

Conference Guide

Conference Venue

Conference Location: Holiday Inn Paris Gare de l'Est

Holiday Inn Paris Gare de l'Est

The Holiday Inn Paris Gare de l'Est is a 4 star hotel opposite the Gare de l'Est train station and near the Gare du Nord station (Eurostar and Thalys service) in Paris' 10th arrondissement. In this lively district of the capital, a plethora of stores attract shopping fans, while the bars and restaurants make for an active nightlife scene. Canal Saint Martin and the city's famous boulevards are barely a few minutes away.

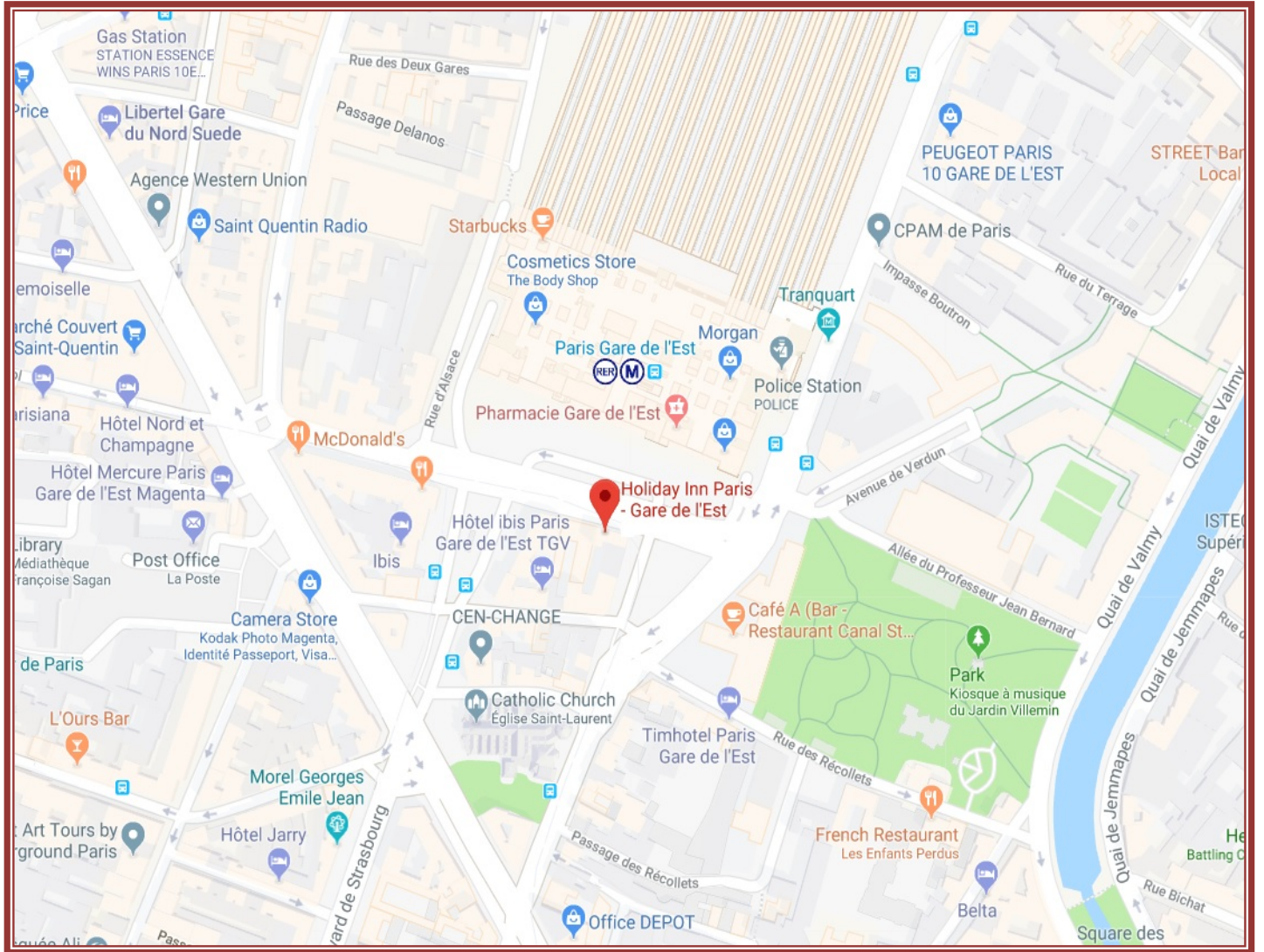


Address: 5 rue du 8 mai 1945, 75010 Paris, France

Tel: +331 55 26 05 05

Email: parisest@book-inn-france.com

URL: <http://www.hotel-paris-gare-de-lest.com/>



History of Paris

Paris, city and capital of France, situated in the north-central part of the country. People were living on the site of the present-day city, located along the Seine River some 233 miles (375 km) upstream from the river's mouth on the English Channel (La Manche), by about 7600 BCE. The modern city has spread from the island (the Île de la Cité) and far beyond both banks of the Seine. Paris occupies a central position in the rich agricultural region known as the Paris Basin, and it constitutes one of eight départements of the Île-de-France administrative region. It is by far the country's most important centre of commerce and culture. For centuries Paris has been one of the world's most important and attractive cities. It is appreciated for the opportunities it offers for business and commerce, for study, for culture, and for entertainment; its gastronomy, haute couture, painting, literature, and intellectual community especially enjoy an enviable reputation. Its sobriquet "the City of Light" ("la Ville Lumière"), earned during the Enlightenment, remains appropriate, for Paris has retained its importance as a centre for education and intellectual pursuits. Paris's site at a crossroads of both water and land routes significant not only to France but also to Europe has had a continuing influence on its growth. Under Roman administration, in the 1st century BCE, the original site on the Île de la Cité was designated the capital of the Parisii tribe and territory.



The Frankish king Clovis I had taken Paris from the Gauls by 494 CE and later made his capital there. Under Hugh Capet (ruled 987–996) and the Capetian dynasty the preeminence of Paris was firmly established, and Paris became the political and cultural hub as modern France took shape. France has long been a highly centralized country, and Paris has come to be identified with a powerful central state, drawing to itself much of the talent and vitality of the provinces. The three main parts of historical Paris are defined by the Seine. At its centre is the Île de la Cité, which is the seat of religious and temporal authority (the word cité connotes the nucleus of the ancient city). The Seine's Left Bank (Rive Gauche) has traditionally been the seat of intellectual life, and its Right Bank (Rive Droite) contains the heart of the city's economic life, but the distinctions have become blurred in recent decades. The fusion of all these functions at the centre of France and, later, at the centre of an empire, resulted in a tremendously vital environment. In its centuries of growth Paris has for the most part retained the circular shape of the early city. Its boundaries have spread outward to engulf the surrounding towns (bourgs), usually built around

