

Practical Information for LPTHE Visitors

Welcome to the LPTHE. Here is some practical information to orient yourself.

How to get to Paris

The main airport to Paris is the Charles de Gaulle (CDG) International airport. There are two other smaller airports at Orly and Beauvais.

Train to Paris is around 10€, a taxi is around 50€, a shuttle is around 25€.

Train is a convenient and cheap option if you are not carrying a lot of luggage. To come from CDG, you can first take RER B from the airport to the centre of Paris, say to Gare du Nord or Chatelet, and then take a metro close to a stop closer to your hotel. If you are on a short visit, you can buy a “carte visite” which combines your travel within Paris with your trip back and forth from the airport. See below for more information about the metro.

If you have luggage, you may be better off taking a taxi.

For example you can call Taxis Bleus (Blue Taxis) at +33 8 91 70 10 10 or also book the taxi prior to your arrival at their website <http://www.taxis-bleus.com/>

For more numbers of various taxi companies click [here](#).

If you are coming by train, you will arrive directly at a station in the centre of the city such as Gare du Nord, from which you can take the metro or a taxi.

How to get to the LPTHE

The [LPTHE](#) is located in the Jussieu campus (named after a botanist) of the University of Paris VI (Université Pierre et Marie Curie). The campus is in the 5th district (*arrondissement*) in the heart of the Left Bank. Here is the [address](#) and a map.

To come by metro, you can take line 7 or line 10 to the station “Jussieu”. As you come out of the station, the tall central tower of the university is immediately behind you.

The departments and labs in the campus are situated in five-storey buildings that connect a (roughly) 5-by-5 grid of towers. See the map at the end of this document. We are on the 4th and the 5th floors in the corridor 13-14, which connects tower 13 to tower 14. To come to LPTHE, you can take the elevator in tower 13. If the door of the lab is locked you can try to ring the bell. The offices of the secretariat are on the 4th floor.

At present, the university buildings are undergoing a major renovation to remove the asbestos. As a result, things are in a bit of disarray with construction everywhere.

To enter the campus on Sundays you need an access card, or a letter of authorization from the lab that you can request from the secretaries.

Personnel

If you need help, contact Isabelle Nicolai at +33 1 44 27 41 22 (office 405) , Françoise Got at +33 144 27 41 21 (office 407) or Annie Richard at +33 1 44 27 39 90 (office 407).

Internet

The LPTHE has secure wireless access through the university on the Eduroam network, for which you need an Eduroam account. Otherwise, ask for a visitor account to your host or contact our system administrator Lionel Pihery at +33 1 44 27 71 55 (office 420).

You can also use the desktop computers in the offices. You can use a visitor account for which your host can give you the password.

If you are visiting for a longer period or are a member, you can get an account of your own, for which please contact the system administrator.

Lunch, Coffee, Dinner

You can buy sandwiches at any of the bakeries and stalls around the Jussieu campus. There are a number of bakeries and sandwich places in front of the metro station and on Rue des Boulangers. A very good local bakery (*boulangerie*) is Maison Kayser on Rue Monge, which offers a variety of sandwiches and excellent pastries.

On a sunny day you can enjoy your sandwich either at a small garden at Square Paul Langevin or a little farther at Jardin des Plantes or Arènes de Lutèce.

For long-term visitors, the university canteen is a cheaper option for lunches. There is a substantial discount if you are a lab member or a long-term visitor. To take advantage of the discount you need a canteen card, for which you should contact the secretaries with a photo and a letter of appointment.

You can buy espresso coffee capsules from the secretaries, depending on your drug needs.

For lunch and dinner, of course, Paris offers a wide range of restaurants in a wide price range. Check [here](#) for a list of reasonable restaurants in the neighborhood.

Hotels

There are over a thousand hotels in Paris, and unfortunately their quality can vary a lot even within a given price range. The neighborhood around Jussieu is on the pricey side, and you should expect to pay 80€-120€ per night for a reasonable accommodation. A short list of hotels located in the vicinity of the campus (or well connected by metro) can be found [here](#).

