

NEWSLETTER N° 5

# PARIS AT FIRST SIGHT



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### Editors' review

Here we are with the first newsletter of the new editors' team. This is a monthly edition written by CNAM's students and staff, and it's above all meant to have useful and amusing content for everyone.

In this edition we bring you two true stories, of Kim and Macheri; they tell us in 'Paris at First Sight' about the force of destiny that brought them to the city of lights. Next, we have a beautiful and romantic trip to Giverny, a place of enchantment, written by Veronica. I write about Paris, with a sustainable approach related to our daily life, with the implementation of electric cars. Liu Binbin gives us some very interesting and useful tips to our student life in this great, but 'not so easy to live in' city. Don't miss our every month 'water in the mouth, must try at home' recipe, in this edition sent by Justine Laporte Prune and Daniela Khalona: the French traditional Hachis Parmentier. And finally some celebration: Happy Birthday – November and December.

The next edition's topic: **2011 Accomplishments and the 2012 Projects**. Send us your ideas, topics of interest and texts, so our newsletter can have your style printed in it. By the way, the front page picture was taken by our kind amateur photographer Vincent Hsu. Don't forget to send us your pictures too!

Lilian Knijnik

To me the Newsletter is so much more than just articles for us to share, but it is a chance for us to reach across borders of nationality and class and simply enjoy the CNAM MIM life together. This is our place to share with each other about fun facts, happy thoughts, wonderful poetry, useful information and memorial occasions. Here we can bond together as one. So I urge you to take the opportunity to join with us the editorial time to help make life at MIM unforgettable.

P.S. Don't forget to check out our facebook page and post pictures of your wonderful Hachis Parmentier!!! We look forward to hearing from you^\_^

<https://www.facebook.com/pages/CNAM-MIM/208961139174433?sk=wall>

Macheri Samuels

I am such a big fan of our recipe. Definitely I wanna try it tonight. In Paris, you can never say no to FOOD. But, don't eat too much, because the biggest shopping season— X'mas - is coming up and you definitely wanna fit yourself into all stunning pieces you can buy, right?

Veronica Hsu

I strongly recommend you our recipe also; the first time I saw it I couldn't help trying it. In my session, I will always give you "where and how" to find whatever you may need and love. Check the websites Paris Online and Easy Buying to get more useful information.

Liu Binbin

**Paris at First Sight**  
**By Macheri Samuels**

For you to understand what Paris at first sight means to me , we'll need to go back in time a few years. Since I was a little girl I was always reminded of what my name meant and where it came from. You see my dad with his limited French vocabulary decided to name me Macheri what he actually meant was 'Ma Chérie' which is the French word for 'My darling'. I first fell in love with the Stevie Wonder song "Ma chérie Amour". Then I became transfixed on the dream of one day saving enough money to visit the beautiful country I had only heard about for so many years.

All of my friends had heard me at some time or another speak of my plans to visit France, Italy, Spain one day. Some thought it was ludicrous, others laughed and scoffed, while others remained indifferent. Though no one, not even my best friend thought I could do it. To some this may seem like an awful response for friends to have towards one's dream but in Jamaica it's quite rare to ever hear of anyone travelling to these countries. The only places people really travel to are the U.S.A., U.K. and other Caribbean Islands. Europe though as large as it may be was a distant continent that didn't truly exist to many in my island. So when the opportunity arose for me to really come here, it seemed surreal.

As I packed my things, said goodbye to close friends and family the excitement of finally being able to achieve one of my dreams had not yet hit me. Even as my father carried me to the airport and hugged me goodbye, I still wasn't excited, all I could think about was everything I was leaving behind. Instead of feeling excited I was nervous, a little afraid and worried about what it would be like there. After having waited so long, my dream was finally within my grasp and I was more apprehensive and uneasy than anything else.

