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Explorers' Month

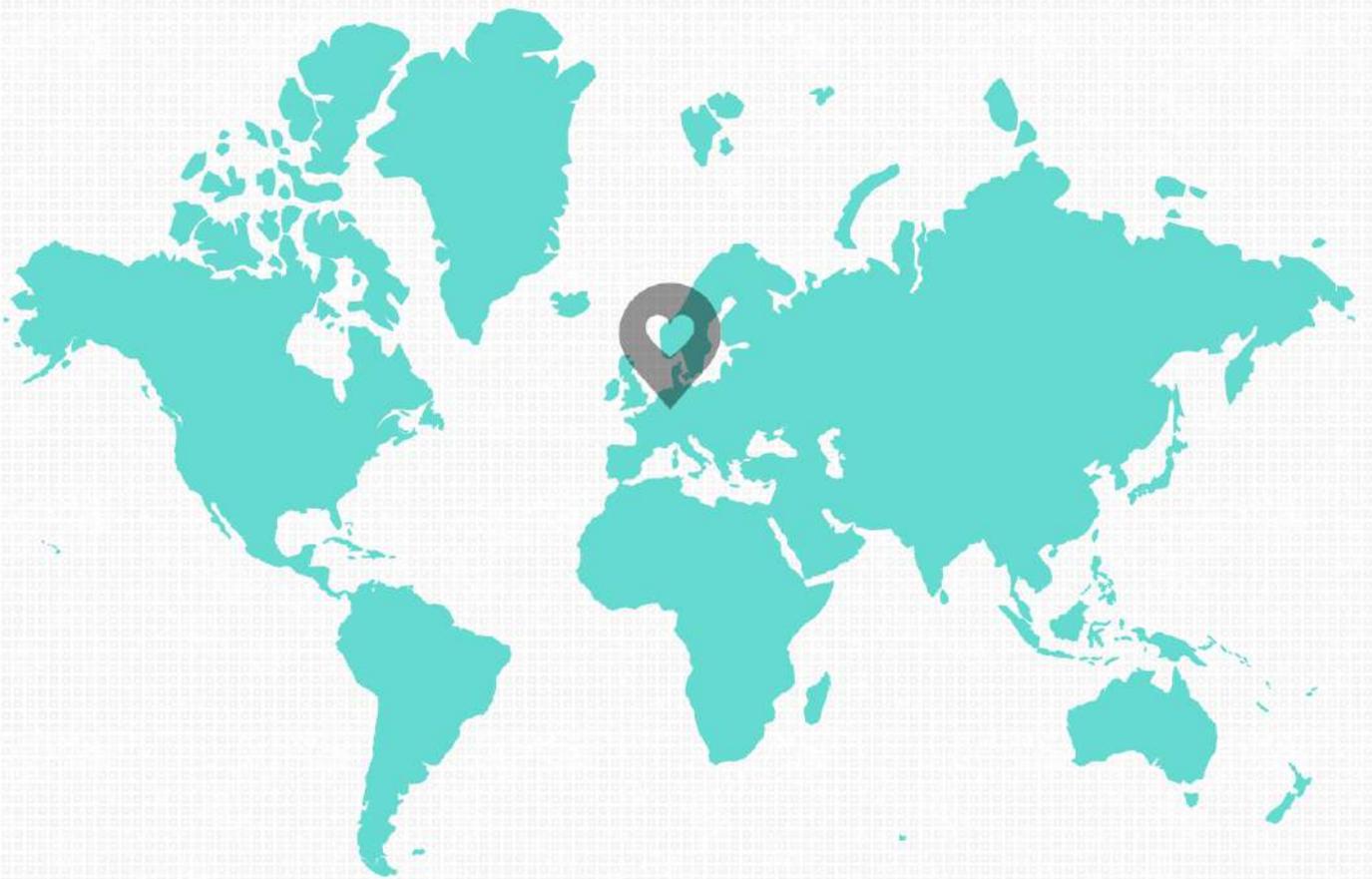


探索月歷

France 法國

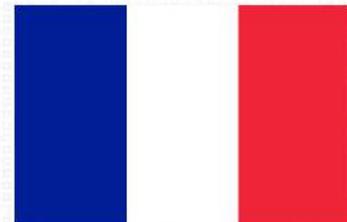
ARMCHAIR TRAVELLER

# Travel Guide 2 GO~



COUNTRY OF THE MONTH:

