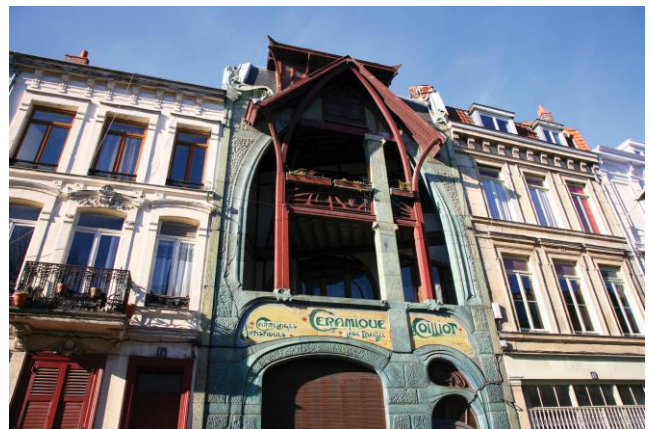




Art Deco & Art Nouveau in Lille & Antwerp





Travel

Passports

Please ensure your 10 year British Passport is not out of date and is valid for a full three months beyond the duration of your visit. EU, Andorra, Liechtenstein, Monaco, San Marino or Switzerland valid national identification cards are also acceptable for travel to France.

Visas

British and EU passport holders are not required to have a visa.

For all other passport holders please check the visa requirements with the appropriate embassy.

French consulate: PO Box 57, 6A Cromwell Place, London SW7 2EW; Tel (020) 7838 2000/1. Information Service: Tel (0891) 887 733, Fax: (020) 7838 2046. Opening hours: 0900-1130 (and 1600-1630 for visa collection only) Mon-Fri (except British and French national holidays).



Tickets

You will be issued with return train tickets. Please take care not to lose your tickets and please check that the details on your tickets are accurate. Your ticket is non-transferable and non-refundable. No refund can be given for non-used portions.

Standard Premier on Eurostar tickets is indicated by two asterisks in the class type section in the top right hand corner. A light meal will be served to passengers travelling Standard Premier on Eurostar. Standard class Eurostar tickets do not include any food or drink on board, although there is a buffet car serving drinks and snacks.

Train Seats

On all legs of the journey you have reserved seat and carriage numbers which are shown clearly on your ticket.



Baggage

As with most trains, passengers are responsible for carrying baggage onto and off the train. Baggage can be stored on overhead shelves or at the entrance to the carriages. Trolleys are available at St Pancras and Lille, but bags do need to be carried on to the platform. Porters are sometimes but not always available at St Pancras.

Travel Editions recommends a luggage delivery service called **thebaggageman**, where your suitcase can be picked up from your home before departure and delivered straight to your hotel; therefore removing the worry about carrying your cases onto and off the trains.

For further information:

<http://www.thebaggageman.com>

Labels

Please use the luggage labels provided. It is useful to have your home address located inside your suitcase should the label go astray.

Transfers

On arrival in Lille, transfer by coach to hotel Mercure Lille Centre Grand Place for check in for three-night stay.

Special Requests

If you haven't already, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements.



Accommodation

Mercure Lille Centre Grand Place, Lille

This four-star hotel is located in the very heart of Lille next to the opera house and within two minutes' walk of the Bourse and Grand Place in the heart of the city. Facilities at this charming, traditional hotel with lovely stained glass windows include bar and comfortable bedrooms with private bath/shower, hairdryer, TV, telephone, minibar, wi-fi, safe and coffee/tea making facilities.

For more information visit their website

<http://www.mercure.com/gb/hotel-0802-mercure-lille-centre-grand-place-hotel/index.shtml>



Food

Herring, rabbit, potatoes, *chicons* (endives) and beer form the basis of the Nord-Pas-de-Calais cuisine. Seafood is very popular – coquilles Saint-Jacques, eel, sole, turbot, cod, and of course, *moules frites* will be on menus. You will also find many Flemish inspired dishes here, such as *waterzooï* (stew made with fish or chicken, vegetables, potatoes and herbs), *potjevleesch* (meat, onions and herbs prepared as a jelly or *terrine*), *Hochepot à la Flamande* (stew made with pig's feet and ears, beef brisket and tail, lamb shoulder, calf's liver, vegetables and potatoes), and *Carbonade Flamande* (sweet-sour beef and onion stew made with beer). Dishes cooked in beer are also popular, such as rabbit with plums and beer, *coq à la bière*, or *couquebaques* (beer crêpes).

Tarts are the most popular dessert – *tarte aux fruits* (apple, rhubarb, plums) or *tarte au sucre* (garnished with a cassonade sugar, cream and egg mixture). Other traditional sweets of the region include *Gaufres fourées* (two wafers filled with cassonade, reputedly General de Gaulle's favourite), *spéculoos* (cinnamon & spices biscuits) and *cramique* (brioche bread).

Coffee is served after the meal and will be black, in small cups, unless a *café au lait* (or *crème*) is requested. *Chicorée* is often added to the strong coffee.

