (and of visa). If something happens, it's a lot easier to get a new one if you have the copy.

Visa (if needed)

Insurance

Both medical and travel (European Health Insurance Card (EHIC), if you come from the EU).

Student card

A student ID will get you discounts in some museums and free entrance in others. If you have ISIC card, you can also get discounts at fast food restaurants such as Macdonald's or so (but you have to ask for it).

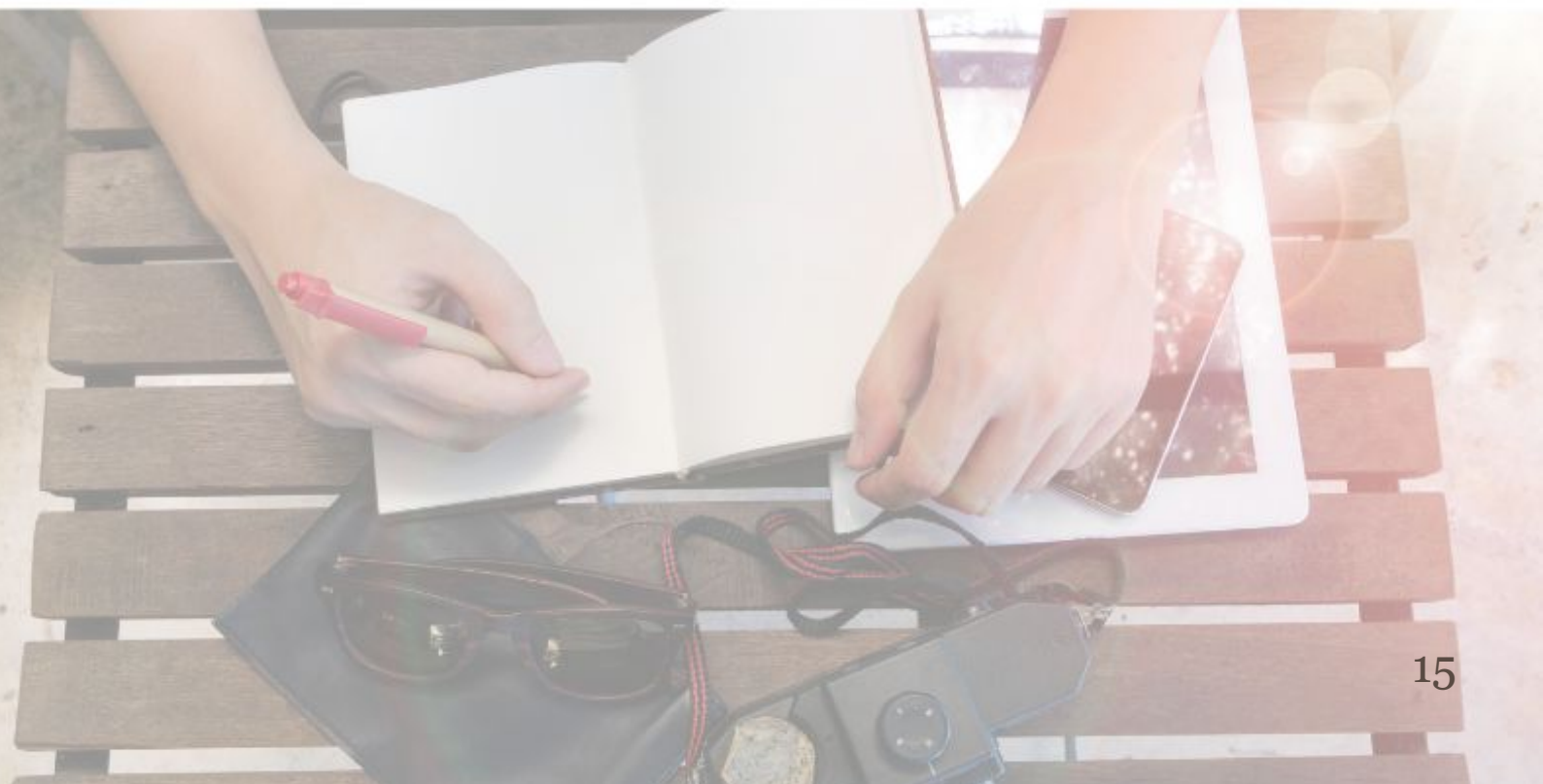
Money & Credit Card (always useful)

Don't forget to bring your fee in cash (we will remind you of how much by mail if you don't remember).

We will ask you a fee of 10€ if you want to drink during the pub crawl. You will also need money if you want to take part in extra-activities.

