



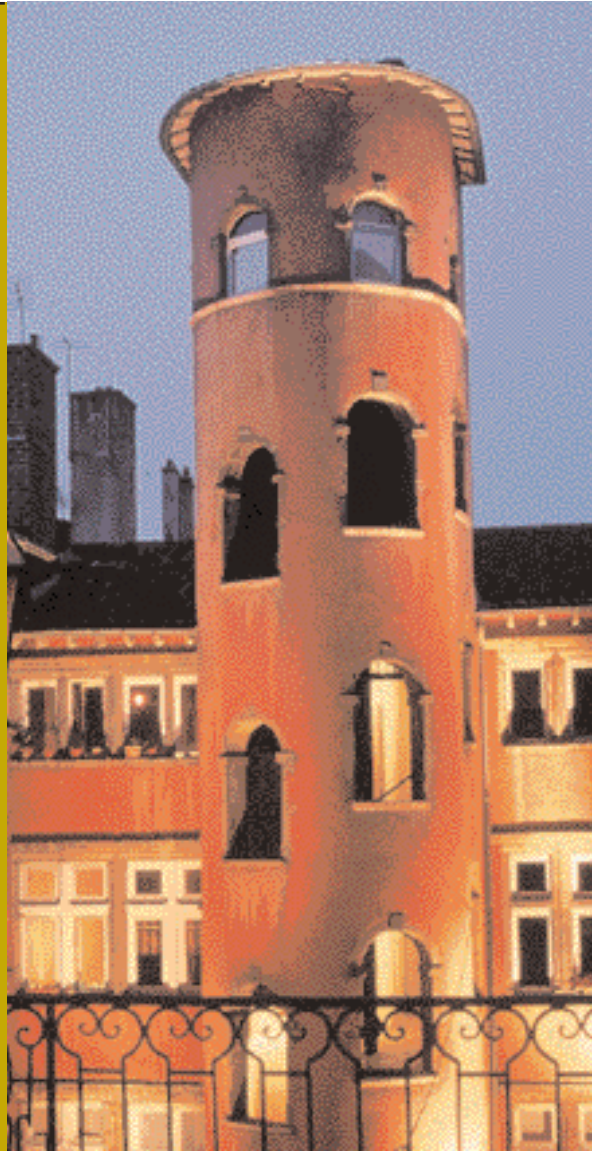
Eating and drinking,
getting about in
and around Lyon,
communications from
ordinary mail
to the internet:
read on for handy hints
on getting the most
out of everyday
living in Lyon.

EVERYDAY LIFE IN LYON

1 EATING, DRINKING, SHOPPING FOR FOOD

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1	EATING, DRINKING, SHOPPING FOR FOOD	52
	1-1 UNIVERSITY RESTAURANTS	52
	1-2 CAFETERIAS	53
	1-3 SHOPPING FOR FOOD	53
2	GETTING ABOUT	54
	2-1 BUS, METRO, TRAM	54
	2-2 TRAIN	55
	2-3 CAR	55
	2-4 PLANE	56
	2-5 AN AUTOMOBILE ALTERNATIVE	57
3	TELECOMMUNICATIONS	58
	3-1 GETTING THE PHONE CONNECTED	58
	3-2 THE POSTAL SERVICE	58



1 1 UNIVERSITY RESTAURANTS

Should you opt for quick-service meals on a campus, as a researcher you are entitled to eat in university restaurants without a student card at the "temporary guest" rate (5,03 euros in 2002-2003). Many campuses have their own restaurants, open every day except Sundays and holidays. One ticket gets you a traditional meal: entrée, main course and cheese or dessert. Other dishes – grills, salads, sandwiches, etc – are paid for in cash. The CROUS offers a "ticket meal" service in all its restaurants.

Web site: www.cnous.fr/vieetud/resto.htm

Kosher university restaurants

Lippmann

4, rue Tony Tollet - 69002 Lyon - Tel 33 (0)4 78 42 49 82

Lycée Technologique ORT

133, rue M. Berliet - 69008 Lyon - Tel 33 (0)4 72 78 09 09

The Puvis de Chavannes and Madeleine restaurants, and the Com'Et and Europe cafeterias (Bron) offer ready access for the physically handicapped.