FRANCE



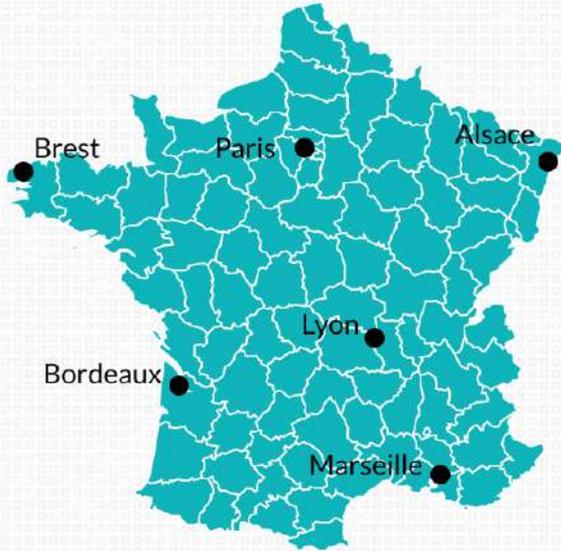


## France 101

Bonjour.  
Bienvenue ~



Coat of arms of the city of Paris



### The République Française

- Capital: **Paris**  
(also known as the City of Light, 'La Ville Lumière')
- Official Language: **French**
- Anthem: **La Marseillaise**
- Population: 67.07 M

National motto:

'**Liberté, égalité, fraternité**' or 'liberty, equality, fraternity'



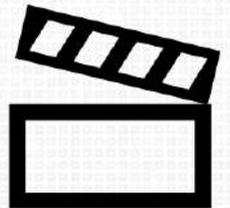
France is the largest country in Western Europe and **shares land borders with eight countries** including Belgium, Germany, Luxembourg, Switzerland, Italy, Monaco, Andorra and Spain.



## Fashion in France

#1

The first public screening of a movie was by the French Lumière in 1895



France was one of the most energetic and creative nations in Western history and its fashion economy contributes to 2.7% the France GDP. Despite competition from Italy, the United Kingdom, Spain, and Germany since the 1960s, many foreign designers seek their career in France including

Karl Lagerfeld (German), Alexander McQueen (English), Marc Jacobs (American), Kenzo Takada (Japanese)

- Do you know the two-piece swimsuit, aka bikini was invented by French designers?
- The Paris Fashion Week economy is substantial itself. It generates over 400 million euros yearly.

The unsustainable growth of fast fashion and pollution produced are yet to be tackled.





# Tourist Spots



## 1. Eiffel Tower

As the symbol of Paris, the Eiffel Tower is a structure made of 8,000 metallic parts that was designed by **Gustave Eiffel** as a temporary exhibit for the **World Fair of 1889**. Its gracefulness has earned it the nickname of "**Iron Lady**."

Tourists can dine with a view at the first level or indulge at the Michelin-starred restaurant on the second level. At the height of 276 meters, the top level offers a sweeping outlook over the city of Paris and beyond. Vistas extend as far as 70 kilometers on a clear day.



## 2. Alsace Villages

Some of the prettiest villages in France are tucked away in the green, rolling hills of Alsace, where the **Vosges Mountains** border the Rhine River of Germany. These picturesque Alsatian villages feature pastel-painted, half-timbered houses clustered around small parish churches.

Other flower-bedecked **Alsatian** villages are so pretty that they have been designated as both "**Villages Fleuris**" and "**Plus Beaux Villages de France**" (Most Beautiful Villages of France).

## 3. Brittany

Brittany is a beautiful historic region on the **northeastern coast** of France with rugged coastline, fishing villages, and weathered seaports. It is steeped in ancient traditions and famous for its costumed religious festivals.

As a mystical land of myths and legends, it has a Celtic influence and a dialect related to **Gaelic**. The local cuisine is delicious, best known for its **savory buckwheat crêpes** and **sweet dessert crêpes**.