Almost all restaurants offer two types of meals: *a la carte* (extensive choice for each course, generally

more expensive) and *le menu* (a set meal at a fixed price). The bill (*l'addition*) will not be presented until it is asked for, even if clients sit and talk for half an hour after finishing their meal. Usually, a discretionary service charge is added to your bill in restaurants and bars, and no further tipping is required.

Generally speaking, mealtimes in France are strictly observed. Lunch is as a rule served from noon to 1330, dinner usually from 2000-2130, but the larger the city, the later the dining hour.



Drink

In contrast to the rest of France, where wine is favoured, beer is by far the most popular alcoholic beverage in the Nord-Pas-de-Calais. Hops and barley are grown in the area, and the beer produced tends to be strong and flavoursome. There are plenty of small artisanal *brasseries*, as well as international and national firms producing over 100 different types of beer. Well known are the *Jenlain*, *3 Monts*, *La Goulade*, and the *Ch'ti*.

Juniper berries are used to produce two of the local eau-de-vie, *Genièvre*, or Jenever (made by distilling cereals and adding the berries) and *Chuchemourette* (cassis and juniper berries liqueur).

For a non-alcoholic drink try the excellent artisanal lemonades produced according to traditional recipes.

Meals included in the price of your holiday are:

Breakfast – daily

Dinner is included on two nights at the atmospheric Art Nouveau Brasserie de la Paix, located 2-3 minutes' walk from the hotel in the heart of the city.



Destination

Although its heritage does not lend itself to that of a cultural hub, in recent years Lille has had a renaissance, revealing itself as one of France's most underrated cities with a selection of world class museums and plenty of delightful early 20th century architecture to discover. Antwerp, on the other hand, is a timeless city, almost a living museum with streets lined with buildings that have been there for centuries.

Details of places of interest included in your tour:

Lille

The largest city in northern France, Lille belies its industrial past with a charming old town, full of cobbled streets, grand squares and plenty of bars, cafés and restaurants as well as its historic sites including the *Hospice Comtesse*, *Old Exchange* and *Citadel*. Your stay here includes a walking tour of the Art Nouveau houses of Lille, including the exterior of the beautiful *Maison Colliot* and a visit to the recently re-opened *Villa Cavrois*.

For more information about Lille:
<http://en.lilletourism.com/>

For more information about the Villa Cavrois:
<http://www.villa-cavrois.fr/en/>

Palais des Beaux-Arts

You will also visit the superb collection at Lille's *Palais des Beaux Arts*, the 2nd largest fine arts museum in France after the Louvre. Fully renovated in 1997, it houses collections of European painting, drawings, a sculpture gallery and 17th and 18th century ceramics.

For more information about the Palais des Beaux-arts:
<http://www.pba-lille.fr/spip.php?rubrique31>

Roubaix and La Piscine

Roubaix is now virtually a suburb of Lille but was once the centre of the textile industry. Its stunning Albert Baert's 1932 Art Deco swimming pool has been transformed into the hidden gem that is *La Piscine*, whose contents include sample fabric books from the Art Nouveau period. 19th and 20th century art and sculpture are displayed around the original pool and in the beautifully-tiled changing rooms.

For more information about La Piscine:
<http://www.roubaix-lapiscine.com/> (French only)

Antwerp

The historic Belgian city of Antwerp is famed as the birthplace of Rubens with a strong artistic heritage in its fine museums and churches. This heritage was also reflected in the city's enthusiastic embracing of the Art Nouveau movement with an entire district, known as the *Golden Triangle*, of some 170 Art Nouveau houses as well as the famed "*Five Continents*" house. Time will also be allowed to visit the Reunion exhibition in the *Cathedral of our Lady*, the largest Gothic church in the Low Countries, built over 169 years between 1352 and 1521. This iconic building houses an impressive collection of major art works including a series of paintings by Rubens.

For more information about Antwerp:
<http://www.visitantwerpen.be/>

For more information about the Cathedral of our Lady:
<http://www.dekathedraal.be/>

Your lecturer / guide

Mike Hope author, lecturer, curator and designer, has spent more than twenty-five years at four universities (Staffordshire, Portsmouth, Nottingham Trent and Plymouth) and nearly thirty years delivering Summer School Programmes. He has lectured around the world and was a founder board member of The European Academy of Design.

Alongside an extensive publication list, he has researched, designed and curated many exhibitions, and advised on stained glass to the Diocese of Exeter. He specialises in Art and Design History, Stained Glass; Churches and Cathedrals; the English Country House and Garden.

He will deliver two illustrated talks in a charming private room at the Art Nouveau De La Paix restaurant:

“A Line is a Force – Artistic and Cultural Differences in Art Nouveau, Art, Design and Architecture”

“Art Nouveau in Belgium”

“Art Deco – an International Style in Context”

Recommended reading

Graham Robb, *The Discovery of France*.

