

ILE-DE-FRANCE UNDER THE LIGHT

PARIS & ILE-DE-FRANCE

- GUIDE TO TRAVEL AND TO LIVE IN ILE-DE-FRANCE -



DISCOVER THE MAGNIFICENCE OF THE REGION ILE-DE-FRANCE AND
THE CITY OF PARIS AND KNOW MORE ABOUT THE LIFESTYLE THERE

-By Ophélie VENTURINI -

YEAR OF 2021

PRESENTATION

"Ile-De-France under the light" is a project from Ophélie VENTURINI to promote the region Ile-De-France in countries, such as the United States of America, especially in Raleigh, North Carolina.

THANK YOU
FOR READING

A LITTLE STORY ABOUT MOVING IN PARIS, ILE-DE-FRANCE

"I hope to transmit to you my admiration for this region which allowed me to bloom, to grow, and to realize my dreams."

I remember my arrival in Paris like it was yesterday! I stayed there for a year, for my professional gap year as part of my Master's degree, because I had found my two internships of 6 months each there.

When I arrived in the capital and took a cab to my university residence, I was directly in front of the Paris I imagined: a signature architecture and a multitude of monuments. I saw the Place de la Bastille, the Notre-Dame-De-Paris Cathedral and the Palais du Luxembourg on my way. I was impressed by the architectural and cultural richness of the city, even though I had only been there for about ten minutes. And yet this was only the beginning of a thousand discoveries, adventures and encounters in the Ile-De-France region.

Thus, in January 2020, I arrived in the capital at the age of 20. In September 1988, my mother arrived in the capital at the age of 20 too. Before my departure, she told me how great Paris is, there is so much to do. She was not wrong. Every day brought its share of discoveries and meetings. Every day, there was no such thing as boring. Every day, I grew thanks to the open-mindedness and the history of the city and the region.

Finally, it is said that Paris is the city of patrimony and culture, but also of opportunities and dreams. This city has allowed me to do a second internship in which I have fully grown professionally and mentally. But it also allowed me to bring out a buried dream: to take up

ballet again! And Paris is well known for being a reference in the world of ballet. I had done 6 years of ballet when I was younger and had to stop. 7 years later, I pushed the door of a famous Parisian ballet school, with my slippers in hand and the right outfit. Every day, there was no such thing as boring. Every day, I grew thanks to the open-mindedness and the history of the city and the region.

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So, through this guide, I hope, dear readers, that you will feel how rich the patrimony and culture of Ile-De-France are, and that every day is different. But also I hope to transmit to you my admiration for this region which allowed me to bloom, to grow, and to realize my dreams! Escape during your reading and then take the first plane to France, to live beautiful adventures!



S U M M A R Y

VISIT

MONUMENTS, MUSEUMS & PLACES

Discover a list of famous monuments and places to visit and to walk in, including districts, gardens, restaurants, etc.

EAT

GASTRONOMY & RECIPES

Know more about gastronomy and cook some of the famous plates in Paris and Ile-De-France

LIVE

LIFE IN ILE-DE-FRANCE : STYLE, TIPS, VISION

Learn about the lifestyle in Ile-De-France to get a vision of the life there and get some tips about it

TRAVEL

WHAT TO DO IN ILE-DE-FRANCE IN : 1 WEEK-END & 1 WEEK

Travel to Ile-De-France and find the perfect organisation for your trip, to discover the treasures there

INTERVIEWS

4 INTERVIEWS FROM AMERICAN STUDENTS

Discover what American students are expecting from Paris and Ile-De-France and how they imagine spending time there

MONUMENTS TO SEE

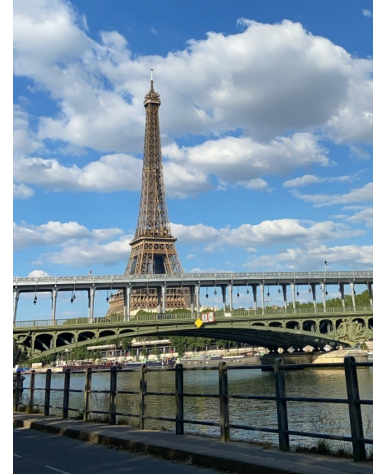
HERE IS A LIST OF FIVE MONUMENTS TO SEE WHEN COMING TO ILE-DE-FRANCE

EIFFEL TOWER

The Eiffel Tower is a puddled iron tower 324 meters high, located at the end of the Parc du Champ-de-Mars in the 7th arrondissement. Initially called “tower of 300 meters”, it was built in two years by Gustave Eiffel and his collaborators for the Universal Exhibition of Paris of 1889. Nowadays, it is the symbol of the capital and a leading tourist site, being the third most visited French cultural site in 2015 and has welcomed since its opening more than 300 million visitors.

The Eiffel Tower remained the tallest monument in the world for forty years. The Eiffel Tower is also used as a transmitter for radio and television programs.

CHAMP DE MARS, 5 AVENUE ANATOLE FRANCE, 75007 PARIS



ARC DE TRIOMPHE

The construction of the Arc de Triomphe was decided by Emperor Napoleon I, began in 1806, and ended in 1836.

The Arc de Triomphe is a monument located at the junction of the 8th, 16th and 17th districts. It is at the top of one of the most famous avenues in the world, the Avenue des Champs-Élysées. It is one of the most famous and one of the oldest monuments in Paris, literally a must-see.

PLACE CHARLES DE GAULLE, 75008 PARIS

BASILIQUE DU SACRE-COEUR

The Basilique du Sacré Coeur, a political and cultural monument, is located on the top of the Butte Montmartre in the 18th district. It is the second most visited religious monument in Paris, with 11 million visitors per year.

