With Great Privilege Comes Great Responsibility

Rules are Meant to Be Broken

That doesn't mean what you think. You may have noticed that the rules are not the same everywhere on earth. For example, when you go to visit Grandma's there are different rules than at home. And there are some rules at school that you don't have to follow at home, like raising your hand before you speak. Can you think of any others?

Everyone is Normal Until You Get to Know Them

You may also have noticed that different people may act differently. Some clap their hands when they want silence others put their finger over their mouth. Just because they do it differently doesn't mean they're bad or weird, just different. There will be a lot of new things to discover in Paris, like riding the metro. Always let the riders get off before you get on board. See, they already know that, so it's not weird to them at all. Your job is to watch and learn as much new stuff as possible.

Respect Your Elders

Your parents love you so much they are taking you on this big trip. And because they love you they want to keep you safe. So they may tell you stop, or no at times that you don't understand, but here's what you need to know: There is always a reason. So your job is to stop with super-speed. Stop as fast as you can. Then when you use your words to express what you have planned and your parents evaluate the situation, then you can get the green light and go. But stop first.

Four Meals a Day in France

Breakfast *(Petit-Déjeuner)*

Families wake up and eat breakfast together at the kitchen counter. One of them runs to the street corner and buys a nice hot baguette from the bakery and brings it back home. Parents fix coffee-milk (1/2 espresso & 1/2 milk) and children fix hot cocoa and they all prepare their hot drinks in a bowl! In France you don't cut a baguette, you tear it.

And so, everyone tears off a big chunk of bread spreads it with real butter and dunks it into their hot drink (that's why it has to be in a bowl). A lot of kids like to spread Nutella, a chocolate-hazelnut spread, on their bread.

In France, for every meal, you can not begin eating until everyone at the table has been served and you have to wait until everyone has wished everyone else,
"Bon Appétit!"

Off to School - Home for Lunch *(Déjeuner)*

Children walk to school. It's fun for neighbors to run to each other's houses and ring the doorbell summoning their friends. At age six they are allowed to walk to and from school without a parent. Then they walk together laughing and talking. Children have long school days but they have a two-hour lunch break.

If their parents work nearby they come home and fix a nice hot meal for the family. (Parents get a two-hour lunch break so that they can make it home to fix a hot lunch.) Otherwise the kids eat at the school cafeteria where they are served a three course meal.

Proper nutrition is really important to learning. Whether at home or at school french families eat five fruits or vegetables a day and serve at least three courses at every meal: a salad as a starter, a main dish with a side of vegetables, and finally a piece of cheese, yogurt, fruit or applesauce for dessert.

After School Meal – Tea-Time *(Goûter)*

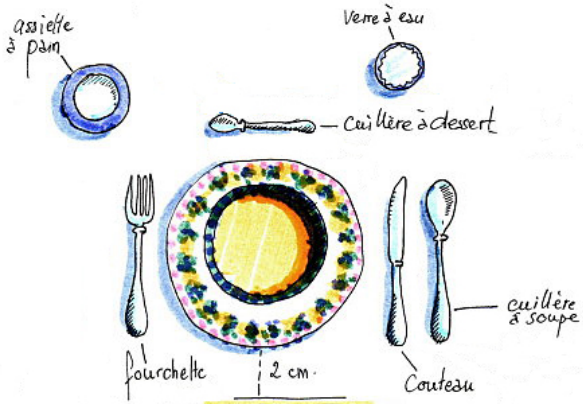
Goûter literally means a light taste. This is the third meal of the day, and it is just as important as all of the others. On their way home from school children stop at the bakery and get a Pain-Au-Chocolat, a bit of croissant dough rolled around a bar of chocolate and baked to flaky golden goodness. With their pastry they also get a fruit or fruit juice. This tradition helps the kids' transition between work and play and end the school day well.

Dinner - The Evening Meal *(Dîner)*

Everyone eats dinner at home with the family. French kids drink water and only water with their well-balanced meals. They can choose to drink sparkling water if they like. French are famous for beef stews, green beans, and yes, they LOVE french-fries!

The average French person eats an entire baguette a day: 1/2 for Breakfast, 1/2 for Lunch and 1/2 for Dinner. What? You're thinking, wait a minute, that's more than one baguette per person per day! That's because everybody in France knows that the best part of a baguette is the flaky golden crusty end piece, and all the kids fight over who gets the favored end pieces, so you have to eat a lot of baguette in order to persuade mom and dad to tear into ANOTHER fresh baguette.

French children learn that you never eat standing or slouching because you'll get indigestion. So, they set the table for every meal including a tablecloth, placemat and napkin. Families still prefer cloth napkins to paper ones. All French children learn to use their fork and knife before entering kindergarten. Proper etiquette, like proper nutrition, is really important in France.