Paris Metro

The metro system in Paris is very convenient and among the best organized in the world. Trains run from early in the morning to approximately 1am (on weekdays) or 2am (on weekends). A network of night buses is active during the night. For more information about metro and buses, and to find your itinerary, check the website of [RATP \(http://www.ratp.fr\)](http://www.ratp.fr). RATP stands for “Régie Autonome des Transports Parisiens” or “autonomous body for Parisian transport”.

As of January 2012, each metro ride costs 1.70€. If you are in Paris for a few days, it might be cheaper to buy a “carnet” of ten tickets for 12.50€. You can also buy a “carte mobilis”, which is a pass valid for unlimited travel for a day, or a “carte visite”, which combines your travel within Paris with your trip back and forth from the airport.

For a week or for a month you can get the Pass “Navigo Découverte”, which entitles you to metro and buses for a week from Monday to Sunday, or for a month from the 1st to the end. The price depends on how many concentric “zones” are covered by the pass. See the Navigo website (<https://www.navigo.fr/>) for the details.

Bicycles

With many bicycle lanes opening up, Paris is now getting better for using bicycles, but be watchful of crazy drivers and motorbikes. The new “Velib” bike-sharing system (<http://www.velib.paris.fr/>) is especially convenient, allowing you to rent a bicycle from any of the many bike stations and drop it off at any other bike station. Short-term (day or week) subscriptions can be bought by credit card directly at the stations. Otherwise, a year-long subscription costs only 29€ per year.

Making Phone Calls

Phone numbers in France start with an area code 01 to 05, followed by an eight-digit number. The area code of the Paris region (Ile de France) is 01. All mobile numbers start with 06, and all free numbers start with 08 00. However, note that not all phone numbers starting with 08 00 are free. Internet phone numbers start with 09, and they are available for a local call price.

The phone numbers of the lab members can be found on the [lab website](#) and are of the form 01 44 27 xx xx. To call from within the lab dial 7 followed by xx xx.

To make a local call from the phone in your office, first dial 0 and then the number you want. For example, to call a number in Paris you would dial 0 01 nn nn nn nn.

If you are calling a Parisian number from abroad, you would dial +33 1 nn nn nn nn, where +33 is the country code for France.

To make outgoing international calls, it is best to use a prepaid card. A good card is ‘Euro Latina’, which you can obtain from a grocery store (*alimentation*), for example, at the corner of Rue du Cardinal Lemoine and Rue des Ecoles.

To get a mobile phone (*téléphone portable*), you could visit, for example, [The Phone House \(http://www.phonehouse.fr/\)](http://www.phonehouse.fr/) which offers service with Orange either with contract for one or two years or on shorter terms. Other mobile providers in France are SFR and Bouygues.

If you stay longer in Paris, you might be interested in getting a fixed phone line, and internet at home. Thanks to the competition between operators, prices are low. For 30€ a month, you can get ADSL internet, unlimited phone calls to 70 countries, and more than 200 TV programs. To subscribe, check the [Free \(http://www.free.fr\)](http://www.free.fr/) or [Neuf Telecom \(http://www.neuf.fr/\)](http://www.neuf.fr/) websites.

French

If you are a beginner in French, you can find some basic French phrases on this [website](#). On the internet, www.wordreference.com is a very good website for a dictionary and language forum. You also can check [this website](#) for pronunciation, and [Google Translate](#) for sometimes weird but overall passable translations.

Bank and Post Office

Popular banks in Paris are, e.g., BNP (“Banque Nationale Paribas”) and Crédit Mutuel. To open a bank account, please ask Isabelle Nicolai for a letter of support.

With your bank account, you will usually get a debit card such as Carte Bleu or Maestro for a minimal fee. In France debit cards are commonly used. To obtain a credit card such as Visa or MasterCard you typically have to pay an annual fee around 50€.

With your debit card you can withdraw money from any ATM for no additional fee.