However, as I neared France in my connecting flight from Germany the people in the plane became much friendlier. Everyone began to eagerly look out the window anticipating their first glimpse of the country that lay ahead. I found out that the passenger on my left was French and the other was German but had studied in France before. They were both happy to tell me about the beautiful sites I should make sure to visit and were simply gushing about how lovely the country and the people were. They even volunteered to be my guide if ever I needed one, offering their contact information. I started to feel more at ease, calm, happy and almost overwhelmed with emotion as it finally dawned on me the magnitude of what was taking place. "Yes, this was really happening! I was going to Paris! Yes, really me!" It was then in that moment I looked out the window and caught my first sight of the place that would become my new home away from home, Paris.

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Paris at First Sight  
**By Kim Anh**

My grandfather spoke French fluently. At his time, French was considered as one of our official languages. He studies in one of the famous high schools in Hanoi whose teachers were French and France-graduated Vietnamese and he was always at the "top three" of that school. He dreamt of one day he could be in France, in Paris...Apparently, his love for the France was unconditional until he decided to abandon the Law University to join Vietnam's secret army.

I have never asked him why he "turned his back" since I was born when all the wars in Vietnam were over and he also never mentioned or talked to me about the wars. Instead, he taught me French and showed me the French novels he translated into Vietnamese. I was growing up with La Fontaine' stories, my grandfather told me everyday before I went to sleep and with the paintings from the art books in my grandfather's library. One day he gave me the "Les Misérables" of Victor Hugo, of course in Vietnamese. I still remembered the colors of four big books' covers because it was the first time I was given the novel. I read, read and re-read. Sometimes, I even tried to draw the Luxembourg garden where Cosette and Marius met each other; I often cried when Fantine had to sell her hair, her

teeth and became prostitute to pay for her daughter's care.

My first "contact" with France stopped when my grandfather went away. I started learning English and worked for an American organization. The Anglo-Saxon's way "invaded" my mind right away. I was young and loved something new, fast and dynamic.

I would never imagine that one day France could be a destination of my high education. When I arrived at the Charles de Gaulle airport with a big valise and no friend waiting for me, I was really nervous. Finally, I could come to the room share with 2 more girls in zone 3. That region looked like a desert to me. The next day, one girl wrote me the way to go to my school in my pocket notebook which I have been keeping until now. No one taught me what I had to do. I just followed exactly what she wrote, wake up at 7am, struggled with my poor French to buy tickets then went to school and left it at 7 or 8pm. Weekends were reserved for cleaning, food buying, and sleeping. The first month here, I always cried at nights and even thought that I would buy a return ticket to go home. I knew nothing about Paris even my school situated in its center.

One day, I called my friend who I just knew when I was in France, to ask her to go around with me. I needed to change, to escape from the regular dos and don'ts. We stopped accidentally at one station and when I saw that place, I asked her immediately "Is that Place de la Concorde, isn't it?" I had not had any idea why I knew its name. It seemed that these words came out of my mouth naturally as if I had had been there long time ago. I must see it before.

In my eyes that time was a real Paris I was hearing of... A Paris of elegance, of romantics and of many more beautiful adjectives that I could not find out. "Grandpa, you are seeing Paris, with your little beloved girl. We will wander every corner of Paris together from now and forever..."

*"If you are lucky enough to have lived in Paris as a young (wo)man, then wherever you go for the rest of your life it stays with you, for Paris is a movable feast". \* Yes, a movable feast from the first sight.*

*\* Ernest Hemingway*

### **Attractive Vague, Monet - Travel in Giverny**

**By Veronica**

This is a poem, always played in my head.

#### **Monet's Water lilies by Robert Hayden**

Today as the news from Selma and Saigon  
poisons the air like fallout,  
I come again to see  
the serene, great picture that I love.

Here space and time exist in light  
the eye like the eye of faith believes.  
The seen, the known  
dissolve in iridescence, become  
illusive flesh of light  
that was not, was, forever is.

O light beheld as through refracting tears.  
Here is the aura of that world



each of us has lost.

Here is the shadow of its joy.

This is a poem from Robert Hayden, an American poet (1913-1980), who has impressed me for the first time in China, about the Monet and his well-known water lilies. Actually, they were so vague for me to truly appreciate.

