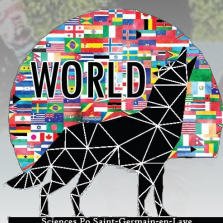




SURVIVAL GUIDE



The shuttle can pick you up every 30 minutes from 9pm to 1:30am.

TRANSPORTATION

Bus Schedule, SGEL, during the day.



TRANSPORTATION

- ♦ A map of the public transportations available in Paris will be given to you.
- ♦ The **RERs** and the **Subways** usually end around midnight and start around 5am. However, it changes a lot, so you will have to check the schedule.
- ♦ You can also take an **Uber** or a **Heetch**.
- ♦ **Google Maps** works well for the transportations in Paris but not in SGEL. In order to check the public transportations schedule and route in both SGEL and Paris, you can use many Apps such as **Via Navigo**, **RATP**, **Moovit**, etc.
- ♦ Each **bus ticket** costs about 2€
A **RER ticket** from SGEL to Paris costs about 4€45
You can get a **monthly pass** that will allow you to take any kind of public transportations in both SGEL and Paris for 75€20 per month.
You can take a **yearly pass** that will allow you to take any kind of public transportations in both SGEL and Paris for 350€.
- ♦ To travel in France you can take a highspeed train : TGV or a lower speed train : TER.

GOING OUT IN PARIS

SHOPPING

SAINT-GERMAIN-EN-LAYE

-Galerie St Germain-
10 rue de la Salle

PARIS

-Les Galeries Lafayette-
40 Boulevard Haussmann

-Le printemps-
4 Boulevard Haussmann

-Le Forum des Halles-
101 rue Berger

PUTEAUX (LA DEFENSE)

-Les Quatre temps-
15 Tunnel de Nanterre —
La Défense

SERRIS (DISNEYLAND PARIS)

-Val d'Europe-
14 Cours du Danube

CINEMA

CINEMA C2L

25 rue du vieux Marché
Saint-Germain-en-Late
Student: 7€ / Morning: 5€50

CINEMA UGC BERCY

2 cours Saint-Emillion
Paris, Metro 14 : Cour Saint-
Emillion
*under 26yo : 4€90
(Monday-Friday)
Student : 7€90
(Saturday, Sunday)*

CINEMA UGC LA DEFENSE

Centre Commercial les Quatre
Temps
15 Tunnel de Nanterre, La Dé-
fense
Student : 8€50

LE GRAND REX

1 Boulevard Poissonnière
Paris, Metro 8 and 9 : Bonne
Nouvelle
Student: 7€ / 9€

THEATER & OPERA

THEATRE ALEXANDRE DUMAS

3 rue Henri IV
Saint-Germain-enLaye

COMEDIE FRANCAISE

21 rue du Vieux Columbier
Paris, 6e

THEATRE DU CHATELET

1 place du Châtemet
Paris, 1er

LES FOLIES BERGERES

32 rue Richer
Paris, 9e

OPERA GARNIER

8 rue du Scribe
Paris, 9e

GOING OUT IN PARIS

BARS & PUBS

in Saint-Germain-en-Laye

LE SOUBISE

16 Place Charles de Gaulle

LE MILADY'S

3 rue de Pontoise

LE SAINT-MALO

18 place Charles de Gaulle

L'ALCHIMISTE

Rue Alexandre Dumas

CAFE JULES

5 rue Saint Pierre

THE BITTER END

20 rue Saint Pierre

FOOD

in Saint-Germain-en-Laye

TAKE AWAY

- OH LIBAN -
- EPSILON (Greek) -
- LA BOTTEGADA ENZO
(Italian) -

FASTFOOD & KEBABS

- BAGELSTEIN-
- O'GAUFRIER-
- PIZZA HUT-
- McDonald's, Subway-
- TOP DELICE-
- ISTANBUL RESTAURANT-

CUISINE FRANCAISE

- ARCADE CAFE-
- CAFE DE L'INDUSTRIE-
- LE PHARE ST LOUIS-
- CREPERIE LARCHER-
- BISTROT DU MARCHE-

NIGHT CLUBS

In Paris

Top 3:

LE BARON
LE MONTANA
BAGATELLE

LES BAINS
LE REGINE'S
CHEZ CASTEL
LE SOCIAL CLUB
LE SHOWCASE

Student clubs:

LES BLANCHES
LE GIBUS
LE SAINT

COMMUNICATION

TELEPHONE

There are two ways to get service, either with a prepaid card or through a subscription.

With a subscription you sign a contract, it's generally best if you use your cellphone a lot.

Be carefull: you sometimes have to subscribe for many months.

CONSEILS

In France you usually aren't charged for incoming calls.

The entire country is considered as the « local area » so there is no additionnal charges.

If you want to ship packages abroad , you must fill out a custom form.

VOCABULARY

Dear Mr/Mrs. : Cher Monsieur / Chère Madame.

Best regards : Salutations distinguées

Sincerely : Respectueusement,.

Thank you for your time and consideration :

En vous remerciant de votre attention.