Website: www.crous.fr/vieetud/resto.htm

1 2 CAFETERIAS

Higher education establishments have cafeterias, some of them run by the CROUS. They offer sandwiches, pizzas, quiches and in some cases salads. Unlike the traditional restaurants they are open all day.

Lunch

Lunch is available at reasonable prices – cheaper than in the evening – in Lyon's many restaurants. Get yourself a copy of Le Petit Paumé, the indispensable free guide to Lyon, which lists the city's restaurants according to price. Or consult: www.petitpaume.com

1 3 SHOPPING FOR FOOD

For meals cooked at home, it's cheaper and more practical to group your purchases in a supermarket or hypermarket, which offer an enormous choice. The only problem is that the cheapest supermarkets are as a rule on the outskirts of town. However, you now also have the possibility of shopping via the internet: deliveries are made 48-72 hours later in a timeslot specified by the customer. Websites: Télémarket, Houra, etc.

Sundays, holidays, evenings

- Home deliveries: basically this means pizzas. A pizza for 2-3 people costs 12-14 euros.
- Street markets: there are plenty of these in Lyon, open until around midday, including Sunday (see "Lyon, city of markets", below).

- Evenings: lots of local "corner shop" groceries, often open until 22:00 and sometimes later.

Wine and cheese on the internet

- **Fromag.com** (www.fromag.com)

Everything you want to know about cheese: descriptions, advice on making up a cheese plate, purchase and presentation, the right cheese/wine combinations.

- **Chateau Online** (www.chateauonline.fr)

The Chateau Online wine waiter introduces the wines of France, with information on grape types and vintages. He will help you choose the right wine for the dishes you serve.

Bouquinistes, quai de Saône





THE LYON PUBLIC TRANSPORT NETWORK (TCL) covers Lyon and its immediate environs: 100 bus routes, 4 metro lines and 2 tram routes. Public transport runs from 5:00am until midnight. Maps and timetables are available free from TCL agencies.

Prices (subject to change in the course of the year)

- Single ticket: 1.40 euros
- Book of 10: 11.20 euros
- Season tickets: you have a wide choice of monthly and yearly tickets, together with 2-hour and "Liberté" (all day) tickets. Information from TCL agencies.
- A ticket is valid for an hour after stamping. Transfers to other lines are allowed, but a return journey using the same ticket is not.

Information:

Tel: Allo TCL: 0820 42 70 00 or www.tcl.fr
or minitel 3615 TCL (0.20 euros/min)

OPTIBUS, for the physically handicapped

Reservation compulsory: Tel 33 (0)4 37 25 24 24 between 16:00 – 23:00. The service operates every day from 6:00 – 01:00.

Prices: ordinary journey (3 euros) - home/work journey (2,70 euros) - children (age 4-10) (1,50 euro).
Some bus routes and both TCL tram routes offer specific access for the physically handicapped.

RHÔNE DÉPARTEMENT BUS NETWORK

Information: "Allo Transports Publics"
Tel 33 (0)4 72 61 72 61 or at the four bus terminals: Gorge de Loup, Part-Dieu, Perrache and Villefranche.

2 2 TRAIN – SNCF (FRENCH RAIL)

REGIONAL EXPRESS TRAINS (TER)

This French Rail network covers a large part of the Rhône-Alpes Region

Information: www.ter-sncf.com/rhone-alpes
or the "Direct Line" information and sales service
Tel 0892 35 35 35 (0.34 euro per minute).
A range of season tickets is available.

NATIONAL RAIL NETWORK

With two stations downtown (Part-Dieu and Perrache) and a third at the Lyon-Saint Exupéry airport, the TGV (high-speed train) puts Lyon in the heart of Europe. Central Paris is 2 hours away (departures every 30 minutes), Marseille 1h 35m, Brussels 3h 40m and Turin 4 hours.

www.sncf.com
or information at 08 36 36 35 35 (0.34 euros per minute).