**First department store in the world!**



## Le Bon Marché

Le Bon Marché was founded in 1838 in Paris and still stands today. It served as an inspiration for the famous writer **Emile Zola** and his book **The Ladies' Delight**.



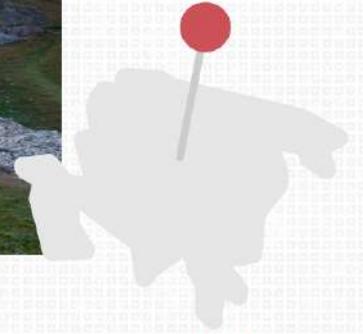
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## Death Sentence

The **guillotine** was the preferred method of execution until the death sentence was outlawed in 1981. Up until the 1970s, French criminals were still being sentenced to the guillotine and beheaded!



## More Places For You to Explore...



### 1. Ouessant / Ushant

Ouessant is an island that marks the westernmost point of Metropolitan France. It is the island that has the **most lighthouses**, including Le Stiff, La Jument, Nividic, Kéréon, and the Phare du Créac'h. It is also a land of many legends, including the story of **Lampaul Bay** and the clash between Saint Guénolé and Saint Gildas, which led to the creation of **the great rock** (or grande roche) right in the middle of the two coastal points. It is one of only two islands in the region (the other being Batz) where you can get around by bike.



### 2. Chevreuse Valley (Vallée de Chevreuse)

It is the valley of the **Yvette River** in the Yvelines and Essonne departments which is just an hour drive from the Eiffel Tower!

It encompasses the communes around **Chevreuse** (Saint-Rémy-lès-Chevreuse, Choisel, Dampierre, etc.) within the **Parc naturel régional de la haute vallée de Chevreuse** and communes further downstream until **Palaiseau**: Gif-sur-Yvette, Bures-sur-Yvette, Orsay, Villebon-sur-Yvette, etc.

### 3. Auray, Bretagne

Over the years the main road has increasingly bypassed Auray as the crowds flock to **Carnac** and the **Quiberon peninsula**. But it's worth a stop to visit the picturesque central square with its superb covered **fish market**, the pretty port and the lovely old town.



### 4. D-Day Beaches

D-Day and the **Battle of Normandy** were predominantly fought in the départements of Calvados, Manche, and Orne, and it is here that you will find the many memorials, cemeteries, and museums that commemorate what happened.

The D-Day Landing Beaches extend over 70km from **Sainte-Marie-du-Mont** to **Ouistreham**, via Colleville-sur-Mer and Arromanches-les-Bains.



## Food



#1

**Soupe à l'oignon** is a traditional French soup made of onions and beef stock, usually served with croutons and melted cheese on top.

Dating back to Roman times, this was traditionally a **peasant dish**. The soup's unique flavour comes from the caramelisation of the onions, which often have brandy or sherry added during the slow-cooking process.



#2

**Coq au vin** was popularized by Julia Child, a French cooking teacher.

The dish consists of chicken braised with wine, mushrooms, salty pork or bacon (lardons), mushrooms, onions, garlic, and sometimes even a drop of brandy. Although the name translates as '**rooster in wine**' - the braising is ideal for tougher birds - the recipe usually uses chicken or capon.



#3

**Ratatouille** is also one of France's most iconic dishes. From **Provence**, the dish sees vegetables shallow-fried and then layered in a casserole dish before being baked in an oven.

This traditional peasant dish can be a side dish, appetizer, or a main course, and tastes great with red wine and fresh, crusty bread.



#4

According to culinary legend, **Tarte Tatin** started life as a mistake.

In 1898, hotelier **Stephanie Tatin** was making a traditional apple pie when she accidentally left the apples cooking in sugar and butter for too long. In a hurry to rescue the dessert, she put the pastry base on top of the burning fruit and put it in the oven.

She supposedly served the upside-down tart to her guests at Hôtel Tatin and the result turned into the hotel's signature dish.



#5

**Flamiche** means '**cake**' in Flemish and this dish originates from northern France, near the border with Belgium.

It has a puff-pastry crust filled with cheese and vegetables and resembles a quiche. The traditional filling is leeks and cream. There's also a pizza-like version of flamiche, which comes without the top crust of the pie.