EMERGENCY

IN CASE OF EMERGENCY, CALL:

15 – SAMU: if you ever need an immediate medical intervention

17 – POLICE: if you need an intervention from the police

18 – FIREFIGHTERS: in case of fire or if you can't reach the SAMU

114: national emergency number for deaf or mute persons

HOW TO TAKE A MEDICAL APPOINTMENT

If you ever get sick during your stay, here are a few numbers you can call to have a check-up:

Dr P. Felsenheld / 155 rue du Président Roosevelt, SGEL / Tél : 01 39 73 32 00

Dr J-P. Fitoussi / 155 rue du Président Roosevelt, SGEL / Tél: 01 39 73 33 01

Dr P. Gaspard / 1 rue Bûcherons, SGEL / Tél: 01 39 21 97 17

Dr P. Barthez / 11 rue grande fontaine, SGEL / Tél: 01 30 61 03 44

There's also an hospital: 20, rue Armagis, SGEL / 0139274050

Those are just a few examples, if you need to see doctor don't hesitate to ask students for advice!

You can also use these websites: www.doctolib.fr or www.allo-medecins.fr

To get an appointment, call the office and get a *rendez-vous*: when you get to the office, don't be surprised, doctors often practice in buildings so you might have to ring at the intercom. Inside the office, it is not mandatory to have diplomas hanging on the wall, it does not mean that the doctor doesn't have any diplomas though. Also, french doctors are often late, it's normal !

RECOMMENDATIONS

This website helps you find basically anything near you (a bakery, a doctor, an electrician, etc.): www.118000.fr

BUT if you find yourself in any kind of trouble, please reach out first to a member of **WORLD**, your buddy, or any Sciences Po student. Sometimes, easy solutions can be found by calling a friend and it will avoid all of us some stress or unnecessary expenses!

FOOD

FRENCH HABITS

Bread is an important part of our diet and some of us eat some at every meal! We love **cheese** but not American cheese: real, smelly, French cheese that we eat with bread or in special meals (for example: la raclette)

Our **pastries** are delicious (especially the croissants), you should stop by a bakery ! During in your stay in France, you'll have to make your own food (we do not have a campus system for every meal).

Here are some of the supermarkets where students go grocery shopping:

Lidl : 6 rue Albert Priolet, SGEL

Near the campus

Carrefour Market : 44 Rue de l'Aurore, SGEL

Near Les Glénans

Monoprix : 67 rue de Pologne, SGEL

Near the RER station

Saint Germain en Laye is known for its **market**: if you need fresh products, you can find them on Tuesday, Friday and Sunday from 9am to 1pm at Place du Marché Neuf!

ON CAMPUS

At Sciences Po, we have a canteen (called "**CROUS**"), opened Monday to Friday on lunch hours.

For 3.25€, you can get a starter, a main course and a dessert.

But: to pay your lunch, you'll need your student card (it'll be given to you at the beginning of the semester) and an **Izly account**. The administration will send you a link by email in order to create your account. Then, you can put money on the account and pay your lunch with your student card!

We also have a cafétéria where you can buy sandwiches or pasta salads and pay with cash or with your student card.

Your student card can also be used to pay at the coffee machine or at the vending machine in the first floor of building D.

If you don't like canteen food, you are welcome to **bring your own meal** and use the different microwaves (in the breakroom or at the first floor of building D)!

BEING FRENCH

Our language and the way French people speak to each other can seem weird or tricky, but here are a few facts to help you:

First, when we meet our friends and family, we greet each other by kissing: it is called “**faire la bise**”.

It is not an actual kiss: we simply touch each other's cheeks and mimic the sound of a kiss!

It is for friend and family only, do not do it with strangers or with the teachers.

In the meantime, voilà some common French expressions:

Hello/Hey: Bonjour (to anyone) / Salut (to friends only)

Goodnight: Bonsoir, bonne soirée

Goodbye: Au revoir

How are you?: ça va ?

Also : Vous allez bien ? / Tu vas bien ?

My name is...: Je m'appelle...

Thank you: Merci

Please: s'il vous plaît / s'il te plaît

Sorry : Pardon / je suis désolé

Left & right: Gauche & droite

Today : Aujourd'hui

Tomorrow: demain

I am from: Je viens de

I am looking for the train station: Je cherche la gare RER

I don't understand: Je ne comprends pas

Do you speak english ?: Vous parlez anglais ? / Tu parles anglais ?

If you are learning French and want to speak it with French student, then you'll quickly notice that we talk really fast and use a lot of slurs and slang: let us know if you don't get it, anyone here we'll be glad to slow down or to teach you a few cuss words!

Also, when speaking to others, we distinguish **tutoiement** and **vouvoiement**, as a mark of respect: we say “tu” to people we know, other students (or people our age) and our family and use “vous” to speak to teachers and strangers. It means we use the second singular person or the second plural person:

Tu as faim? (*are you hungry* for someone your age or a friend)

Vous avez faim? (*are you hungry* for an adult or a stranger)

If you speak Spanish, it's like “tu” and “usted”.

Fun fact: we use the word “putain” all the time. It means “fuck” but we use it to express anger, stress, joy, sadness and basically every emotion... If you want to feel french, you must learn to use this word!

MEASUREMENTS

°C	°F	°C	°F
-20	-4	22	72
-15	5	24	75
-10	14	26	79
-5	23	28	82
0	32	30	86
2	36	32	90
4	39	34	93
6	43	36	97
8	46	38	100
10	50	40	104
12	54	42	108
14	57	44	111
16	61	46	115
18	64	48	118
20	68	50	122

1€ is ...

1,17 \$ US

1,53 \$ CAN

0,89 £

31,85 Peso Argentin

7,95 yuan renminbi

**35,68 nouveau dollar de
Taiwan**

662,09 Colón costaricien

129,62 ¥

11,173 dirham marocain

SCIENCES PO



SGEL



PARIS