2 3 CARS

PARKING

Central Lyon has 18 parking lots to make parking easier. Check them out on www.lyon-parc-auto.com. Lyon Parc Auto (LPA), the company that runs these facilities, has chosen a concept that combines functionalism, art, design and architecture. The parking lots have been designed by such well known architects as Daniel Buren, Dror Endeweld and Joseph Kosuth and have become part of the sights to see in Lyon.

LPA offers various season tickets

Tel 33 (0)4 72 41 65 25.

If you are a Lyon resident, make enquiries at you local Town Hall regarding reductions for on-street parking.

CAR RENTAL

Avis (0 802 05 05 05)

Budget (0 800 10 00 01)

National/Citer (0 800 05 10 11)

Europcar (0 803 352 352)

Autop (33 (0)4 78 72 46 37)

Hertz (0 803 861 861)

ASL (33 (0)4 72 38 36 62)

Rent a car (33 (0)4 78 95 81 80).

Motorways

Lyon is served by an excellent motorway network:

Geneva 1 hour (160 km), Turin 3 hours (310 km),
Paris 4 hours (450 km) and Barcelona 6 hours (650 km).

For further information, including season tickets, call the

Société des Autoroutes Rhône-Alpes

(Tel 33 (0)4 72 35 32 00)

AN AUTOMOBILE ALTERNATIVE

Another useful car hire address offers the "car sharing" approach for 1-12 months. According to need, you are allotted the vehicle nearest to your point of departure and you pay only for the time of use. Fixed costs are limited to a monthly subscription of less than 20 euros.

Car sharing fits well with new approaches to urban transport. It is environment-friendly, offers a more rational use of the automobile, and complements other modes of transport.

Address: 14 rue Claude Curtat - 69330 Meyzieu

Tel 33 (0)4 78 31 82 66

Website: <http://lavoitureautrement.free.fr>

DRIVING LICENCE

The international driving licence is free and is the ideal solution for short stays. Information from the Prefecture.

- Licences issued in European Union countries are valid in France.
- Licence-holders from other countries who do not have a residence permit may drive for the period covered by their visa. Holders of a residence permit for less than one year have a year in which to request a licence changeover. NB: application for a changeover is compulsory, but not all licences can be changed over.
- Reciprocal agreements exist with certain non-European Union countries – Japan for example. For details enquire at the Rhône Prefecture in Lyon.

VEHICLE REGISTRATION

As soon as you have a fixed address in France, you must change the registration of your vehicle at the Prefecture.

Documents required:

- tax discharge, available from your local Tax Office
- certificate of identification of an imported vehicle. Apply to DRIRE Rhône-Alpes:

Subdivision Lyon 1 / Véhicules

63, avenue Roger Salengro, 69100 Villeurbanne

Tel 33 (0)4 72 44 12 41

- proof of ownership and ID

NB: vehicles more than 4 years old must undergo a technical inspection in an authorised centre.

VEHICLE INSURANCE

If you are bringing your car to France with you, check with your insurance company that your contract is valid outside your national borders – and especially in other European Union countries, in case you have to leave French soil.

If you buy a car in France and want to take out insurance, you will have to provide your insurance company with information on your last three years' insurance.

Information website:

www.eurecom.fr/Students/Uponarrival.html

TAXIS

Average cost of a taxi ride :

- 8 euros from Bellecour to Part-Dieu
- 13 euros from Perrache to the Cité Internationale
- 36 euros from Lyon-Saint Exupéry airport to downtown (day rate, non contractual, and variable according to the taxi company concerned).

Some taxi companies provide service in foreign languages :

Taxi-radio de Lyon (english-german-spanish)

www.taxilyon.com

15, rue Dumont d'Urville – 69004 Lyon

Tel 33 (0)4 72 10 86 86

Mazalon taxi (english)

69410 Champagne au Mont d'Or

Tel 06 09 75 51 23

Lyon-St Exupéry airport is 25 km east of Lyon and 30 minutes from the city centre.