The post office, called “La Poste”, also offers a bank account and a debit card. Near the campus there is a post office on Rue du Cardinal Lemoine.

Academic Activities

LPTHE is associated with [LPTENS](#) and [LPNHE](#) in the “Fédération de Recherche Interactions Fondamentales”, or FRIF (<http://www.lpthe.jussieu.fr/fed/>), which helps organizing common physics activities related to fundamental interactions, including string theory, particle physics, cosmology, and astro-particle physics.

All physics seminars in Paris are posted on the SEMPARIS website (<http://semparis.lpthe.jussieu.fr/list>), and a list of string-theory-related academic activities in the Paris area, as well as a list of visitors, can be found in the website [String Theory in Greater Paris \(http://string.lpthe.jussieu.fr/\)](http://string.lpthe.jussieu.fr/).

We have a string theory group meeting at LPTHE every Monday at 11am in the LPTHE library (*bibliothèque*).

The joint string theory seminar (Rencontres Théoriciennes) takes place from 10am to 1pm (two seminars with a break at 11:15) every second Thursday at IHP (Institut Henri Poincaré near the Pantheon).

Seminars on particle physics phenomenology at LPTHE are usually held on Fridays at 2:30pm.

The LPTENS has a journal club every Wednesday morning at 11am which is often coordinated together with the group meeting at the LPTHE.

One Monday every month, we have a colloquium organized by the FRIF at 4:30pm at the amphitheatre Astier in “Batiment Esclangon”.

Finally, every fourth Friday of the month at 5:45pm we hold a “Séminaire Cognac” in the LPTHE library, to discuss physics and philosophy in a conducive environment.

Library

We have a reasonable choice of physics and maths books in the LPTHE library. You can search and borrow books online on [this link](#).

Sports and Recreation

Swimming is an easily accessible and popular sport activity in Paris. There are a number of public swimming pools (*piscines*) available around the city. You can find more information about opening times and locations [here](#).

Close to the Jussieu campus, there is a good swimming pool in a nice Art Deco building at the [Club Quartier Latin \(http://www.clubquartierlatin.com/\)](http://www.clubquartierlatin.com/). It is within five minutes from the campus on [Rue Thouin](#), with convenient opening times. Each swim is around 3€, but you can also buy a “carnet” or a longer term program. The club also offers a variety of fitness activities for members, but the yearly membership fees are not cheap.

Of course, you know that Paris has lots of museums and monuments! You can get information on the Paris tourist information [website](#). Note that some national museums, as well as museums that [belong to the city of Paris](#), are now open for free.

Luckily, Parisians' deep love and respect for cinema trumps their notorious linguistic chauvinism, with the result that foreign movies are mostly shown in original language with subtitles in French (look for “VO”, i.e. “Version Originale”). To get the program of local cinemas go to the [allocine \(http://www.allocine.com\)](http://www.allocine.com) website.

Emergencies

Medical (SAMU)	15
Police	17
Fire / accident (pompiers) :	18
European Emergency Number	112
Anti Poison Center	01 40 05 48 48
Doctors (SOS medecins - house call)	01 47 07 77 77

If you are looking for the nearest hospital, check on [google maps](#).

Shopping

For your daily shopping, Monoprix and Franprix (cheaper) are ubiquitous supermarket chains. The stores usually open at 8:30am from Monday to Saturday, and the closing times vary (some of them are open until midnight).

If you need something after-hours or on Sundays, you can also find basic products in corner grocery stores, some of which are open until midnight.

Paris is of course a great place for shopping. You can get [here](#) a map of the department stores (*Grands Magasins*). “Printemps” and “Galeries Lafayette” are specialized in clothes and perfumes. “BHV” is specialized in, well, everything! A cheaper option for clothes is “C&A”.

If you are looking for wine, “Nicolas” (<http://www.nicolas.com>) is a chain of good shops where you can also get tips on what to buy.

Campus Map (NOTE: accessibility varies with the progress of construction works)