monasteries or churches and often the site of a market. From the mid-14th to the mid-16th century, the city's growth was mainly eastward; since then it has been westward. It comprises 20 arrondissements (municipal districts), each of which has its own mayor, town hall, and particular features. The numbering begins in the heart of Paris and continues in the spiraling shape of a snail shell, ending to the far east. Parisians refer to the arrondissements by number as the first (premier), second (deuxième), third (troisième), and so on. Adaptation to the problems of urbanization—such as immigration, housing, social infrastructure, public utilities, suburban development, and zoning—has produced the vast urban agglomeration. Paris is positioned at the centre of the Île-de-France region, which is crossed by the Seine, Oise, and Marne rivers. The city is ringed with great forests of beech and oak; they are called the “lungs of Paris,” for they help to purify the air in the heavily industrialized region. The Seine flows for about 8 miles (13 km) through the centre of the city and 10 of the 20 arrondissements. It enters the city at the southeast corner, flows northwestward, and turns gradually southwestward, eventually leaving Paris at the southwest corner. As a result, what starts out as the stream's east bank becomes its north bank and ends as the west bank, and the Parisians therefore adopted the simple, unchanging designation of Right Bank and Left Bank (when facing downstream). Specific places, however, are usually indicated by arrondissement or by quarter (quartier). At water level, some 30 feet (9 metres) below street level, the river is bordered—at least on those portions not transformed into expressways—by cobbled quays graced with trees and shrubs. From street level another line of trees leans toward the water. Between the two levels, the retaining walls, usually made of massive stone blocks, are decorated with the great iron rings once used to moor merchant vessels, and some are pierced by openings left by water gates for old palaces or inspection ports for subways, sewers, and underpasses. At intermittent points the walls are shawled in ivy. The garden effect of the Seine's open waters and its tree-lined banks foster in part the appearance of Paris as a city well-endowed with green spaces. Tens of thousands of trees (mostly plane trees, with a scattering of chestnuts) line the streets as well, and numerous public parks, gardens, and squares dot the city. Most of the parks and gardens of the modern central city are on land that formerly was reserved for the kings on the old city's outskirts. Under Napoleon III, who had been impressed by London's parks while living in Britain, two ancient royal military preserves at the approaches to Paris were made into “English” parks—the Bois de Boulogne to the west and the Bois de Vincennes to the east. Moreover, during his reign a large area of land was laid out in promenades and garden squares. Under Mayor Jacques Chirac in the late 20th century, the municipal government initiated efforts to create new parks, and such projects continued into the 21st century. The Promenade Plantée is a partially elevated parkway built along an abandoned rail line and viaduct in the 12th arrondissement (municipal district) of Paris, on the right bank of the Seine River. It was the world's first elevated park (first phase completed in 1994) and the first “green space” constructed on a viaduct; it has since inspired other cities to turn abandoned rail lines into public parkland. The entire feature runs some 4.5 km (about 3 miles) from the Opéra Bastille to the Bois de Vincennes. Located underneath the elevated portion is the Viaduc des Arts, which stretches along the Avenue Daumesnil. Its former archways house specialized commercial establishments.

Source: <https://www.britannica.com/place/Paris>

How to get to Paris

By Air:

Paris Airport Charles de Gaulle (CDG). The Paris Charles de Gaulle Airport is the first airport of France in terms of passengers' traffic and the second in Europe after Heathrow in London. It is situated 23km north-east of Paris and is connected to the city by train.

Paris Orly Airport (ORY) is the second largest airport in Paris, located 14km (nine miles) south of Paris. Orly Airport Paris mainly handles domestic and charter flights, hosting around 30 airlines and 25 million passengers annually.

Visa: Before you start planning your travel to France you should visit the French Foreign Ministry web page to see if you need to get a visa.

For more details: <http://www.diplomatie.gouv.fr/en/france/coming-to-france/getting-a-visa/>

Airport Charles de Gaulle
Tel.: +33 1 70 36 39 50
Address: 95700 Roissy-en-France, France
URL: <http://www.parisaeroport.fr/>

Orly Airport
Tel.: +33 892 56 39 50
Address: 94390 Orly, France
URL: <http://www.parisaeroport.fr/passagers/acces/paris-orly>

How to get from the Airport to the Conference Location

- Public transport: metro lines 4, 5 and 7
- METRO / RER ACCESS
- Metro: Gare de l'Est station (M4, M5 and M7)
- From Paris Airports (Orly or Roissy Charles de Gaulle) you have 3 possibilities: By Taxi / By Air France bus: Exit at Montparnasse station and use the metro line 4 onto Gare de l'Est station.
- From Gare du Nord you can use the metro line 4 onto Gare de l'Est station.
- From Gare de Lyon go to the Chatelet station using the metro line 14 then take the metro line 4 onto Gare de l'Est station.

By Public Transportation:

By Metro:

The Metro is a classic subway system mostly underground, many stops, frequent service, short line distances, serving the urban city centre, non-scheduled train timings. The RER (Réseau Express Régional) is a commuter train system that covers much of the greater metropolitan area of Paris (Ile-de-France), much further out than that covered by the Metro, including specifically both Paris Airports: Paris Roissy-Charles de Gaulle (CDG) and Paris-Orly (ORY), Disneyland® Paris, and Chateau Versailles. The confusing part is that the RER traverses central Paris with a handful of stations, acting like an express Metro system with fewer stops, larger trains and faster movement. Paris fare zones apply to the RER train system, unlike the Metro and there are six of them. Using a Metro ticket, the Ticket t+, is permitted on the RER, but only to the limits of Zone 1, the true center of Paris, bordered by the ring road surrounding it, the Boulevard Périphérique.