Tel 33 (0)4 72 22 72 21 – www.lyon.aeroport.fr

How to get there

Motorway: leaving Lyon, take the A43 for Chambéry or A42 direction Geneva.

SATOBUS shuttles: Regular services, tel 33 (0)4 72 68 72 17

The journey to or from Part Dieu or Perrache stations takes 35 minutes.

Place bellecour



ON FOOT

If walking is your thing, get in touch with the **Pedestrian Rights Association** Tel 33 (0)4 78 28 12 77 which devotes its energies to making life easier for pedestrians in terms of town planning and driver awareness. A member of a European network, the Association is very active in Lyon and takes part in all events likely to further its cause.

BY BIKE

Dedicated cyclists should contact La Ville à Vélo (The City by Bike), which offers special maps for cyclists and lobbies political and administrative bodies for more cycle paths.

Website: www.fubicy.org

Free parking is available for bicycles in City carparks.

Lyon Campus bike and rollerskate website:
www.lyoncampus.org/pagesguide/all6.htm

ROLLERSKATES AND SCOOTERS

There are two associations for aficionados:

Génération Roller

www.generationsroller.asso.fr

The Association organises a get-together on Place Bellecour every Friday evening: beginners at 21:00, experienced skaters at 22:00.

International Rollers Riders

33, rue Bossuet- 69006 Lyon

www.roller-rider.com

Rendezvous Friday evenings at 20:30 (Tête d'Or Park), then 20:45 (Place des Terreaux) for some serious skating 28-35 km. Wednesday evenings: beginners' outing 10-15 km on Lyon's footpaths.

Once a month the society organises an evening get-together with a special theme.

Place St Nizier



3 1 GETTING THE PHONE CONNECTED

THE INTERNET

As soon as you have a landline connection (a subscription to France Télécom), you can have internet access. Enquire from the numerous access providers about their rates and the cost of a modem.

For all but strictly local communications, e-mail is the fastest and cheapest means of sending messages.

ADSL offers high speed internet connection via your phone line and is becoming more and more common in France. Subscription rates are higher: around 30 euros/month for 128 Kbits and 45 euros/month for 512 Kbits. You also have to have the appropriate modem (free from some providers). ADSL access is only possible if your telephone exchange is compatible with this technology. It is also advisable to be no more than 5 km from the exchange, as signal quality deteriorates with distance. For further information, call 1014.

Some residential facilities have their own internet connection. Ask about this when signing your lease.

As soon as you move into your accommodation, contact the nearest France Télécom agency (Tel 1014, toll-free) to ask for a phone connection (approx. 30 euros). You will be asked to provide your lease, ID and the name of the previous user of the line (or the old number).

You will be given a telephone number within 48 hours. You can have this number kept secret by requesting that it be put on the "liste rouge" (fee: 2 euros per month).

Recent changes to the system mean that you can now make national and international calls via private operators such as Cegetel and others.

NB: you must, however, have a France Télécom line to be able to access private operator services.

Using your mobile in France

The three French operators – France Télécom, SFR and Bouygues Télécom have agreements with many foreign operators, allowing mobile phones to be used in countries other than the one where the subscription has been taken out. However these agreements may be limited by technical factors. Check with your home country operator to see if they have a partnership agreement with one of the three French telecom companies. If this is the case, your mobile will work on that operator's network in France.

3 2 THE POSTAL SERVICE

The postal service in France is run by "La Poste", a public sector company with post offices in all cities and towns and most villages. Post offices are readily recognisable by their characteristic logo, a stylised blue bird on a yellow background.

In addition to the distribution of mail and parcels, La Poste offers many other postal and banking services.

If you do not have a postal address, you can have your mail addressed "poste restante". This involves opening a letter box at a post office (ID required, fee 2 euros per month), which then becomes your postal address. You have to pick your mail up in person and each item costs 0.5 euro.

Useful phone numbers

12	French directory enquiries
13	complaints (toll-free)
15	Samu (emergency medical service, ambulances)
17	Police
18	Fire service
36 99	time
1014	France Télécom agency (toll-free)
00 33	followed by country code: international directory enquiries
08 92 68 08 08	weather