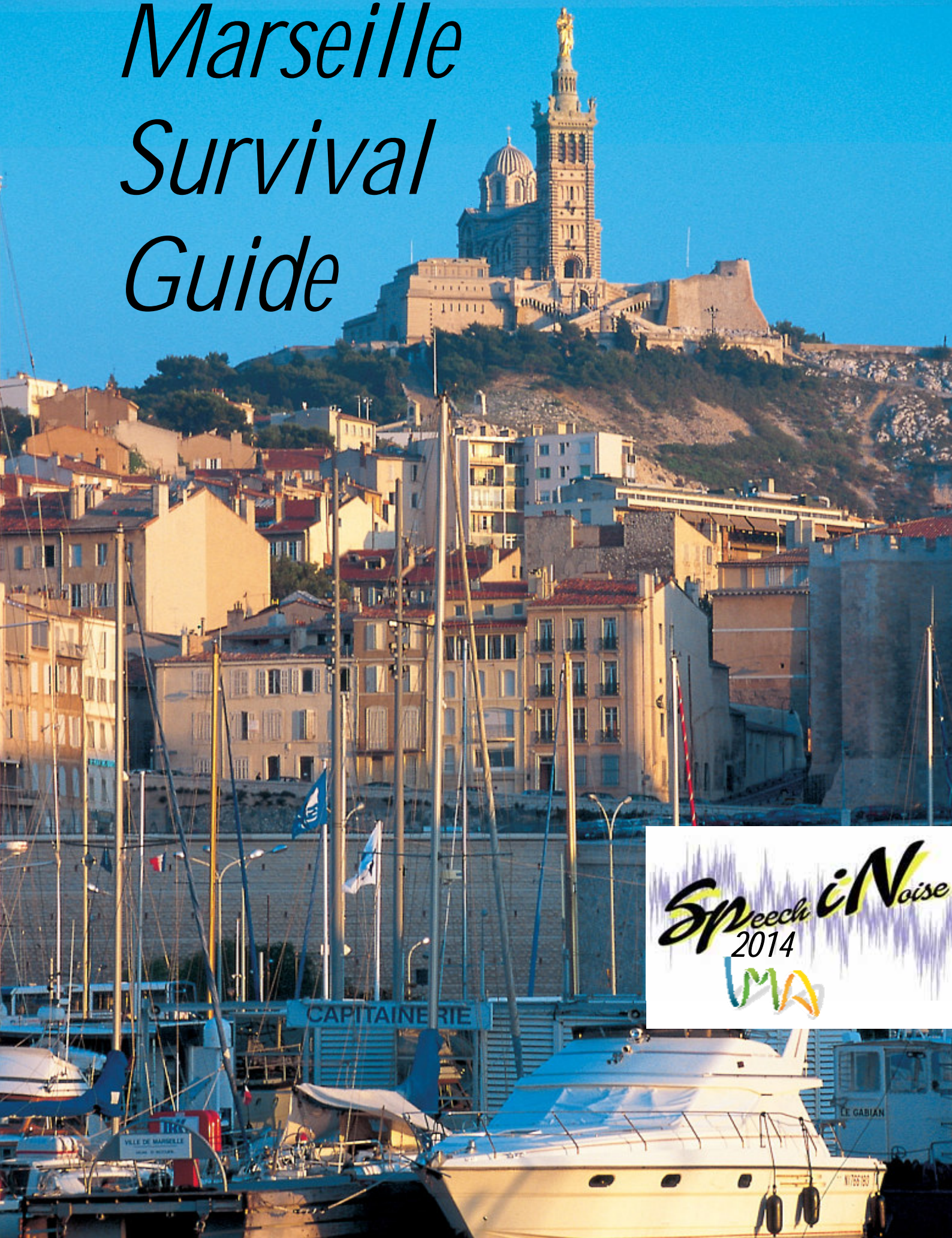


# *Marseille Survival Guide*



*Speech iN Noise*  
2014  
LMA



# Choose and book your hotel in Marseille.

You'll find below a selection of 18 cheap hotels in Marseille. Click on the hotel name to open the hotel web page. Underlined rates are special offers provided to the workshop participants (see booking instructions below the rates). We indicate for each hotel the walking duration to the closest *line 1* or *line 2* tube station. Remember: the sooner the booking, the larger the choice and the cheaper the room...