Your personal medication

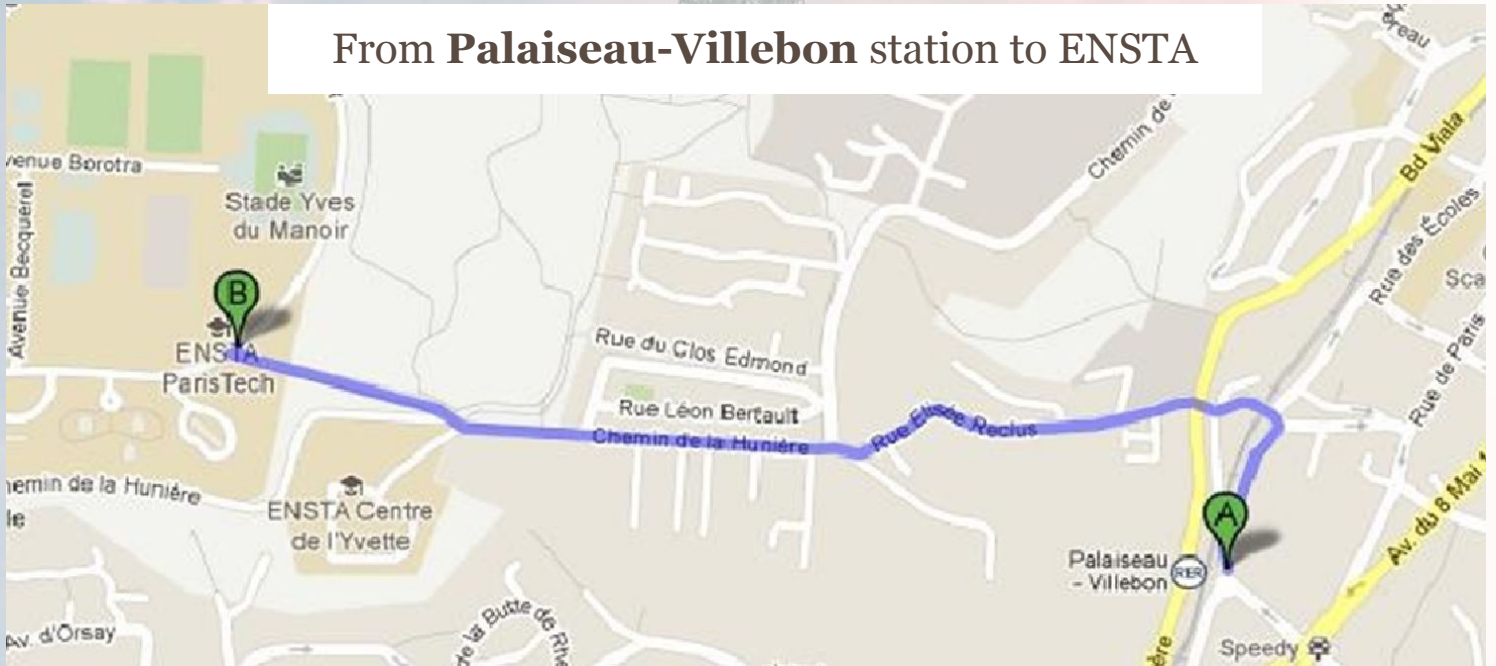
Without prescription you can buy painkillers, allergy meds etc., but not much more.