In 1870, Bonaparte was imprisoned after his defeat against Prussia and capitulated. Paris is thus occupied by German troops. For Catholics, these events have a religious reason. The Archbishop's idea is to build a religious building to protect the city. A text of “national vows” was drawn up in 1871 and accepted by Cardinal Guibert, Archbishop of Paris the following year : the basilica was dedicated to the Sacred Heart.

It was declared of public utility by a law passed on July 24, 1873 by the National Assembly, officially completed in 1923.

Its location at an altitude of 130 m near one of the highest points in Paris, and its dome which rises to 83 meters, make it visible from a great distance.

35 RUE DU CHEVALIER DE LA BARRE, 75018 PARIS



CATHEDRALE NOTRE-DAME-DE-PARIS

Notre-Dame de Paris Cathedral, located on the Ile de la Cité, is a place of Catholic worship. It was the place of many episodes in the history of France : the arrival of the Holy Crown in 1239, the coronation of Napoleon I in 1804, the baptism of the Duke of Bordeaux in 1821, the funeral of several presidents of the French Republic such as Charles de Gaulle, Georges Pompidou, François Mitterrand and more. Also, a Magnificat was sung there during the liberation of Paris in 1944.

The cathedral was an inspiration for many artistic works such as the novel “Notre-Dame de Paris” by Victor Hugo (1831). It was visited by around 13 million people each year during the first decade of the 21st century. The building is classified as the most visited monument in Europe and one of the most visited in the world until 2019. Then, it represents an emblematic monument of Paris, France and Europe.

A violent fire on April 15, 2019 devastated a huge part of the cathedral and so, Notre-Dame has been closed to the public since that date and its reopening to the public should be for 2024.

6 PARVIS NOTRE-DAME - PL. JEAN-PAUL II, 75004 PARIS



OPERA GARNIER

The Opera Garnier is a national theater and an academy of music, choreography and lyrical poetry, located in the 9th district of Paris, on the Place de l'Opéra, and is listed as a historic monument since 1923.

The building is representative of the eclectic architecture of the second half of the 19th century. It was designed by the architect Charles Garnier following a competition and its construction, decided by Napoleon III but interrupted by the war of 1870, was resumed at the beginning of the Third Republic, after the destruction by fire of the opera house. The building was inaugurated on January 5, 1875 by President Mac Mahon.

This opera house was called “Paris Opera” until 1989 and now referred to the name of its architect : “Opera Garnier”. It is included, with the Opéra Bastille, within the French institution “Opéra National de Paris”, which implements the performance of lyrical and ballet shows of very high quality.

PLACE DE L'OPÉRA, 75009 PARIS

DISNEYLAND PARIS

Disneyland Paris is a tourist complex located in the commune of Chessy (Seine-et-Marne), thirty-two kilometers east of Paris. Opened in 1992, it includes two theme parks: Disneyland Park, of the "Enchanted Kingdom" type, and Walt Disney Studios Park, a theme park on cinema and animation, but also the Disney Village, a space offering stores, restaurants and entertainment, and finally seven hotels and a golf course.

BOULEVARD DE PARC, 77700 COUPVRAY



PLACES AND GARDENS

HERE IS A LIST OF FIVE PLACES TO GO TO WHEN COMING TO ILE-DE-FRANCE

JARDIN DES TUILERIES

The Tuileries Garden is a Parisian park with a garden area of 26 hectares, located in the 1st district and created in the 16th century, on the site of the old tile factories to which it owes its name.

It is bounded by the Louvre Palace, Rue de Rivoli, Place de la Concorde and the Seine. It represents the oldest French-style garden in Paris. André Le Nôtre, a famous gardener of the king, attributes its appearance to 1664 which becomes a place of walking and culture with statues such as Maillol, Rodin or Giacometti.

The Tuileries Garden is listed as a historical monument since 1914 and belongs to the domain of the Louvre and the Tuileries.

PLACE DE LA CONCORDE, 75001 PARIS



JARDIN DU LUXEMBOURG

The Luxembourg Garden is a garden open to the public, located in the 6th district of Paris. It covers 23 hectares decorated with flowers and sculptures. The garden, like the palace, has retained the name of the old mansion on which it was built, the Hôtel de Luxembourg.

It was created in 1612 for Marie de Medicis, to decorate and furnish the Luxembourg Palace and had a restoration directed by the architect Jean-François-Thérèse Chalgrin under the First Empire.

Today, this domain belongs to the Senate.

26 RUE VAUGIRARD, 75006 PARIS



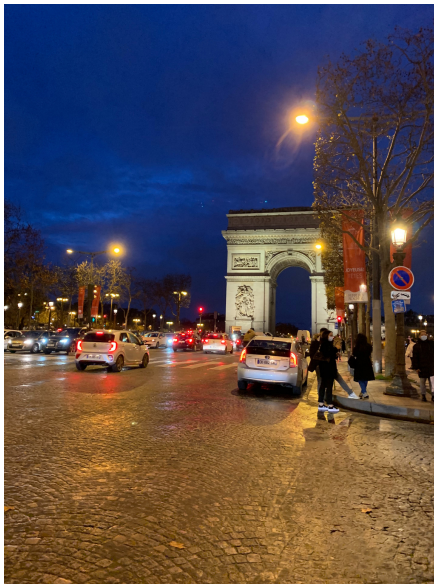
MONTMARTRE

Montmartre is one of the most emblematic districts Paris, with an authentic charm, famous for the Sacré-Coeur Basilica and its long view over Paris.

It is also the site of various squares and buildings : the Butte Montmartre with the Place du Tertre, the Dalí space, the vines of Montmartre, the Cabaret du Lapin Agile, the Montmartre museum, the famous Moulin Rouge, the shops of the rue Lepic, the cosmopolitan street of Steinkerque, the district of Pigalle, etc.