Hotel name	Address & Phone number	Walk duration to closest tube station	Single room rate (€)	Double room rate (€)	Breakfast rate (€)
<a href="#"><u>Hotel Logis Edmond Rostand</u></a> ***	31 & 33 rue Dragon 13006 Tel: +33 (0)4 91 37 74 95	8' to <b>Castellane</b>	<u>Room</u> <u>89</u> Online promo code: CNRS090114	<u>Apartment</u> <u>89</u> Online promo code: CNRS090114	10
<a href="#"><u>Quality Hotel Marseille Vieux- Port</u></a> ***	16 cours Belsunce 13001 Tel: +33 (0)4 91 19 04 85	5' to <b>Noailles</b>	<u>74</u> Online promo code: ALCAZAR	<u>83</u> Online promo code: ALCAZAR	<u>Included</u>
<a href="#"><u>Music Hotel</u></a> ***	12 boulevard Salvator 13006 Tel: +33 (0)4 91 02 10 21	6' to <b>Notre Dame du Mont</b>	<u>70-90</u> Book by phone or email and give the name "SAVEL"	<u>70-90</u> Book by phone or email and give the name "SAVEL"	12
<a href="#"><u>Seven Urban Suites Prado</u></a> ***	1 rue Vandel 13008 Tel: +33 (0)4 91 16 00 60	6' to <b>Perier</b>	55-107 (studio)	55-107 (studio)	12
<a href="#"><u>Hotel Kyriad Rabatau</u></a> ***	162 boulevard Rabatau 13010 Tel: +33 (0)4 91 80 31 00	10' to <b>Dromel</b>	59-79	59-79	10
<a href="#"><u>Hotel Saint-Louis</u></a> ***	22 rue des Récolettes 13001 Tel: +33 (0)4 91 54 02 74	5' to <b>Noailles</b>	65-84	71-99	10
<a href="#"><u>New Hotel Saint-Charles</u></a> ***	4 allée Léon Gambetta 13001 Tel: +33 (0)4 91 95 09 09	3' to <b>Noailles</b>	65-80	65-80	10
<a href="#"><u>New Hotel Vieux-Port</u></a> ***	3bis rue Reine-Elisabeth 13001 Tel: +33 (0)4 91 99 23 23	10' to <b>Noailles</b> 4' to <b>Vieux-Port</b>	70-85	70-105	12
<a href="#"><u>Hotel balladins Marseille Saint- Charles</u></a> ***	28 boulevard d'Athènes 13001 Tel: +33 (0)4 96 21 10 01	6' to <b>Noailles</b>	75-80	75-80	10

Hotel name	Address & Phone number	Walk duration to closest tube station	Single room rate (€)	Double room rate (€)	Breakfast rate (€)
<a href="#"><u>Ibis Style Marseille Castellane</u></a> ***	31 rue du Rouet 13006 Tel: +33 (0)4 91 79 56 66	4' to <b>Castellane</b>	77-90	77-90	included
<a href="#"><u>Hotel Alizé</u></a> ***	35 quai des Belges 13001 Tel: +33 (0)4 91 33 66 97	11' to <b>Noailles</b> 2' to <b>Vieux-Port</b>	79-108	79-108	8.5
<a href="#"><u>Inter Hotel Rome et Saint-Pierre</u></a> ***	7 cours Saint-Louis 13001 Tel: +33 (0)4 91 54 19 52	5' to <b>Noailles</b>	80-95	80-95	9
<a href="#"><u>Hotel 96</u></a> ***	96 avenue de la Soude 13009 Tel: +33 (0)4 91 71 90 22	<i>For walkers: 34'- walk to the LMA</i>	NA	94-94	12
<a href="#"><u>Hotel Azur</u></a> **	24 cours Franklin Roosevelt 13001 Tel: +33 (0)4 91 42 74 38	8' to <b>Noailles</b>	50-64	60-83	10
<a href="#"><u>Inter Hotel Parc des Expositions</u></a> **	23 boulevard Rabatau 13008 Tel: +33 (0)4 91 25 66 66	4' to <b>Rond Point du Prado</b>	67-73	67-73	9
<a href="#"><u>Hotel Hermès</u></a> **	2 rue Bonneterie 13002 Tel: +33 (0)4 96 11 63 63	13' to <b>Jules Guesdes</b> 4' to <b>Vieux-Port</b>	NA	83-92	9
<a href="#"><u>Hotel du Sud</u></a> **	18 rue Beauvau 13001 Tel: +33 (0)4 91 54 38 50	10' to <b>Noailles</b> 4' to <b>Vieux-Port</b>	NA	76-82	9
<a href="#"><u>Hotel Sylvabelle</u></a> *	63 rue Sylvabelle 13006 Tel: +33 (0)4 91 37 75 83	11' to <b>Castellane</b> 4' to <b>Estrangin Préfecture</b>	55	65-75	6