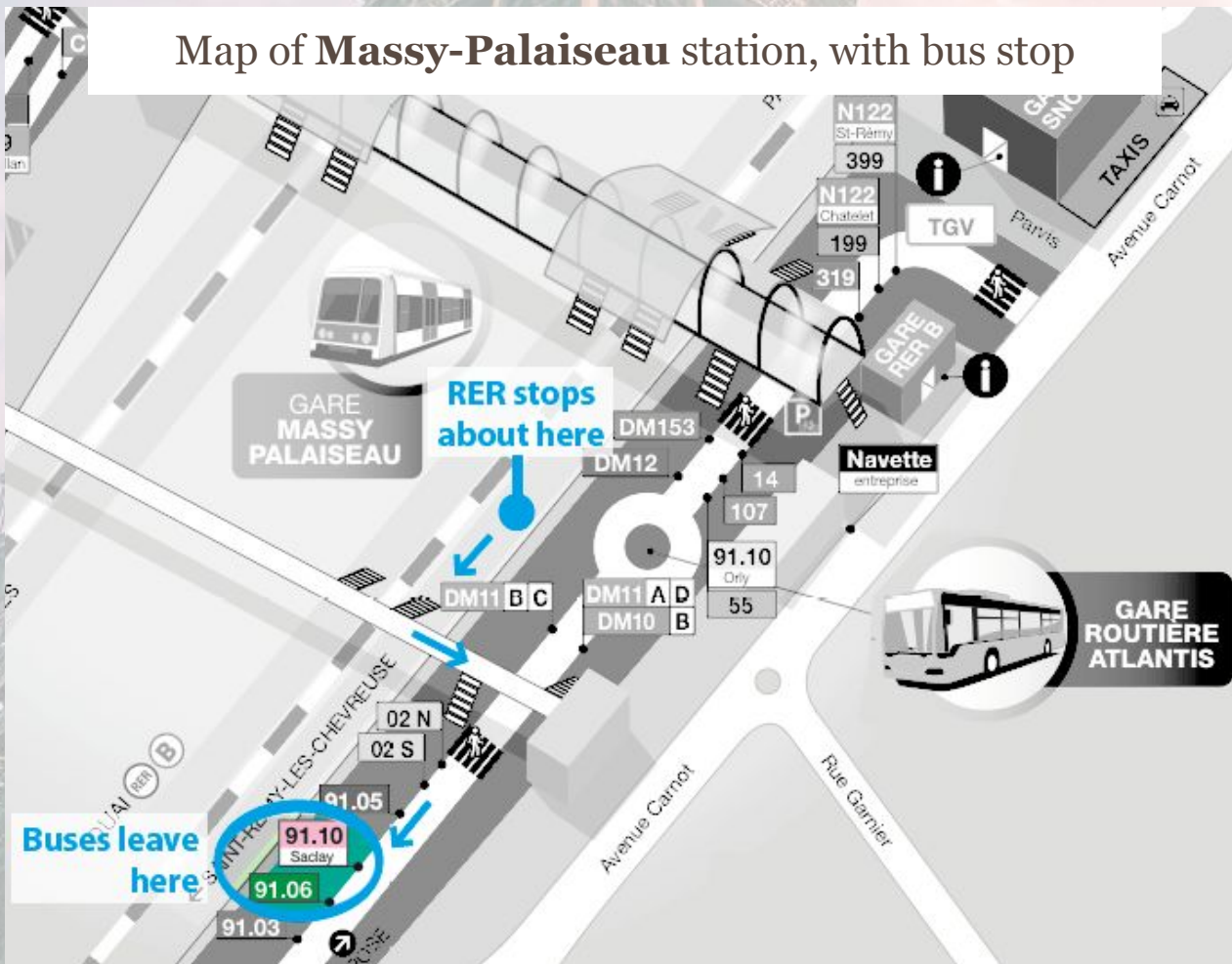
III. Arrival

A. Useful maps

From **Palaiseau-Villebon** station to ENSTA



Map of **Massy-Palaiseau** station, with bus stop



III. Arrival

B. How to reach the meeting point

The meeting point is :

ENSTA ParisTech: 828 Boulevard des Maréchaux, 91120 Palaiseau

What?! It's not in Paris!?! Don't worry, you won't be far from the city of Lights and we'll explain how to reach it!

- If you are in Paris: reach the RER B from any station on the line. Then follow instructions at the end of the page.
- If you arrive at Roissy Charles de Gaulle Airport: Reach RER B then follow instructions at the end of the page.
- If you arrive at Beauvais Airport: Take Ryanair bus to "Porte-Maillet" to reach Paris. Take Metro 1 (yellow) in the direction of "Château de Vincennes" and stop at "Châtelet". Then follow instructions at the end of the page.
- If you arrive at Orly Airport: Take the bus 91.10 (bus stop n°3 of the airport) in direction of "Le Christ-Saclay" and stop at "ENSTA-les Joncherettes" (just in case, ask the driver if it stops at ENSTA).

When you are in a station which is on the RER B line

- Take the RER B on the direction of "Saint-Rémy-lès-Chevreuse" or "Massy-Palaiseau" until "Massy-Palaiseau".

Then, take the bus 91.06B, 91.06C or 91.10 [map on the previous page] in direction of "le Christ Saclay", and stop at "ENSTA-les Joncherettes" (just in case, ask the driver if it stops at ENSTA).

You can also stay in the RER B in direction of "Saint-Remy-lès-Chevreuse" and stop at "Palaiseau-Villebon", then walk (about 15 minutes) until you arrive at the school (see the map on the previous page).

III. Arrival

C. OrgaNICERs' phone numbers

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Florian Bourdrel
(Logistics Responsible)

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THANK YOU FOR READING &

*See you
soon*

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