By Taxi:

You can find taxis at the exit of the baggage reclaim area of your arrival terminal. With four available taxi companies at Paris Airport you certainly cannot miss a cab that will take you to your destination within Paris. It is good to note that the ride into Paris usually takes around 40 minutes and sometimes up to 2 hours depends on the traffic.

You can call for a taxi at +33 01 45 30 30 30.

Taxi fare:

Tariff A: 0,96€/km - Applicable within the city limits from 10am to 5pm. The city limits covers Paris as far as the boulevard périphérique (ring road) inclusive.

Tariff B: 1,21€/km - Applicable within the city limits from 5pm to 10am and on Sundays and public holidays from 7am to midnight. Applicable in the suburban zone from 7am to 7pm, the suburban zone including all Paris territory situated outside the ring road, the other towns and areas mentioned by the ministerial order dated 10 November 1972 and services to and from Orly and Roissy airports and the Villepinte exhibition centre.

Tariff C: 1,47€/km - Applicable within the city limits from midnight to 7am on Sundays. Applicable in the suburban zone from 7pm to 7am and on Sundays and public holidays (day and night). Applicable beyond the suburban zone at all times. When the taxi waits for you or runs slowly, the hour tariff applies: - Tariff A: €30,33 - Tariff B: €35,05 - Tariff C: €32,00

The standing pick-up charge is €2.40.

Minimum journey charge, including supplements, is fixed at €6.40€

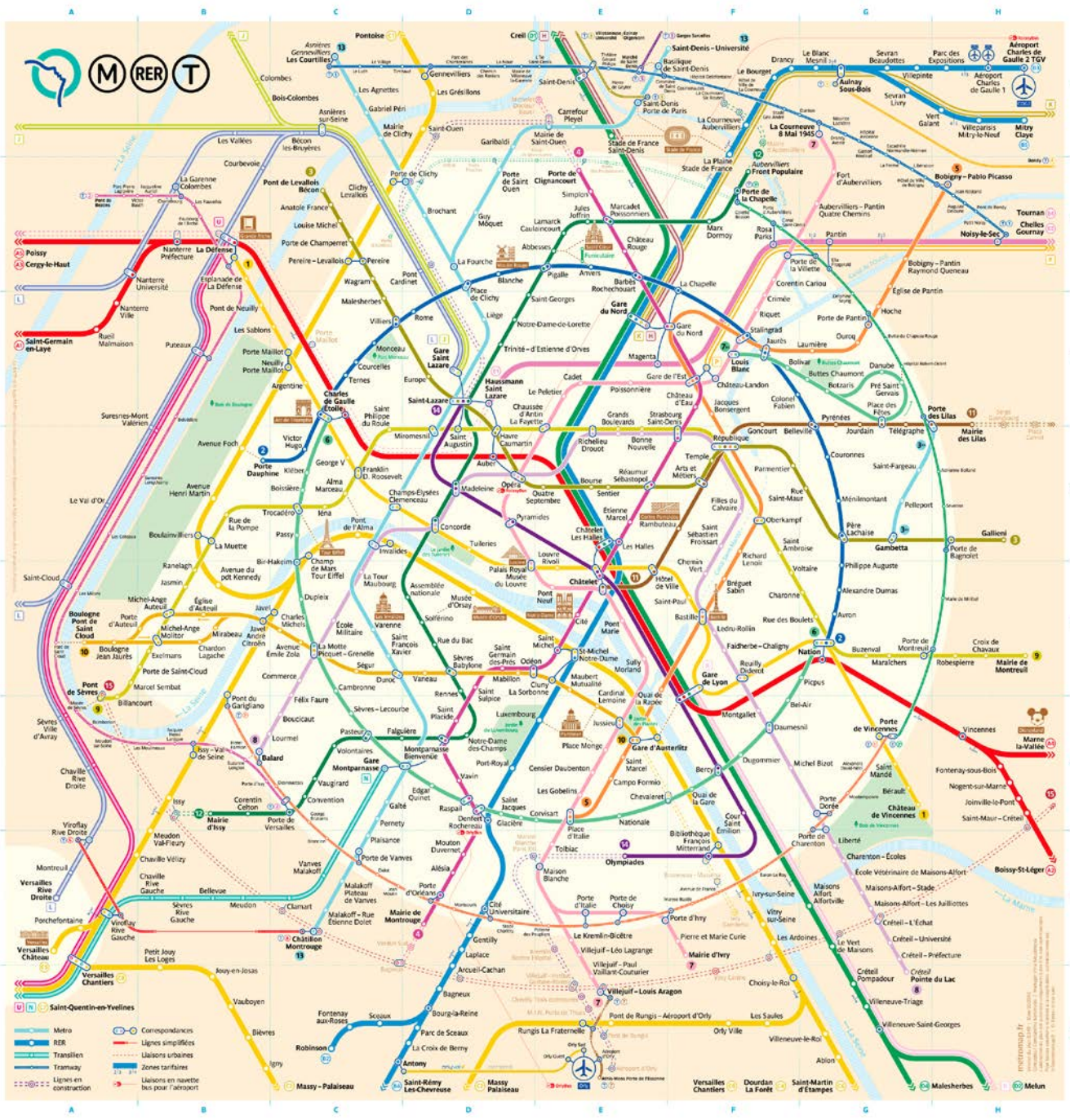
Additional charges:

- for each adult passenger from the 4th onwards: €3
- for luggage, only applies from the second piece of luggage (€1) placed in the boot of the vehicle
- for collection at stations and for the transport of animals are no longer applicable
- no supplement can be requested from persons with disabilities for a wheelchair and/or the animals accompanying them.

For more information:

http://en.parisinfo.com/paris-map/getting-around/taxis-1/guide/taxis_taxi-fares

http://en.parisinfo.com/paris-map/getting-around/taxis-1/guide/taxis_main-taxi-firms



PLACES TO VISIT

The Louvre Museum

Today, the Louvre is one of the most important and most visited museums in the world. It is also the biggest museum in Paris, extending over 210,000 m². This former royal palace, residence of the Kings of France has a long history from the Capetian kings of the 12th century to the present day. During the French Revolution, in 1793, it was transformed into a national museum. In 1988, President François Mitterrand decided to make the Louvre the greatest museum in the world and commissioned the architect Ieoh Ming Pei. The latter built the 20-metre-high glass pyramid which forms the entrance to the museum. The museum presents 35,000 works, in eight different departments: Oriental Antiquities, Egyptian Antiquities, Greek, Etruscan and Roman antiquities, Islamic arts, Sculpture, Art Objects, Paintings, and Graphic Arts.

Address: Musée du Louvre, 75058 Paris - France

Opening hours: Daily (except Tuesday) from 09:00 to 18:00

Night opening until 21:45 on Wednesdays and on Fridays

Fees: For the permanent collections:12€, for the exhibitions in the Hall Napoleon:13€
Combined ticket 16€

URL: <http://www.louvre.fr/en>

The Orsay Museum

A national museum, situated on the left bank of the Seine in the former Orsay railway station, built in 1898 by Victor Laloux for the World Fair. It was converted into a museum and inaugurated in 1986. The collections present Western painting and sculpture from 1848 to 1942, as well as decorative arts, photography and architecture. The Musée d'Orsay conserves and shows the largest collection of Impressionist and Post-Impressionist paintings in the world as well as outstanding Symbolist, Realist and Academic paintings. More than 5,000 paintings and drawings make up this collection including masterpieces like *Le Déjeuner sur l'herbe* and *Olympia* by Édouard Manet, the *Danseuse âgée de quatorze ans* by Degas, *L'Origine du monde*, *Un enterrement à Ornans*, *L'Atelier du peintre* by Gustave Courbet or five paintings from the *Série des Cathédrales de Rouen* by Claude Monet or *Le bal du moulin de la Galette* by Renoir. Temporary exhibitions present the work of an artist, an artistic current, a picture merchant, or a history of art related subject.