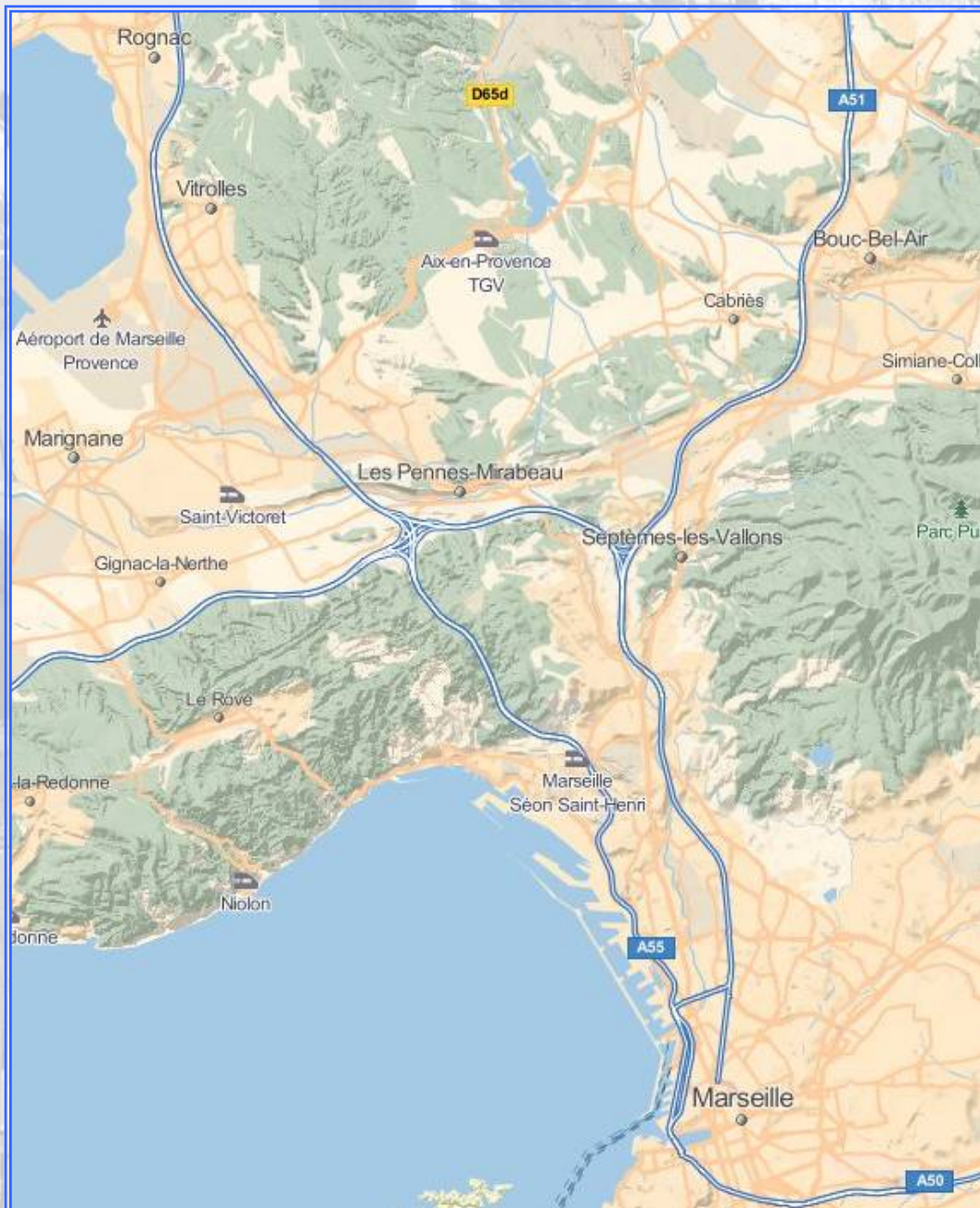


# *How to come to Marseille.*

*By plane:* Click to open the Marseille-Provence Airport web pages for [regular](#) and [low-cost](#) flights to Marseille.