There is also the famous Maison Rose, a legendary restaurant featured in various works, the most recent is the tv show "Emily in Paris" where the main protagonist appears there having a snack.

75018 PARIS



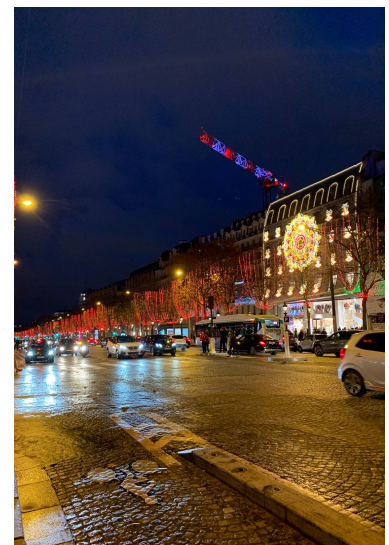
AVENUE DES CHAMPS-ÉLYSÉES

The Avenue des Champs-Élysées is nicknamed "the most beautiful avenue in the world", a must-see place and a real symbol of Paris. It covers around 2 kilometers, between the place of the Concorde and the Arc de Triomphe. It is full of various restaurants such as Ledoyen, luxury brands (Louis Vuitton, Tiffany & Co, ...), various boutiques (Abercrombie, Zara, ...) and clubs. Each year, this is the site of popular events such as the July 14 parade, the Christmas lights, and others.

The Avenue des Champs-Élysées also includes several major museums, such as the Grand Palais, the Petit Palais or the Louis Vuitton cultural center.

Finally, at the end of this avenue is located the Arc de Triomphe, at the top of which the panoramic view covers all of Paris.

AVENUE DES CHAMPS-ÉLYSÉES, 75008 PARIS



MUSEUMS TO VISIT

HERE IS A LIST OF FIVE MUSEUMS TO VISIT WHEN COMING TO ILE-DE-FRANCE

MUSÉE D'ORSAY

The Orsay Museum is a national museum inaugurated in 1986, located in the 7th district, and is one of the largest museums in Europe. It is installed in the former Orsay train station, which has been converted into a museum following the decision of President Valéry Giscard d'Estaing.

Its collections of works highlight Western art from 1848 to 1914, with paintings, sculptures, decorative arts, graphic arts, photography, and more. The museum has the most important collection of Impressionist and Post-Impressionist paintings in the world, with a total of over 3,650 works of art, with masterpieces of painting and sculpture : The Luncheon on the Grass and the Olympia by Édouard Manet, The Little Fourteen Year Old Dancer by Degas, The Origin of the World, The Painter's Workshop by Courbet, Cézanne's Card Players, five paintings from the Rouen Cathedrals Series by Monet and Renoir's Bal du Moulin de la Galette.

1 RUE DE LA LÉGION D'HONNEUR, 75007 PARIS

Visits available from free to 16euros



PALAIS DU LUXEMBOURG

The Luxembourg Palace was built in 1625 by Salomon de Brosse for Queen Marie de Medicis, and welcomed the royal family before being transformed into a prison during the Revolution.

In 1800, Napoleon Bonaparte transformed the building by the architect Chalgrin and installed the first senators there, forming the "Conservative Senate" in 1804.

In 1814 after the latter's dismissal, Senate was replaced by the "Chamber of Peers". In 1836, Louis Philippe asked the architect Alphonse de Gisors to enlarge the palace to accommodate the 271 people who worked there and became the building as it is today.

During World War II, the palace was occupied, then freed in 1944.

In 1958, General de Gaulle, creating the Fifth Republic, re-established the Senate which is the current one, with 321 senators who meet to examine the legal texts during six standing committees. The President of the Senate is the second most important figure in the state after the President of the Republic. Its library contains 450,000 books.

RUE DE VAUGIRARD, 75006 PARIS

Visits available during the patrimony days





HOTEL DES INVALIDES

The Hôtel des Invalides is a monument built under Louis XIV and designed by Liberal Bruand and Jules Hardouin-Mansart, making this hotel one of the most emblematic masterpieces of classical French architecture.

Its function was to accommodate the invalids of its armies there and it also houses the Saint-Louis des Invalides Cathedral, as well as several museums and a military necropolis with the tomb of Napoleon I.

It is also a place dedicated to organizations focused on the memory of veterans and the support of wounded soldiers, being the seat of high military authorities like the military governor of Paris.



The hotel houses the Musée des Armées since 1905 and conserves 500,000 objects. It is the most important military history museum in France and one of the very first in the world.

The permanent collections of the museum are divided into so-called "historical" collections, presented in specific spaces chronologically from Antiquity until the end of the Second World War, with objects belonging to "thematic" groups (paintings, decorations ...).

The large Esplanade des Invalides connects the Alexandre III bridge to the Hôtel des Invalides, and offers magnificent views of the beautiful monuments in Paris.

129 RUE DE GRENELLE, 75007 PARIS

Visits available from free to 14euros



MUSEE DU LOUVRE

The Louvre Palace, now the largest museum in Paris called "Louvre Museum", is a former royal palace located in the 1st district, near the Tuileries Garden, built from 1190 until 1202. Charles V established his residence there.

It covers a built area of approximately 135,000 m². It is thus the largest palace and the second largest building in Europe.