Address: 1, rue de la Légion d'Honneur, 75007 Paris

Opening hours: Daily, except Mondays: 09:30 to 18:00,

Night opening until 21:45 on Thursdays

Fees: Museum plus Impressionism and Fashion exhibition ticket: 12€

Regular ticket: 9,50€

URL: <http://www.musee-orsay.fr/en/visit/admission/admission-fees.html>



Eiffel Tower

The Eiffel Tower (nickname La dame de fer which means the iron lady) is an iron lattice tower located on the Champ de Mars in Paris, named after the engineer Gustave Eiffel, whose company designed and built the tower. Erected in 1889 as the entrance arch to the 1889 World's Fair, it has become both a global cultural icon of France and one of the most recognizable structures in the world. The tower is the tallest structure in Paris.

Address: Champ de Mars, 5 Avenue Anatole France, 75007 Paris, France

Opening hours: Daily Lift 09.30 - 23:45 or Daily Stairs 09:30 - 18:30

Fees: Lift entrance ticket valid to 2nd floor: Adults 8.5€

Lift entrance ticket valid to top: Adults 14.50€

Stairs entrance ticket: Adults 5.00€

URL: <http://www.eiffel-tower.com/preparing-your-visit/planning-your-visit.html>

Notre Dame

Notre Dame, the most visited site in Paris, with 10 million people crossing its threshold each year. Notre Dame is not just a masterpiece of French Gothic architecture but has also been the focus of Catholic Paris for seven centuries. Constructed on a site occupied by earlier churches – and, a millennium before that, a Gallo-Roman temple – it was begun in 1163 and largely completed by the mid-14th century. Architect Eugène Emmanuel Viollet-le-Duc carried out extensive renovations in the mid-19th century. The cathedral is on a very grand scale; the interior alone is 130m long, 48m wide and 35m high and can accommodate more than 6000 worshippers.

Address: Place Jean - Paul II, Paris

Opening hours: Monday to Friday 08:00 – 18:45, Saturday and Sunday: 08:00 -19:15

URL: <http://www.cathedraledeparis.com/spip.php?rubrique70>



Quai Branly Museum

Devoted to the art and civilizations of Africa, Asia, Oceania and the non-Western Americas, it is situated on quai Branly opposite the Seine and close to the Eiffel Tower. Designed by the architect Jean Nouvel and inaugurated in 2006 by President Jacques Chirac, it comprises five buildings over a surface area of 40,600 m². The main building which houses the exhibitions is in the innovative shape of a metallic bridge and is a reminder that the Eiffel Tower is close by. The main facade of one of the buildings, facing the Seine on Quai Branly, features an 800 m² plant wall, designed by landscape architect Patrick Blanc. The museum stands in an 18,000 m² garden designed by landscape architect Gilles Clément. It is formed of paths, small mounds and ponds conducive to meditation and daydreaming.

Address: 37, quai Branly, 75007, Paris

Opening hours: Tuesday, Wednesday and Sunday: 11:00 to 19:00
Thursday, Friday, Saturday: 11:00 to 21:00

Fees: Adults 6€- 8.5€

URL: <http://www.quaibranly.fr/en/>

Orangerie Museum

Visit the Musée de l'Orangerie and discover Claude Monet's Water Lilies (Nymphéas) and the Walter-Guillaume Collection with its masterpieces of Modern art from Renoir to Picasso. Situated in the Tuileries Gardens right in the heart of Paris, the Musée de l'Orangerie, renovated in 2006, offers the visitor a poetic and artistic presentation of two prestigious collections.

Address: Jardin des Tuileries, Place de la Concorde, 75001 Paris

Opening hours: Daily (except on Tuesdays): 09:00 to 18:00

English guided tour: 1h30 for individual visitors, Every Monday and Thursday at 2:30 pm

Fees: Full rate: 9€

URL: <http://www.musee-orangerie.fr/en>



The National Museum of the Middle Ages

The National Museum of the Middle Ages is housed in two structures: the frigidarium (cooling room) and other remains of Gallo-Roman baths dating from around AD 200, and the late-15th-century Hôtel de Cluny, considered the finest example of medieval civil architecture in Paris.