*By train:* Click to see the [TGV](#), [Intercités](#) or [Thalys](#) network.

*By car:* From North: Highway A55 (nicer view than A51). From East: Highway A50.



# How to go to the .

Address: 31 chemin Joseph Aiguier, 13009 Marseille.

The  entrance is right in front of the bus stop "Aiguier CNRS".

## From your hotel:

Check the tube map on next page.

## From the SNCF train station:

At Saint-Charles, take the **tube line 2 (direction Sainte-Marguerite Dromel)** up to the terminus and then take the bus #48 (direction Clairval) up to the stop "Aiguier CNRS".

## From the airport:

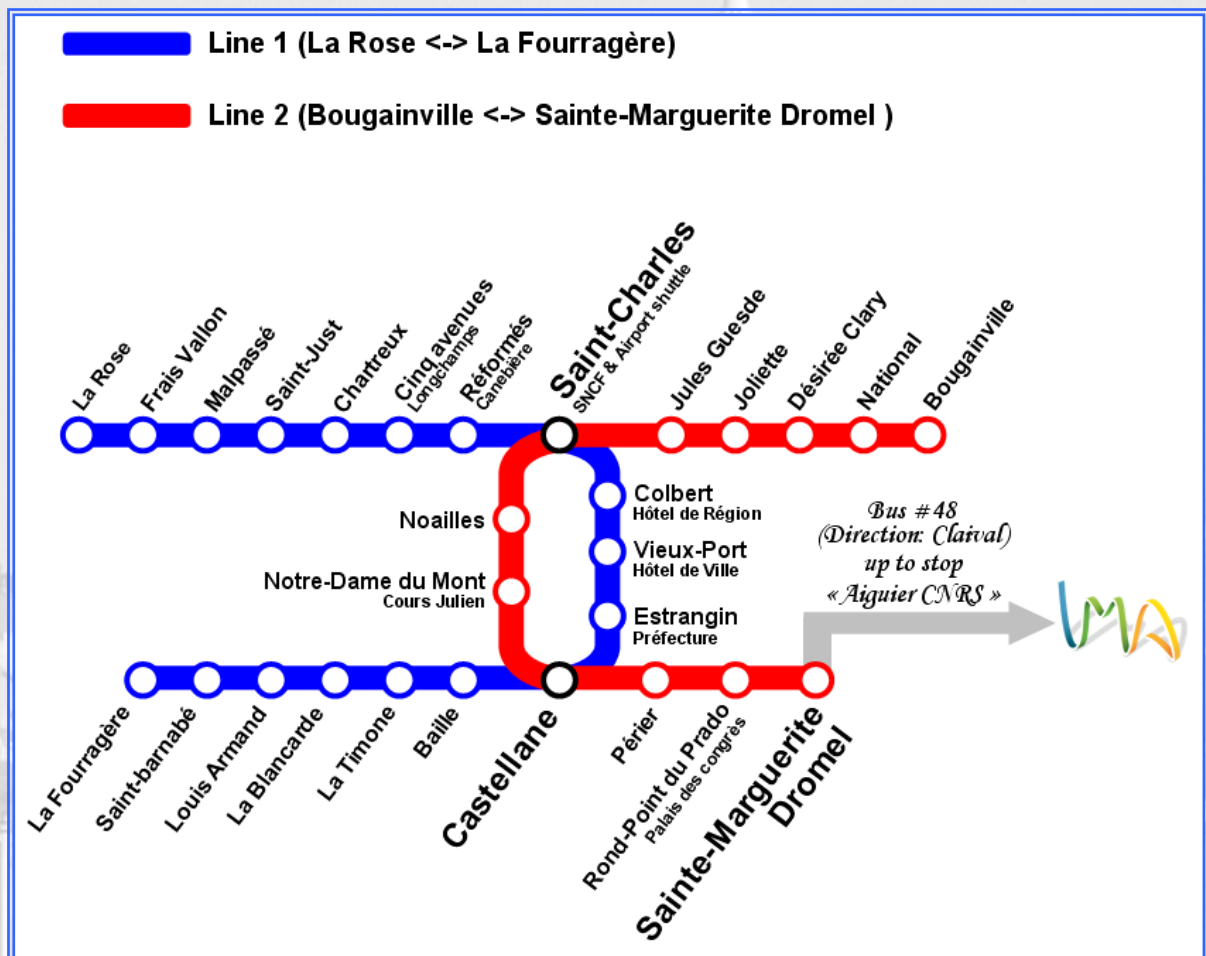
A shuttle connects the airport (platform #2) and Marseille Saint-Charles. Route duration = 25'.