Being in Paris for more than one year, it is like a never-ending dream, so vague, which is so attractive and close to you, but suddenly it will “disparu”. The language is poetic, the people are intriguing, the food is superb, and the space where you can breathe is full of flowers and trees and smell coffee and perfume. Sometimes, when you wander in the street of quartier Marais, a smell of fresh grass with the naughty tobacco burning, what you want to do and can do is being addicted into that “air”, Then, the curiosity blow an air to your sweat eyes, “Let me see the beautiful face of this attractive smell”. Your dizzy eyes opens slowly as in the sleepy beauty, there is nobody, or maybe he/she is gone with the wind.

“Attractive Vague”, what I feel about “La France”. Also, what I learn from Monet.

Finally, I got a chance to go to Giverny with my friend, Vincent, Nick, Druid, Paul, Roger and Binbin, at the end of fall, at the time of fabulous colorful fall.

The House, the garden and the small town, everything in Giverny are so real, which was been interpreted in Monet’s painting in the sense of Vague. It is strange, and absorbing. It is like that there is a bella in your arm every night, touching you, hugging you, kissing you. And in the daytime she is just the bella in the painting hanging in your bedroom. I think that is more that Monet bring to us, not “Impressionism”, not “beautiful French garden”, but a truly vague French “sens”.

The most fascinating part is Monet’s garden, which inspired him a lot. Claude Monet loved his garden. It became his world. ***“More than anything, I must have flowers, always, always.”*** He created a world of flowers for every season. I filled many pages of a notebook with the types of flowers, the colors, the surrounding area and started writing.

Giverny is the must-visit place for everyone who’s looking for truly French sense.



Travel tips: Take the train from Paris Gare St-Lazare to Vernon (45 min; see [SNCF](#)): then take a taxi, bus, or bicycle to the village Giverny. The bus service is timed to link with the train and a combined ticket can be obtained at Gare St-Lazare [2].

The bicycle can be rented from a cafe right outside the train station and is indicated by a sign. The rental fee is around 12€ and the bike ride is about 4 min with a map provided by the cafe.



If you want to see more Monet's masterpiece, Musée d'Orsay is the best choice.

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### Sustainable Cities - The Autolib

By Lilian Knijnik

This session highlights the 'Green' attitude that everyone have been talking about and most importantly, some concrete things that are going on around us regarding this topic.

So, what's new?

Did you realize that Paris has more of those construction fences on its sidewalks than usual? The city already offers to the population 20,000 Velibs, the shared bicycles, and now they are making some room to introduce the brand new **Autolib**, the shared cars.



The shared cars are an alternative for those who make occasional use of a car, you can rent it for a short period of time, going from home to work, or even to spend a day out in Versailles, for example. Other users will benefit from the same system; in the beginning it'll be like entering a club.

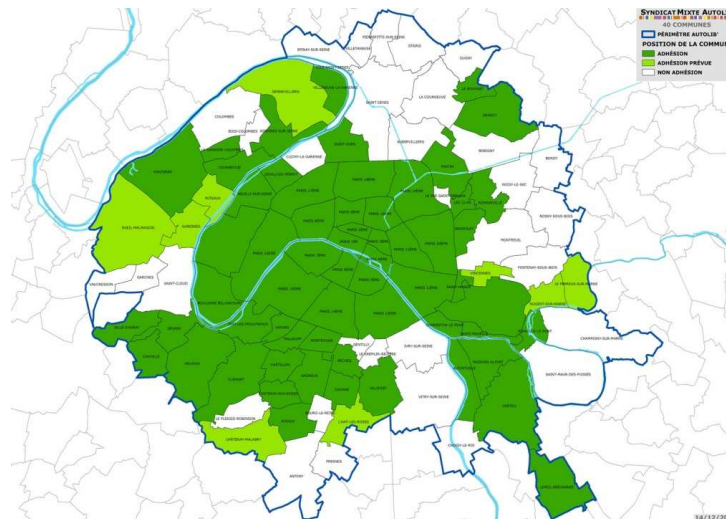
It's planned more than 13,000 new shared cars progressively riding around in Île-de-France before 2013, and 250 are already available on Paris' streets. Called the Bluecars these beauties are definitely not blue; they are in

unpainted aluminum and designed by the Italian firm which designs Ferraris.