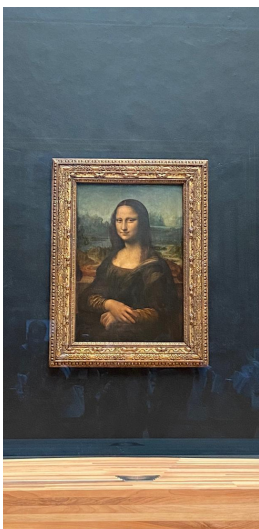
It contains works of Western art ranging from the Middle Ages to 1848, ancient Eastern civilizations, Egyptian, Greek, Etruscan, Roman, graphic arts and the arts of Islam. It has many emblematic masterpieces such as the Mona Lisa, The Raft of the Medusa, the Venus de Milo, The Winged Victory of Samothrace, etc. It counts 35,000 works.

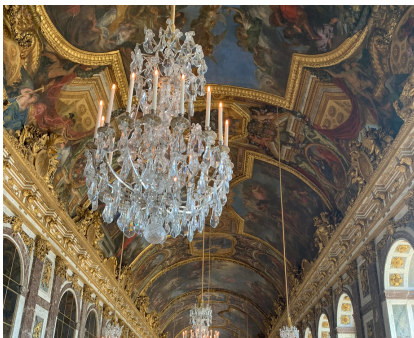
Since its existence, the Louvre has been marked by various architectural currents, ranging from the medieval fortress of the 12th century to the glass pyramid of Pei (1989). Also, the famous architects Mario Bellini and Rudy Ricciotti created the undulating glass roof covering the Visconti courtyard which floods the Islamic Arts department with light.

It is the most visited museum in the world (more than 10 million visitors in 2018) and is the most visited cultural site in France, well ahead of the Eiffel Tower.

RUE DE RIVOLI, 75001 PARIS

Visits available from free to 17euros





CHATEAU DE VERSAILLES

The Palace of Versailles is the mythical architectural representation retracing the development of 17th-century architecture, and the 18th century.

With the gardens, the national domain represents one of the most illustrious monuments, between the royal apartments, the Hall of Mirrors, Chapel, the Royal Opera and the Museum of the History of France. It has a park decorated with statues, fountains and waterbeds and important buildings such as the Grand Trianon, Petit Trianon, Temple of Love, Hamlet of Queen Marie-Antoinette.

The Grand Trianon was founded by Jules Hardouin-Mansart in 1687. From its construction, the Trianon was surrounded by flowerbeds and terraces adorned with tens of thousands of fragrant flowers. These plants provide gorgeous decor.

Occupied by Louis XIV who welcomed his family there, it was then frequented by Marie Leszczynska. Marie-Antoinette prefers the Petit Trianon offered to her by Louis XVI. Napoleon stayed there a few times after having ordered its restoration. General De Gaulle decided in 1963 to rehabilitate the premises to accommodate the figures of the Republic and organize a presidential residence in the North Wing.

The Hall of Mirrors (Galerie des Glaces) was built between 1678 and 1684, designed by the architect Hardouin-Mansart, decorated by Charles Le Brun, and is famous for its 17 panels made up of 21 mirrors each and which take place facing the 17 windows overlooking the large gardens. The Gallery was part of the king's large apartment. It was the place of passage between the two wings of the castle, but also a place for very large receptions.

It was also a place of great historical moments. In January 1871, it was here that the German Empire was proclaimed, ending German unification. In January 1919, Treaty of Versailles was signed there.

The window of the Hall of Mirrors reveals the perspective of the Castle Gardens. These Gardens are the work of the famous André Le Nôtre, who designed it and extended the axis by widening the Royal Alley.

In 1661, Louis XIV entrusted André Le Nôtre to create and furnish the Gardens of Versailles. He obtained the help of several other great artists such as Jean-Baptiste Colbert, who directed the building site, Charles Le Brun appointed First Painter to the King in January 1664, who drew a large number of the statues and fountains present, and the King himself in all the projects and wants the hand over all the details. Later, the architect Hardouin-Mansart built the Orangerie.

PLACE D'ARMES, 78000 VERSAILLES

Visits available from free to 27euros



LET'S COOK

FRENCH RECIPES TO TRY

CHOCOLATE
MACARONS

ORANGE BLOSSOM
MACARONS

TRADITIONAL
CROISSANTS

FRENCH MACARONS

HERE ARE TWO RECIPES FOR FRENCH MACARONS BUT FIRST, LET'S TALK ABOUT THE HISTORY



The macaron first appeared in Europe during the Middle Ages, in Italy. Catherine de Médicis served it at the wedding of Duke Anne de Joyeuse, in Ardèche, in 1581 then the macaroon appeared in Saint-Jean-de-Luz in 1660, where a pastry chef gave it to King Louis XIV to celebrate his marriage.

In 1682, the macaron appeared in Paris, by catering officers by the name of Dalloyau who served the macaroons to royal members. From 1880, it appeared in the Belleville district in Paris, was popularized in the Latin Quarter by the Pons tea room, which is today taken over by the Dalloyau descendants.

At the start of the 20th century, the "Parisian macaroon" appeared thanks to pastry chef Ladurée, who imagined it sweeter and more fragrant, garnished with jam or buttercream, and colored. Pierre Hermé will also go back to his basics to produce it.

These two signatures, Ladurée and Hermé, are very popular in Paris for macarons.



CHOCOLATE MACARONS

HERE IS THE RECIPE FOR THE MOST POPULAR MACARONS FROM ILE-DE-FRANCE

FOR 8 MACARONS :

- 140g of powdered sugar
- 90g of almond powder
- 15g of cacao powder (brut)
- 100g of dessert chocolate
- 20g of butter
- 10g of powdered sugar
- 2 medium eggs
- 10cl of liquid cream

LET'S COOK STEP BY STEP :

1. Mix the sugar (140g), cocoa and almond powder in a bowl to obtain a very thin mixture.
2. Whip the egg whites to very firm snow and add the powdered sugar (10g).
3. Add the whites to the powder (cocoa/almond /sugar) and mix to obtain a smooth paste.
4. Make small circles on a sheet of baking paper by using a pastry bag and leave it in the open air for 20 minutes for them to rest.
5. Preheat the oven to 150 ° C and put the circles in it when it's ready for 20 minutes (15 min if small)
6. Make the ganache by heating the cream and putting in it the chocolate pieces and mix, then add the butter, mix again and keep in the fridge for 20min.
7. Take out the macarons from the oven : they must be dry on the collar and top, still "wet" on the inside. Let them cool for 30min, peel them off and garnish them.
8. Place the macarons in the fridge overnight, so the macarons will be even more tender!