- Shuttle departure every 20' (from 5:10 to 10:10 and from 18:10 to 00:10 to Saint-Charles; from 4:30 to 9:50 and from 17:50 to 23:30 to the airport) or 15' (from 10:25 to 17:55 to Saint-Charles; from 10:05 to 17:35 to the airport).
- Shuttle ticket rates (shuttle alone or shuttle+tube): 1-way = 8.0 or 8.5 €; 2-way = 12.8 or 13.6 €.
- You can buy your shuttle tickets at the ticket desk of the airport (around platform #3) or online [here](#).

At Saint-Charles, take the **tube line 2 (direction Sainte-Marguerite Dromel)** up to the terminus and then take the bus #48 (direction Clairval) up to the stop "Aiguier CNRS".



# Tube map



## Tube & Bus tickets

1-travel ticket: 1.5 €

2-travel ticket: 3 €

One "travel" includes tube/bus connections and lasts for a maximum of 1 hour.

You can buy these tickets at Marseille Saint-Charles (ticket desk) or at most tube stations (ATMs).

△;! Don't buy your ticket onboard the bus, it would cost 1.8 €.

You can also buy a 10-travel ticket for 13 € in newspaper stores with signs "point de vente RTM" (see [here](#)).

# Tube schedules

Both tube lines work from about 5:00 to 24:00, with a frequency of one tube every 4–6 (working hours) or 10–20 minutes (early and late hours).

## Bus #48 schedules

At the tube station "Sainte-Marguerite" (to go to the )

6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
20	00	04	08	12	21	07	16	02	11	17	05	10	16	31
42	14	18	28	35	44	30	39	25	34	33	21	27	56	
	32	36	49	58		53		48	57	49	38	45		
	48	52									54			

At the bus stop "Aiguier CNRS" (to leave the )

6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
51	16	11	12	02	07	16	02	10	19	06	15	06	04	21
	38	27	28	22	30	39	25	33	42	32	33	16	20	55
	55	42	44	44	53		47	56		55	50	32	43	
		56										48		

N.B.: be at the bus stop at least 5 minutes in advance (because the liberty of bus drivers in one specialty of Marseille you may not want to experience...).

## Prefer cycling?

Go [here](#) to buy your 7-day rental ticket for just € 1! Or buy this ticket at one of the bicycle stations, that are shown [here](#).