Address: 6, place Paul Painlevé, 75005 Paris

Opening hours: Daily except on Tuesday: 09:15 to 17:45

Fees: Full Price 8,50€, Young people 18-25 years old 6,50€

URL: <http://www.musee-moyenage.fr/>

The Luxembourg Gardens

The Jardin du Luxembourg, or the Luxembourg Gardens, is the second largest public park in Paris (224,500 m²) located in the 6th arrondissement of Paris, France. The park is the garden of the French Senate, which is itself housed in the Luxembourg Palace.

Address: Rue de Médicis Rue de Vaugirard, 75006, Paris

Opening hours: Daily 07:15 – 20:15

URL: <http://www.senat.fr/visite/jardin/index.html>

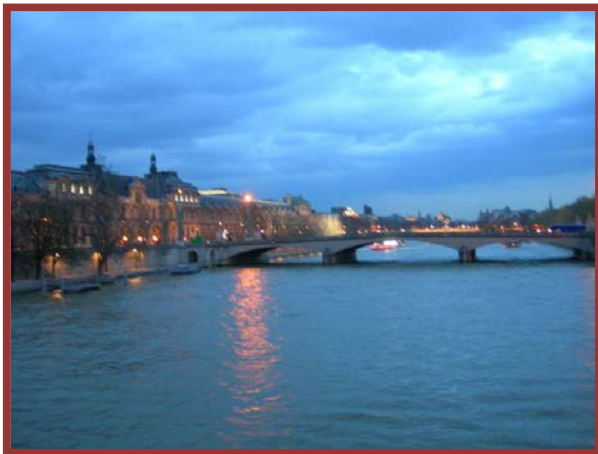


Seine River

In the city of romance, the Seine River is its lifeblood. Formerly a major trade route, today the river's islands, bridges and quays evoke the most romantic visions of Paris. This nostalgia is heightened after dark when the Seine shimmers with the watery reflections of floodlit monuments and bridges.

The Sacred-Heart Basilica of Montmartre

The Basilica of the Sacred Heart of Paris, commonly known as Sacré-Cœur Basilica (French: Basilique du Sacré-Cœur) a Roman Catholic church and minor basilica, dedicated to the Sacred Heart of Jesus, in Paris, France. A popular landmark, the basilica is located at the summit of the butte Montmartre, the highest point in the city. Sacré-Cœur is a double monument, political and cultural, both a national penance for the supposed excesses of the Second Empire and socialist Paris Commune of 1871 crowning its most rebellious neighborhood, and an embodiment of conservative moral order, publicly dedicated to the Sacred Heart of Jesus, which was an increasingly popular vision of a loving and sympathetic Christ.



DINNING IN PARIS

The history of French cuisine dates back to the middle ages. During this time French meals were very similar to Moorish Cuisine, and were served in a style called service en confusion, meaning that meals were served all at once. Meals consisted of spiced meats such as pork, beef, poultry, and fish. In many cases meals were determined by the season, and of what food was in abundance. Meats were salted and smoked to preserve, and vegetables were also salted and put in jars to preserve for the winter months. During this time the presentation of the meal was also very important. The more lavish and colorful the display, the better, and cooks would use edible items such as saffron, egg yolk, spinach, and sunflower for color. One of the most extravagant dinners of this time was a roast swan or peacock, which was sewn back into its skin and feathers to look intact. The feet and beak were gilded with gold to complete the spectacle..

Le Ciel de Paris

A traditional French cuisine characterized by trends for any occasion. You can enjoy your breakfast, your lunch or your dinner having a panoramic view of Paris.