They won't be hard to find: Paris, more than 500 stations.



And inside the State of Île-de-France the first sites where the Bluecar will be available, marked in green:



The Bluecar's special electrical battery is produced by Vincent Bolloré's company, a personal friend of the President Nicolas Sarkozy. Some people argue that this new industry may be biased, but let's not put too much attention into that. The real important thing here is the revolution and the new emerging culture: share, don't buy! Cars are expensive, noisy and pollutant, but the Paris shared cars are **none** of these.

The term 'carsharing' is out there for some time in many countries. The U.S. has more than 400,000 Zipcars, Canada has Communauto, the Netherlands have the Greenwheels, and so on. What is it that makes the French Bluecars so different? They are not only about sharing, they are also 100% electric. No pollution at all! And no noise! Imagine how great it would be if cars didn't pollute nor didn't make a sound... what an increase in urban quality of life! Just watch out for crossing the street, because you won't hear them coming!

To adhere to the Autolib go to the Autolib's Office Desk and register with an ID or Passport, Driver's License and a credit card. The prices vary from 10€ for 24h to 144€ for the annual pass.

I'm already an Autolib admirer, but in the student life I take, for the moment, moving by metro, train, bus, bike or walking are all amusing enough, because 'at the end of the day' I am in Paris!

Enjoy the Bluecar advertisement campaign (Libre comme l'air. Or, in English: Free as the air):



<http://dai.ly/qwJ6RC>

<http://dai.ly/n0IGB0>

Pictures: [www.paris.fr](http://www.paris.fr).

## Easy Buying

By Liu Binbin

### Flea Market In Paris

For the students who like flea markets, hanging around the flea markets will be no doubt a joy. Flea market will show its surprising charm when you get lovely things and meet lovely people there. French people like flea market. Miracles happen everyday in it. They may find famous painting inside of the old sofa, jewelries in the pocket of old cloth, amazing things all over the corner. French government also encourages all kinds of flea markets, even establish law to protect normal families to have their own stand to promote the frugality life attitude. Following, are the address of some flea markets:

#### Porte de Clignancourt

As the biggest flea market in France, the market goes through a few streets and separated into some small markets, known as Marché Michelet, Marché Vernaïson, Marché Paul Bert, Marché Biron, Marché Malassis, Marché Dauphine, Marché des Rosiers. Available time for it is usually 9:30 am to 18 pm on Saturday, Sunday and Monday

Add: Porte de Clignancourt station 75018 PARIS get off at line 4's last station.

#### 2. Marché aux puces- Montreuil

Add: Avenue du Professeur André Lemierre 75020 PARIS

#### 3. Puces de la porte de Vanves

Add: Avenue Georges Lafenestre 75014 PARIS

#### 4. Marché aux Puces de Saint-Ouen

Add: Porte de Clignancourt 93400 SAINT-OUEN

#### 5. Marché parisien de la Création

Add: Au pied de la tour Montparnasse 75014 PARIS

### TRAVEL TIPS

#### SNCF NEWS:

Train may be the most convenient way to travel outside the Paris. When you plan a lovely travel, please notice following news to save your money and time.

1. To celebrate the French railway 30 anniversary, the French railway bureau SNCF extend 15 to 25 years old youth card to 30 years old. On September 28th to December 31st, 2011, all people under 31 years can buy youth card, with this card can be used to take the train at minimum 40% discount to buy tickets. This card only sent 400000 copies, valid 1 year, after expires, 26 to 30 years old people can't update this card.