ORANGE BLOSSOM MACARONS

HERE IS THE RECIPE FOR THE VERY LIKED MACARONS FROM ILE-DE-FRANCE

FOR 8 MACARONS :

- 100g powdered sugar
- 100g regular sugar
- 15g regular sugar
- 100g Almond powder
- 2 egg whites
- 200g white chocolate for baking
- 40g Liquid fresh cream
- Orange blossom water

LET'S COOK STEP BY STEP :

1. Mix the almond powder and powdered sugar in a bowl and reserve.
2. In a saucepan, combine the sugar and water, then heat.
3. Meanwhile, whip 2 egg whites until stiff, incorporating the 15g of sugar, beating well.
4. Remove the pan from the heat and put the cooked sugar over the whipped egg whites, mix again then stop to mix when the paste is smooth and fairly consistent
5. Then, add the egg whites over the almond/powdered sugar mixture and mix with a stiff spatula.
6. On a baking sheet and using a pastry bag, make small circles with the paste.
7. Leave it in the open air for 30 minutes.
8. Bake for 17 minutes at 150 ° C. Let cool before filling them with the ganache and gently peel off.
9. Prepare the ganache by melting together the white chocolate, the liquid cream and 3 spoons of orange blossom water, let it cool for 30min in the fridge.
10. Fix the macaron shells in pairs with the orange blossom ganache. Put in the fridge for the night before tasting.



CROISSANTS &

KNOW MORE ABOUT THESE FAMOUS VIENNOISERIES THAT FRENCH PEOPLE LOVE IN THE MORNING WITH COFFEE

The croissant has an Austrian origin, inspired by the 13th-century viennoiserie rich in "kipferl" butter, a moon-shaped roll with a vanilla flavor.

One night, when the troops of the Ottoman Empire wanted to attack the city of Vienna, a baker sounded the alarm and saved the city, so this pastry was created to celebrate this victory and its moon shape, therefore, recalls the symbol of the flag Ottoman.

In France, Marie Antoinette, originally from Vienne, popularized the croissant in the capital.

The first croissants were sold in a bakery opened by two brothers August and Ernest Zang in Paris at rue de Richelieu, between 1837 and 1839 and others imitated it, making the croissant a staple in the region of the capital and in France in general.

In 1950, the croissant officially became a traditional and essential part of French breakfast.



PAINS AU CHOCOLAT

AFTER THIS PAGE YOU WILL FIND THE TWO RECIPES NEEDED TO CREATE THOSE FAMOUS VIENNOISERIES



Little is known about the history of pain au chocolat.

This viennoiserie would have been created by the chocolatier Nicolas Berger after the Second World War, in the 20th century. At first, it looked like a baguette or bun filled with dark chocolate given to children for their snack and then made with puff pastry with croissants.

While the name "pain au chocolat" is the most popular, this viennoiserie is also known as the "chocolatine" in the southwest of France since the 15th century when the English who occupied Aquitaine at that time the called "chocolate in bread" but pronounced with the French accent "chocolat in" gave rise to "chocolatine".



CROISSANTS

HERE IS THE RECIPE FOR THE MOST POPULAR VIENNOISERIE OF ILE-DE-FRANCE AND FRANCE IN GENERAL

FOR 16 CROISSANTS :

- 500g of flour
- 10g of dry baker's yeast
- 60g of sugar
- 10g of salt
- 200ml of milk
- 3 eggs including 1 to brown
- 200g unsalted butter

LET'S COOK STEP BY STEP :

1. Put the flour in a bowl, make a well and crumble the yeast. Add the sugar and salt. Then add the lukewarm milk and the eggs. Knead to obtain a supple and homogeneous dough. Roll into a ball and let stand for 1h.
2. When the dough has doubled in size, knead it to make it fall, then place it in the refrigerator for 30 min.
3. Butter the dough : roll out the dough on a floured work surface using a floured rolling pin. Place the butter in the middle of the dough, spreading it out.
4. Wrap the butter with the dough and seal the edges well if necessary with slightly damp fingers.
5. Lengthen the dough obtained with a rolling pin. Start by lengthening from the middle to form a large rectangle long enough to be able to fold in 4: fold the 2 ends towards the center, then fold in 2.
6. Turn the dough to have the fold on the righting stretch to form a large rectangle, repeat the operation
7. Leave to rest for 30 minutes in the refrigerator.
8. Spread the dough finely in a rectangle and make triangles. Roll each triangle ending with the tip
9. Prepare 2 sheets and place the croissants, spacing them.
10. Let them swell for about 1 hour before browning them with egg yolk diluted in a little water
11. Preheat the oven then put in it for 10/15 min at 210.