Hours: Daily, Opening hours for breakfast: 07:30 - 11:00

Lunch: 12:00-14:30

Dinner: 19:00-23:00

Address: 33, avenue du Maine, 75015 Paris

Tel: +33 01 40 64 77 64

E-mail: ciel-de-paris.rv@elior.com

URL: <http://www.cieldeparis.com/>

La Maison Courtine

The restaurant La Maison Courtin is located in the heart of the city but far away from the hustle and bustle of every day's life. La maison courtine is a Gourmet French cuisine, located in the 14th arrondissement of Paris. You can enjoy a special meal at the special price of 25€ per person.

Address: 157, avenue du Maine 75014 Paris

Tel: +33 01 45 43 08 04

E-mail: contact@lamaisoncourtine.com

URL: <http://www.lamaisoncourtine.com>



Le Bristol Paris

Le Bristol is a unique European heritage Palace in Paris, representing the ultimate in French luxury and refinement. The hotel is located on the elegant rue du Faubourg Saint-Honoré, at the heart of the fashion and arts district, and since 1925 has been welcoming privileged guests to stay in its 188 recently fully-renovated, spacious and bright rooms and suites decorated in classic eighteenth-century style. The three-Michelin-star gastronomic restaurant Epicure, the magnificent 'French-style' garden and the new Spa Le Bristol by La Prairie will leave you with a lasting memory. The teams at Le Bristol and I are delighted to introduce you to this special place..

Address: 112, rue de Faubourg Saint-Honoré, 75008 Paris

Tel: + 33 (0)1 53 43 43 00

E-mail: reservation@lebristolparis.com

URL: <http://www.lebristolparis.com/eng/welcome/>

Chez Marie Louise

You will enjoy your meal in this small neo-bistro just a stone's throw from the St Martin canal. The simple, delicious dishes on the blackboard include salmon ceviche, shoulder of lamb with cumin, black pudding with herbs and spices, and a selection of tasty desserts.

Address: 11 rue Marie et Louise - 75010 Paris

Tel: + 33 01 53 19 02 04



Les Papilles

Les Papilles are based on a convivial environment to share incisive flavors. In a warm and comfortable setting, you can fill your basket with our delicatessen and renowned wines. Furthermore you can eat and taste our fine dishes on the spot: the ingredients have all been selected on the basis of true flavor and prepared to delight your palate by restaurant's chef named Tom. You can enjoy your meal from 22€

Opening hours: Monday to Saturday 10:30 – midnight

Address: 30 rue Gay Lussac, 75005 Paris

Tel: +33 01 43 25 20 79

URL: <http://www.lespapillesparis.fr/>

Pierre Herme – Patisserie

Towards the end of 1996, Pierre Hermé left Fauchon to start Pierre Hermé Paris® with Charles Znaty. Their first shop opened in Tokyo in 1998, followed by a Salon de Thé in July 2000. In 2001, Pierre Hermé returned to the gourmet scene in Paris. Immediately, the pastry shop at 72 rue Bonaparte in the Saint Germain des Prés area scored a big success. Every day, enthusiastic gourmets rediscovered pastries, macarons and chocolates, with connoisseurs from all over the world flocking to this temple of sweet delights. In 2004, a second shop featuring very innovative interior design opened at 185 rue de Vaugirard. In early 2005, the latest concepts from Pierre Hermé Paris® were launched in Tokyo: a "luxury convenience store" and a Chocolate Bar. Both are located in the Omotesando district, where the biggest fashion brands and companies operating in Japan have stores.

Opening hours: Monday to Thursday 10:00 – 19:00

Friday –Saturday 10:00 – 20:00

Sunday 10:00 – 17:00

Address: 185 Rue de Vaugirard, 75015 Paris, France

Tel: +33 0 1 47 83 89 96



More options to dine in Paris:

www.lemeurice.com

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

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

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

Sources: <http://www.guardian.co.uk/travel/2011/may/06/top-10-french-rench-patisseries-paris>
<http://www.guardian.co.uk/travel/2011/may/06/top-10-paris-restaurants-dining>
<https://www.britannica.com/place/Paris>
<http://www.lonelyplanet.com/france/paris/sights>
<http://www.best-of-france.net/indexus.cfm>
<http://en.wikipedia.org/wiki/Paris>
<http://en.parisinfo.com/>
<https://wikitravel.org/en/Paris>