2. SNCF announced 2012 new train schedules, this timetable will be implemented on December 11, 2011. There will be at least 85% of the schedule changed, it is mainly because of the French railway network updates. Only in Ile-de-france, this change will involve third of the passengers. About the schedule, in Ile-de-france passengers can check on website: <https://www.Transilien.com>

### PARIS ONLINE

There's a list some websites hopes you can surf your life in France. Since Paris is one of the busiest cities with



fashion and amusements, internet will help you pin your most favorite one at the click. <http://www.parisinfo.com/>. PARISINFO is the official website of the convention and visit bureau in Paris. Here you can find the hotels& accommodation, restaurants& cafes, museums & monuments, maps and transport, coming shows, travel guide , shopping and convention about the culture in Paris, you can even book all kinds of passes and hotels online .In one word, it contain almost all the information you may want to know about Paris! For students who are not good in French, it provides several different languages of versions to help you enjoy your Paris life.

For the students, we recommend following websites because they are more link to students' life and interests. To those who are still finding houses or plan to change houses, you may find very practical information there.

1. <http://www.etudiantdeparis.fr> ,which is specially for the students in Paris, since you are here, you may want to know more about Paris students' lives.

2. <http://www.campusfrance.org/en>, which is the official website of the French Education Center, it offers all the information about French universities and programs. If you want further study, click to find!

3. <http://www.cnous.fr/> .At the national network of the CROUS, the CNOUS aims to improve students' lives in many ways, including food services, housing, grants, social and cultural activities, and international mobility.

4. <http://www.pap.fr/>, which is one of the most popular house renting website in France, it update synchronize with the newspaper De Particulier A Particulier. Housing in Paris is always a hot thing, if you find the house you need, don't hesitate, because it may out off shelf in the next minute!

And what you cannot miss is <https://www.caf.fr/> , with its help, you can save a lot of money in renting houses because French government will help students like us about the renting fees. You can download the request form for your CAF and calculate how much you can get for your current houses. But really sorry to tell, it only have French version.

This section embraces French Recipes. Here you'll find some traditional and delicious food from specific regions throughout this country.

**Recipe 1 - Hachis Parmentier for 8 guests**  
**By Justine Laporte Prune and Daniela Khalona**



**Ingredients :**

1 kg 200 of cooked pot-au-feu meat  
50 gr of parsley  
2 sweet onions (Roscoff variety)  
50 gr of fatty bacon  
10 cl of red Porto wine  
30 gr golden breadcrumbs  
4 dl of pot-au-feu stock

salt, freshly ground pepper

For the mashed potatoes:

1 kg of potatoes  
80 gr of butter  
2 dl of milk  
Salt and nutmeg

**Directions:** Make classic mashed potatoes using 1 kg of cooked potatoes, 80 gr of butter and 2 dl of milk. Season with salt and nutmeg. Mince the beef and mix it with the chopped parsley and the bacon. Season with salt and freshly ground pepper.

Finely chop the 2 onions, sweat them in some butter for 10 min without letting them brown. Season and then add the Porto wine. Cook for another 5 min. Add the stock and bring to a boil. Add the minced meat and cook in the oven for 45 min at 350°F (180°C or th6).

Once the Hachis Parmentier is done, there should be no juices left and the consistency should be quite airy.

Place a layer of mashed potatoes in a terracotta or porcelain dish, alternate with layers of meat until you finish with a layer of mashed potatoes. Use a spatula to draw waves on the puree as a decoration, cover with breadcrumbs and sprinkle with several bits of butter.

Cook in a hot oven at a temperature of 425°F (220°C or th8) until the top of the Hachis Parmentier becomes a golden brown.

Serve with a curly endive salad and garlic croutons, for example.



# HAPPY BIRTHDAY

KOTLUKOV Konstantin 27/11

HAN Yajing 30/11

# November





# HAPPY BIRTHDAY

LIU Binbin 01/12

KNUNIK Lilian 03/12

HOYOS Juan Esteban 18/12

SAMUELS Macheri 19/12

YU Xi 20/12

LE GRAND Deborah 23/12

DONG Lei 26/12

## December