PAINS AU CHOCOLAT

HERE IS THE RECIPE FOR THE FAMOUS VIENNOISERIE OF ILE-DE-FRANCE AND FRANCE IN GENERAL

FOR 16 PAINS AU CHOCOLAT :

- 500g of flour
- 10g dry baker's yeast
- 10g of salt
- 60g of sugar
- 200ml milk
- 200g of butter
- 2 eggs + 1 to brown
- 32 bars of dark chocolate



LET'S COOK STEP BY STEP :

1. Do the same dough as for the croissants (mix the flour, the salt, the sugar, the yeast, the eggs, the milk in a bowl and let it for 1h at room temperature, and wrap the butter in the dough in the same way)
2. Lengthen the dough obtained with a rolling pin. Start by lengthening from the middle to form a large rectangle long enough to be able to fold in 4: fold the 2 ends towards the center, then fold in 2.
3. Turn the dough to have the fold on the righting stretch to form a large rectangle, repeat the operation
4. Leave to rest for 30 minutes in the refrigerator.
5. Spread the dough finely in a rectangle and add the two chocolate bars to it.
6. Prepare 2 sheets and place the pains au chocolat, spacing them.
7. Let them swell for about 1 hour before browning them with egg yolk diluted in a little water
8. Preheat the oven then put in it for 10/15 min at 210.





HOW TO ADOPT THE LIFESTYLE FROM THERE ?



HERE ARE STEPS TO LIVE AS A PARISIAN AND AN ILE-DE-FRANCE INHABITANT : GET READY FOR IT !

- Step 1 : To be perfectly dressed for it -

" Paris dicte la mode au monde entier" - Maria Callas

LET'S TALK A LITTLE ABOUT HISTORY

Paris, also the region Ile-De-France in general, is seen as the capital of Haute Couture. Charles Frédéric Worth created the first Haute Couture house in Paris and then, a few years after, the city became the international scene for talents because of the elegance of the Parisian and the sophisticated atmosphere of Paris and its region.

French fashion owes a lot to women of the 20th century who represent the feminine chic, grace and elegance as Coco Chanel who made her suit and little black dress fashion icons, or as Jeanne Lanvin and Madeleine Vionnet and their modern dresses. They knew how to transform a few simple pieces into a true work of art by being inspired by Paris and its region!

After World War II, more than a hundred houses were created such as Christian Dior, Yves Saint Laurent, Hubert de Givenchy and Pierre Balmain, and even today, they have a real international impact and still make their fashion shows in Paris and its region.

Paris remains the capital of fashion despite competition from other countries such as Italy or England. It now attracts much more than its clothes: I am talking about handbags, jewelry, accessories, created and worn here!

The French touch from Paris and its region never ceases to shine all over the world, and continues to inspire creators, fashion and customers.

60% Find the Parisian fashion
classy and distinguished*



*Based on a survey of 79 French persons, aged from 18yo until 60yo

MUST-HAVE FOR WOMEN TO EMBRACE THE STYLE FROM THERE

Three words can perfectly describe the style from there : simple, elegant and timeless.

The white shirt is a must-have in the woman's wardrobe, whether it's oversized or slim-fitting. Similarly, pieces created with tweed are a must-have, as they recall the vision of Coco Chanel. Also, a simple, one-color suit is always a good idea in Paris and Ile-De-France. The colors of the clothes worn here are usually neutral, like beige, white or black. You can add an extra touch to your outfit with accessories and shoes to make the outfit original, like the famous hat called "beret" or a small handbag.



MUST-HAVE FOR MEN TO EMBRACE THE STYLE FROM THERE

The men from there are dressed relatively classy and elegant while remaining simple and comfortable to wear during the day.

To have the style from there for one day, a white blouse or shirt with a simple suit is a must-have. To adopt a more original outfit, a printed suit can be an option, it is very usual in Paris.

They usually wear as shoes the mocassins or the derbies, two types of small closed shoes, very classy, sometimes varnished. They like to have a cartable as a bag, which can add elegance to the outfit.

To be dressed more casual, a white shirt with comfortable dark jeans or a pair of suit pants with smart sneakers is the usual outfit to adopt.



- Step 2 : Tips to anticipate life here -

MOVING AROUND PARIS AND ILE-DE-FRANCE

Ile-De-France and Paris have different ways to get around the region and the city. Walking is the most popular, accounting for just under half of all trips made by residents. The metro is the most used means of transportation in the capital, having the densest and most developed network in France, existing since 1900 and constantly expanding since then. Also, the RER allows many connections within the region, linking for example the center of Paris to Versailles.

Buses and tramways are also present, as well as the road network.

Finally, cycling is becoming an increasingly popular way to travel, making transportation easier and allowing you to enjoy the region's landscapes without impacting the ecology.

Ticket 1 trip (1h30) to move around Paris and IDF (bus, RER, Metro, Tramway, train, etc)*

1,90€

Ticket 1 day (Navigo Jour) to move around Paris and IDF (bus, RER, Metro, Tramway, train, etc)*

17,80€

Ticket 1 week (Navigo Semaine) to move around Paris and IDF (bus, RER, Metro, Tramway, train, etc)*

22,80€

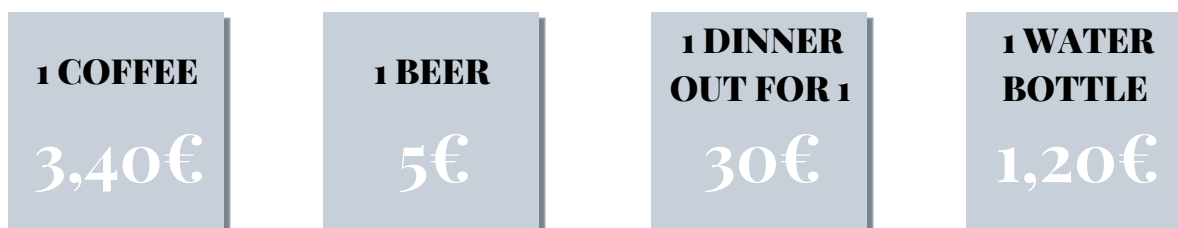


*ALL THE PRICES HERE ARE OFFICIALLY INDICATED ON THE RATP WEBSITE

HAVING A VIEW OVER THE CURRENT PRICES AND AVERAGE BUDGET

Before coming to Ile-De-France, some information is needed, such as current prices to be organized and to anticipate the budget.