For a southern French twist, try the thin crusty pissaladière, which has anchovies, onions, and olives.



#6

The word **soufflé** comes from the French verb '**to blow**'.

The dish dates back to the early 18th century and nowadays is a staple on dessert menus around the world. The crispy crust is perfect for letting the creamy chocolate ooze out for a rich surprise.

However, it doesn't always have to be sweet. **Cheese soufflés** are just as delicious if you're looking for something a little saltier.



**Croissant is not French!  
Croissant originated from Austria!**



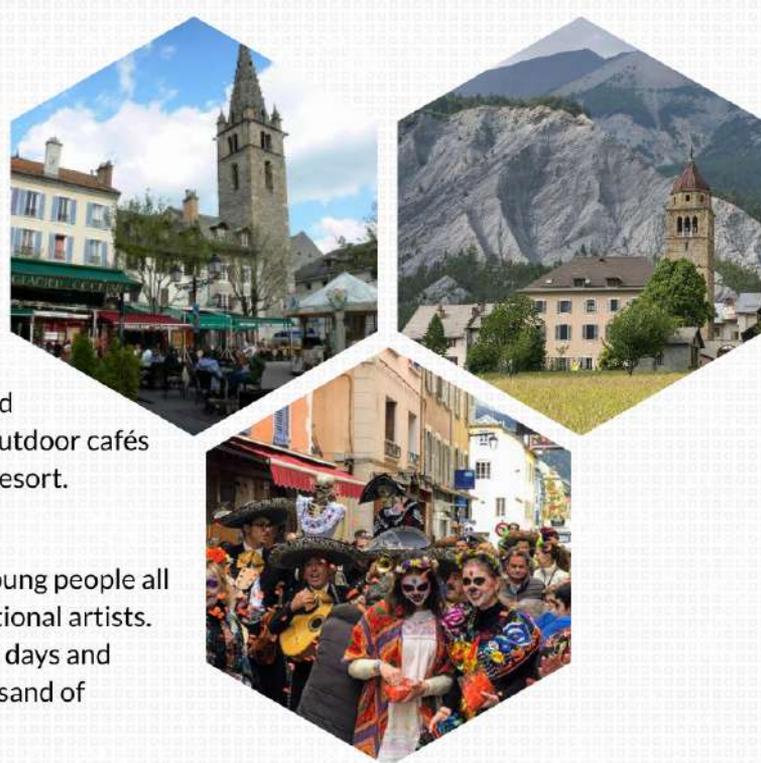
## Barcelonnette

Barcelonnette, is situated at an altitude of 1,135m near the border with the Hautes Alpes and Italy.

**In Summer**, it is an ideal place for hiking, mountain biking and paragliding. This hub of local activity features a number of outdoor cafés and restaurants. **In Winter**, the town will become a real ski resort.

Every year,

- **July**, the “**Festival des Enfants du Jazz**” takes place with young people all over France gathering to enjoy music concerts with international artists.
- **August**, **Latino-Mexican Festival** takes over for around 10 days and featuring parties, salsa and mariachi. It's a reminder of thousand of "barcelonnettes" who went to Mexico in the 19th century.



### Paris has its own flag!



The flag of Paris is vertically divided between the traditional colors of Paris, blue and red, both of which also feature in the city's coat of arms. Blue is identified with **Saint-Denis**, red with **Saint Martin**.

The colors of Paris are the origin of the blue and red stripes in the French flag, the white stripe symbolizing the monarchy. The flag was officially adopted in 1794 following the **French Revolution** when the country was still in the process of becoming a constitutional monarchy.



### Famous french children song to learn animal songs

Search on Youtube: Le Poussin Piou



## Recommended Restaurant from Valentin (our speaker)

### Florence Kahn

It is a small **Yiddish** delicatessen in the heart of the Marais, a Medieval neighborhood in the center of Paris home to a large Jewish community. Serving pastries, bread, cheese and spices.

**Address:** 24 Rue des Ecouffles, 75004 Paris, France