A general introduction to French culture, landscape and history, it also features an excellent insight into the distinctive character of France’s regions.

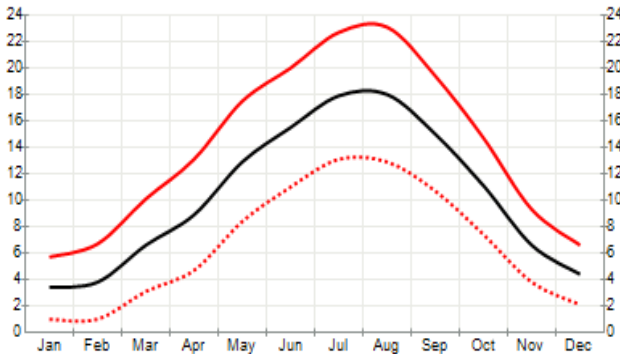
Tour manager

Your tour manager will be on hand throughout the tour to ensure that everything operated according to plan. If you have any problems or questions please see him or her immediately – it is often possible to resolve complaints or problems very quickly on the spot, and do everything to help you enjoy your holiday.



The Basics

Climate – The weather in Lille at this time of year is likely to be pleasant, but there is the chance of the odd shower. Our best advice is to come prepared.



Time – GMT +2 hours (Summer time Apr-Oct); GMT + 1 (Standard time Nov-Mar).

Language – French.

Religion – Roman Catholic.

National holidays – New Year's day (01 Jan); Easter Monday; Labour day (01 May); Victory in Europe day (08 May); Ascension day; Whit Sunday; Whit Monday; National day (14 Jul); Assumption of Mary (15 Aug); All Saints' day (01 Nov); Armistice day (11 Nov); Christmas day (25 Dec).

Currency – Euro. €1 = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

Banks – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports, major train stations and other spots. They usually offer an attractive exchange rate. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros.

Credit cards – American Express, Diners Club, MasterCard and Visa are widely accepted across the country. If you're eating at a restaurant, check prior to the meal that your card will be an acceptable form of payment. Even in cities, it's advisable to

carry a supply of cash with you at all times. Varying amounts of commission can be charged.

Electricity – 220 volt, two-pin continental plug.

Drinking water – Tap water is safe to drink. (Although you'll find a huge amount of bottled water for sale too)

Shops and museums – Department stores are open 0900-1830 Monday to Saturday. Most shops are closed between 1200-1430. Some food shops (particularly bakers) are open Sunday mornings, in which case they will probably close Monday. Many shops close all day or half-day Monday. Please note that most museums are closed on Mondays.

Clothes & Shoes – You may like to bring a warm sweater for cool evenings. Light rain wear for the occasional storm and good grip/flat walking shoes are recommended.

Camera – bring plenty of memory cards/film and any spare camera batteries as these are not always available. Please check with your guide before photographing people.

Bath plugs – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

Telephones/mobiles – You should be able to use your mobile phone in France, depending on your operator and contract.

Tipping – To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that when receiving a good service, one does award with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services, but for your guidance about £2-3 per person per day for the tour manager is the norm. We would like to reiterate that tipping is an entirely optional payment and this information is given purely to answer any questions you may have about it.



Health

Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

Keep receipts for insurance claims.



Hospital

Your tour manager/hotel reception will arrange hospital transport.

Keep receipts for insurance claims.

General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit For Travel website for more generally information specific to the country you are visiting – www.fitfortravel.nhs.uk

Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.



Insurance

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and also telephone the emergency number of your insurance company. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of medical attention.

European Health Insurance Card (EHIC)

The EHIC replaced the old E111 in 2006. Valid in all EEA countries, the card lets you get state healthcare at a reduced cost or sometimes for free. It will cover you for treatment that is needed to allow you to continue your stay until your planned return. It also covers the treatment of pre-existing medical conditions.

Please note that the EHIC **is not** an alternative to travel insurance. It will not cover any private medical healthcare or costs such as being flown back to the UK, or lost or stolen property. Therefore, it is important to have both an EHIC and a valid private travel insurance policy. It is also important to note that each country's healthcare system is slightly different, so the EHIC might not cover everything that would be generally free on the NHS.

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

For more information about the EHIC please visit:

<https://www.ehic.org.uk>



Emergencies

Should an emergency arise, please call our offices on:

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 44 20 7431 8201 or

00 44 7899 796542 or

00 44 7831 133079 or

00 44 1235 850720

PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.

If you find that you are in need of consular assistance during your holiday:

Consular services Paris

16 rue d'Anjou

75008 Paris

France

Tel: +33 (0)1 44 51 31 00

Fax: +33 (0)1 44 51 31 27

Open Mon-Fri 0930-1230. Outside these hours a consular Emergency Service is in operation and can be contacted on +33 (0)1 44 51 31 00.

Travel Editions

3 Youngs Buildings, London EC1V 4DB

Tel: 020 7251 0045

Email: info@traveleditions.co.uk www.traveleditions.co.uk

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