Paris on a placemat

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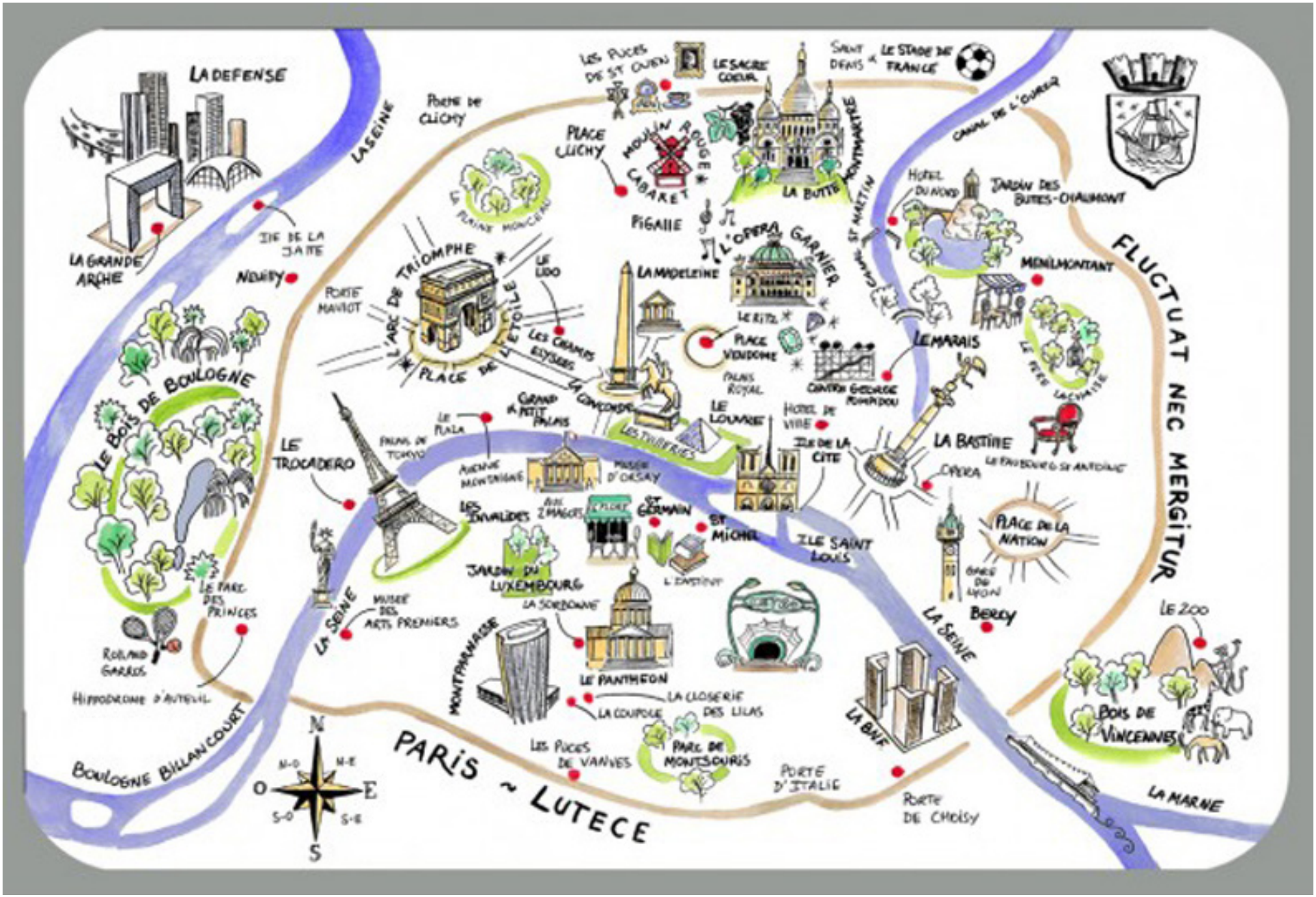
LA DEFENSE
LA SEINE
Porte de Clichy
LES PUCES DE ST OUEN
LE SACRE COEUR
SAINT DENIS
LE STADE DE FRANCE
CANAL DE L'OURCQ
PLACE CLICHY
MOULIN ROUGE
CABARET
LA BUTTE MONTMARTRE
LA PLAINE MONCEAU
PIGALLE
L'OPERA GARNIER
HOTEL DU NORD
JARDIN DES BUTTES-CHAUMONT
ILE DE LA JATTE
LA GRANDE ARCHE
NEUILLY
L'ARC DE TRIOMPHE
LA MADELEINE
MENILMONTANT
PORTE MAILLOT
LE LIDO
LES CHAMPS ELYSEES
PLACE DE L'ETOILE
LE RITZ
PLACE VENDOME
PALAIS ROYAL
CENTRE GEORGES POMPIDOU
LE MARAIS
LE PERE LACHAISE
LE BOIS DE BOULOGNE
LE TROCADERO
PALAIS DE TOKYO
LE PLAZA
GRAND & PETIT PALAIS
AVENUE MONTAIGNE
MUSEE D'ORSAY
LES TUILERIES
LE LOUVRE
HOTEL DE VILLE
ILE DE LA CITE
LA BASTILLE
LE FAUBOURG ST ANTOINE
OPERA
LES INVALIDES
AUX 2 MAGOTS
LE FLORE
ST GERMAIN
ST MICHEL
PLACE DE LA NATION
GARE DE LYON
ILE SAINT LOUIS
JARDIN DU LUXEMBOURG
L'ENTRACTE
LA SORBONNE
LA SEINE
MUSEE DES ARTS PREMIERS
LE PARC DES PRINCES
ROLAND GARROS
HIPPODROME D'AUTEUIL
MONTPARNASSE
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FLUCTUAT NEC MERGITUR
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