Cope, Be OK

what it means to be OK

Understand

The Paris Syndrome

Due to high expectations, a tight schedule, large crowds and long lines at certain attractions during high season, **Paris might disappoint some visitors**. First-time visitors may have an idealized view of Paris and could be shocked by the typical challenges of visiting any large city: crowds, traffic & traffic noise, pollution, garbage, crime and relatively high costs, plus residents speaking in a foreign language. In the worst case, visitors might experience the Paris syndrome; a psychological state of amazement plus great disappointment. To enjoy the wonders of Paris, make realistic plans. The number of attractions, landmarks and restaurants is overwhelming; visiting only the most famous ones (which can be overcrowded during major holidays) takes well more than a week. The city also has more to offer for people who take time for a calm stroll along the backstreets. If your time in Paris is short, be very selective, and save some attractions for your next visit.

Health

how to contact

Embassy

contact your Embassy

Social Help

places of religion

Confidence Games

Please help me Sign my Do you speak English? You dropped your gold ring I am returning from a fashion show but my credit card was rejected

Scams to Avoid

Stay Safe

• Register with the US State Department STEP Program so the good guys at the State Department know where you are in case of emergency. You already paid your taxes for this service so use it. It is easy and one never knows. • Always carry an identification card…naw, never your original passport

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