THE CURRENT PRICES IN ILE-DE-FRANCE



Here are some prices of daily products to get a view over the budget needed in Ile-De-France, to anticipate travel and life here.

THE AVERAGE BUDGET IN ILE-DE-FRANCE



1 EURO = 1,19 DOLLAR = 132 YEN = 0,86 LIVRE

What to do in Ile-De-France in 1 week-end ?

To propose the most complete and wonderful trip in Ile-De-France for 1 week-end, I based this article on a recent survey that I did with 79 French persons, from all ages and all regions of France to have a complete view about the expectations when coming to Paris from French people.

DAY 1

BEGINNING

FIRST STOP : LOUVRE MUSEUM

SECOND STOP : EIFFEL TOWER



A WHOLE DAY WILL BE NECESSARY
TO VISIT THE LOUVRE MUSEUM

SEEING THE EIFFLE TOWER AND WALKING IN THE
CHAMP-DE-MARS IS PERFECT TO END THIS DAY.

END

DAY 2

BEGINNING

FIRST STOP : VERSAILLES CASTLE



SECOND STOP : ARC DE TRIOMPHE



A WALK IN THE CHAMPS-ELYSEES AVENUE AND SEEING THE ARC DE TRIOMPHE AT THE END OF IT

ABOUT 5 HOURS WILL BE NECESSARY TO VISIT THE CASTLE AND THE GARDEN

END

INDIVIDUAL AVERAGE BUDGET FOR THIS TRIP (ONLY FOR THE VISITS AND THE TRANSPORT)

45€

What to do in Ile-De-France in 1 week ?

To propose the most complete and wonderful trip in Ile-De-France for 1 week, I based this article on a recent survey that I did with 79 French persons, from all ages and all regions of France to have a complete view about the expectations when coming to Paris from French people.

DAY 1

LOUVRE MUSEUM



A WHOLE DAY WILL BE NECESSARY
TO VISIT THE LOUVRE MUSEUM

DAY 3

VERSAILLES



TAKING TIME TO VISIT THE
CASTLE AND THE GARDEN,
AND THEN TO DISCOVER MORE
ABOUT THE CITY OF VERSAILLES

DAY 2

CHAMPS-ELYSEES



WALKING IN THE FAMOUS AVENUE,
DOING SOME SHOPPING AND
VISITING THE ARC DE TRIOMPHE
IS A PERFECT WAY TO SPEND
THE WHOLE DAY THERE

DAY 6

MONTMARTRE



TAKING TIME TO VISIT THE MONTMARTRE CATHEDRAL AND ITS SECTOR

DAY 4

INVALIDES & EIFFEL TOWER



HALF A DAY WILL BE NECESSARY TO VISIT THE INVALIDES MUSEUM AND THEN GOING TO SEE THE EIFFEL TOWER AND THE CHAMPS-DE-MARS

DAY 7

OPERA & TUILERIES



DISCOVERING THE OPERA, THEN GOING TO THE TUILERIES GARDEN AND DOING SOME SHOPPING AT THE RIVOLI STREET IS A PERFECT WAY TO END THE TRIP

DAY 5

LUXEMBOURG



VISITING THE LUXEMBOURG PALACE (SENAT) DURING PATRIMONY DAYS AND WALKING IN THE LUXEMBOURG GARDEN

INDIVIDUAL AVERAGE BUDGET FOR THIS TRIP :
(ONLY FOR THE VISITS AND THE TRANSPORT)

95€

WHAT DO AMERICAN STUDENTS EXPECT FROM PARIS & ILE-DE-FRANCE ?

When studying in Raleigh (North Carolina), I did 4 interviews with American Students from North Carolina State University, to understand how they imagine Paris & Ile-De-France but also what they are expecting of it. Here are the 4 interviews of : Jamie, Makenna, Jason & Emma.

"Eiffel Tower glittering in the night"

"delicious food"

"rich story"

"Lights"

"chic style"

"air of creativity, spontaneity, and mystery"



JAMIE LORING

STUDENT IN APPLIED MATHEMATICS
& STATISTICS MAJOR
19 YEARS OLD



“When I think about Paris, I think about love and lights.”

- WHY WOULD YOU LIKE TO GO TO PARIS AND ILE-DE-FRANCE ? -

I have already been to Paris, but I would love to go back to see the things I did not get to see the first time! I want to try more authentic Paris cuisine. I want to take a Seine River tour again, but while it is dark outside! I want to visit the Eiffel Tower up close (perhaps go inside of it). I want to see the reconstructed Notre Dame.

- WHAT DO YOU LIKE THE MOST THERE ? -

What I like the most there are the Macarons, the Croissants, the Eiffel Tower, all the lights and the French Accents.

- WHICH MONUMENTS WOULD YOU LIKE TO SEE THERE ? -

I would see the Eiffel Tower, Love Lock Bridge (if it's still there), the Arc de Triomphe.

- WHICH MUSEUMS WOULD YOU LIKE TO SEE THERE ? -

The Louvre! It's a French staple in my opinion. And as the one thing to absolutely do when coming here, I would say seeing the Mona Lisa in the Louvre Museum.

- TWO WORDS THAT COME TO YOUR MIND THINKING OF PARIS ? -

I would say : Love and lights.

MAKENNA DAY

TECH SALES ASSOCIATE

20 YEARS OLD



"I really enjoy the artistic presence. The detail and creativity can be seen throughout the city."

- WHICH MONUMENT AND MUSEUM WOULD YOU LIKE TO SEE IN PARIS & ILE-DE-FRANCE ? -

As a monument, I would like to see the Arc De Triomphe because I love an amazing view and as a museum, I would say the Louis Vuitton Museum to see some exciting modern art.

- WHAT COMES TO YOUR MIND THINKING ABOUT THE FOOD THERE ? -

When I think about food in Paris, I think of light, flavorful meals. I think a typical plate would be a decadent pastry with some sweet fillings.

- WHAT DO YOU LIKE THE MOST IN PARIS ? -

I really enjoy the artistic presence. The detail and creativity can be seen throughout the city. From art installations to museums, you can see how the city is filled with creative minds. I would love to visit Daniel Buren's Columns In Palais Royal. They just look so interesting and unique!

- WHAT IS FOR YOU THE ONE THING TO ABSOLUTELY DO WHEN COMING THERE ? -

As cheesy as it is, go to the top of the Eiffel Tower.

JASON ZHANG

STUDENT IN PHYSICAL THERAPY

24 YEARS OLD



"What I like the most from there are the beautiful buildings and artwork.."

- WHAT COMES TO YOUR MIND THINKING ABOUT THE FOOD FROM PARIS AND ITS REGION ILE-DE-FRANCE ? -

A lot of bakery food comes in my mind, as the croissant and macaroons.

- WHICH FIRST MONUMENT WOULD YOU LIKE TO SEE THERE? -

I would like to see the Eiffel Tower because it is very well known.

- WHAT DO YOU LIKE THE MOST IN PARIS AND ILE-DE-FRANCE ? -

What I like the most about it are the beautiful buildings and artwork.

- WHAT DO YOU THINK OR KNOW ABOUT THE STYLE IN PARIS AND ILE-DE-FRANCE ? HOW DO YOU DESCRIBE THE STYLE THERE ? -

The style is very luxurious and clean. Louis Vuitton sets the standard in Paris.

- TWO WORDS THAT COME TO YOUR MIND THINKING OF PARIS ? -

I can say : luxury and class.

EMMA WILSON

STUDENT IN ENVIRONMENTAL CONSERVATION
19 YEARS OLD



"Paris has this air of creativity, spontaneity, and even mystery, and that is very exciting!"

- WHAT DO YOU LIKE THE MOST IN PARIS ? -

I really appreciate the history of the city. The beautifully-preserved, historic buildings, the museums, and the monuments all tell a rich story that I would love to learn more about. Additionally, Paris has this air of creativity, spontaneity, and even mystery, and that is very exciting! Also, I have thoroughly enjoyed all of the delicious French food I have tasted!

- FOR WHAT REASON WOULD YOU LIKE TO GO TO PARIS ? -

From the pictures I have seen, the architecture is stunning and very ornate. There also appears to be a strong connection between Paris and the arts, which I really appreciate. Additionally, there is also a connection between American and French history that I would be interested in learning more about! Oh, and Paris is always associated with love, and I'm a hopeless romantic!

- WHAT DO YOU THINK ABOUT THE STYLE IN PARIS & ILE-DE-FRANCE ? -

I have always been impressed by the Parisian sense of style! Whenever I think of the style, I imagine hats, skirts, blouses, and heels. I have noticed that tights are much more common, which is a fashion trend I really enjoy! For the men, I usually picture sweaters, button-up shirts, and slacks. It seems like the French sense of style is more intricate and formal than in the United States!

- WHAT IS FOR YOU THE ONE THING TO ABSOLUTELY DO THERE ? -

I would absolutely have coffee and a pastry at a little cafe on the street!

- WHICH MONUMENTS AND MUSEUMS WOULD YOU LIKE TO SEE IN PARIS & ILE-DE-FRANCE ? -

I would absolutely have to see the Eiffel Tower! In every movie about France I have ever watched, there is a scene with the Eiffel Tower glittering in the night. I would also love to see the Notre-Dame because of its historical and literary significance; it also really gorgeous! I would love to visit the Louvre and the Musée Marmottan Monet. I love the work of Monet, Cezanne, and Renoir, so it would be wonderful to see their work in France, especially since Monet was born in Paris!

- WHAT COMES TO YOUR MIND THINKING ABOUT FOOD FROM THERE ? -

When I think about French food, crepes and escargot always come to mind! In terms of Paris in particular, I picture croissants and tea. I also imagine French onion soup, but that might just be because it has "French" in the name! I also think about numerous kinds of cheese like brie!

- WHAT DO YOU THINK ABOUT HABITS, THE WAY PEOPLE ACT THERE ? -

In terms of the French spirit, I think of sophistication: An appreciation for the arts, fine dining and cuisine. I also associate Paris with passion and romance! I think of Paris as a place full of creativity, excitement, and an appreciation for life.

- WHAT DO YOU THINK ABOUT THE STYLE IN PARIS & ILE-DE-FRANCE ? HOW DO YOU DESCRIBE THE STYLE THERE ? -

I have always been impressed by the Parisian sense of style! Whenever I think of the style, I imagine hats, skirts, blouses, and heels. I have noticed that tights are much more common, which is a fashion trend I really enjoy! For the men, I usually picture sweaters, button-up shirts, and slacks. It seems like the French sense of style is more intricate and formal than in the United States!

- TWO WORDS THAT COME TO YOUR MIND THINKING OF PARIS ? -

The words : Love and lights.

Some notes to write about

WRITE THOSE PAGES WITH CREATIVITY, INSPIRATION,

Paris and Ile-De-France

ART, EMOTIONS AND DREAMS. LET THE ART BEGIN HERE !



ILE - D E - F R A N C E
U N D E R T H E L I G H T

PARIS & ILE-DE-FRANCE

BY OPHELIE VENTURINI