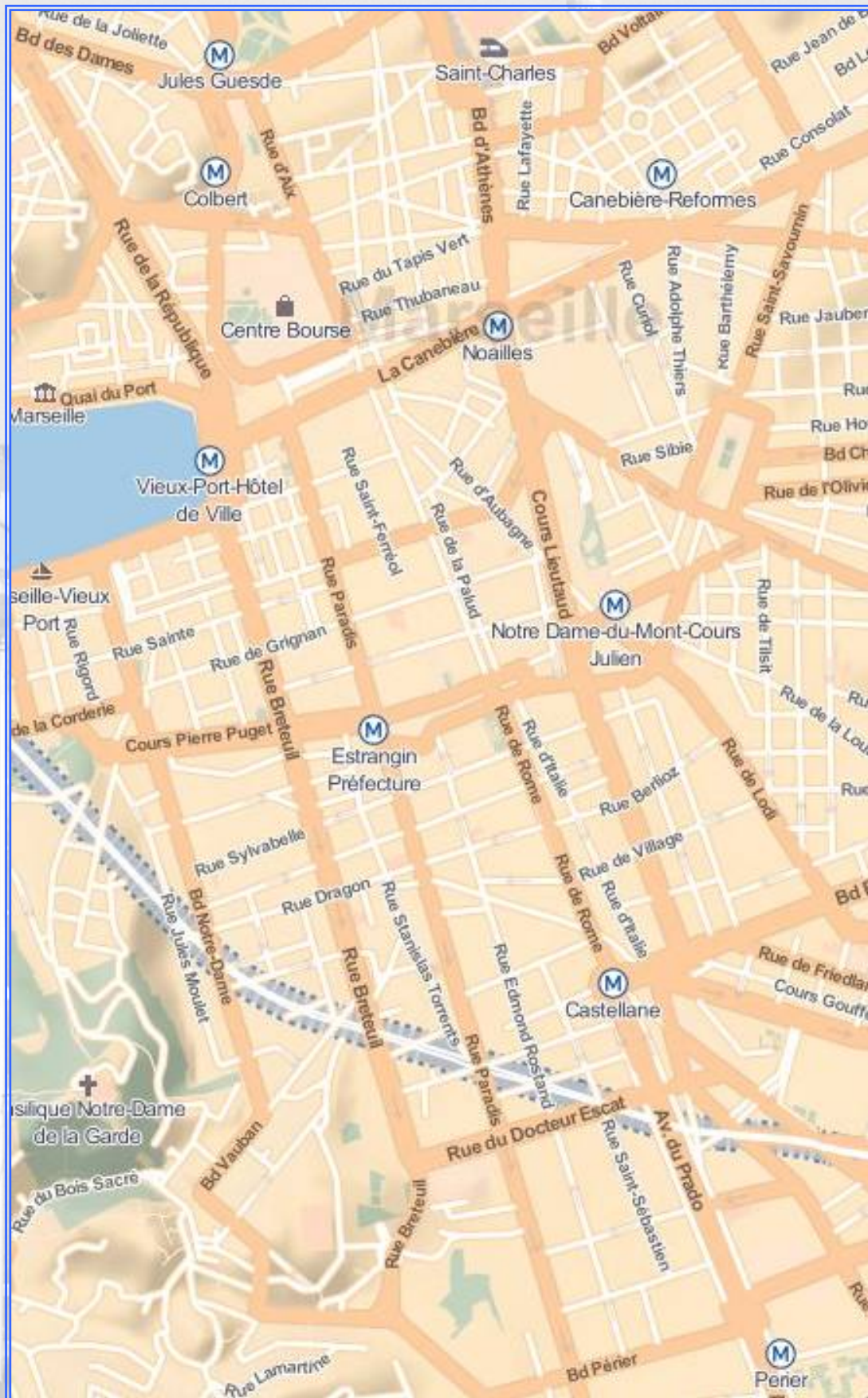
## Need to take a taxi?

Taxi radio Marseille: 04.91.02.20.20

Les Taxis Marseillais: 04.91.92.92.92



# *Map of Marseille center.*





# *The city of Marseille*



*Nestled between sea and hills, Marseille is an amazing city that moves with the seasons and passions.*

*Founded 2,600 years ago, the oldest city of France combines the richness of a unique heritage, an intense cultural life and an exceptional location. Marseille is still known as the "Phocaean city" in memory of the ancient Greeks who founded the city.*

*Sometimes affectionate, sometimes rebellious, Marseille seduces the visitor who seldom resists to the charm of 111 different districts, the mild climate and the secrets of its gastronomy.*

*Although Marseille is the second largest city of France, it has retained values of sharing that have shaped its territory for centuries. Marseille is a port city with a strong identity, which became over time an important capital of the Mediterranean Basin open to the world.*

*With over 300 days of sunshine per year, the summer starts earlier in Marseille than elsewhere. The mistral, which blows 90 days per year, paints the Marseille sky of purity and unique light that some of the greatest artists ever put down on their canvases.*



# Marseille and Provence Gastronomy

*The art of cooking in Marseille, and more generally in Provence, is marked by the know-how and quality fresh food. Fish, olive oil, and roasts with a blade of fennel are the creative and original features of the Provençal cooking. Here are the most famous dishes:*

## **Bouillabaisse**

*This dish illustrates the Provençal proverb « fish live in water and die in olive oil ». Originally, it was a popular dish for fishermen's families who cooked unsold fishes. During the cooking, it was to the youngest of the family to keep an eye on the oven. The instructions were: "when that boils, lower the fire" (in French: "bouille-abaisse"!).*

*Through years, the Bouillabaisse became a prestigious dish made with expensive fishes such as monk- or shellfish. Nowadays, it must respond to a quality charter.*

*After being boiled and torn brown with olive oil, Bouillabaisse is served with rust, potatoes and crouton.*

*An authentic Bouillabaisse in restaurants has to be ordered 48 hours in advance.*



## **Pieds & paquets**

*This dish is composed of small chunks of sheep paunch rolled out and stuffed with bacon, garlic, parsley and white wine. The smaller the Pieds et Paquets, the better the cooker, because this dish is in fact meticulous and delicate. In 1993, "the Charter of Marseille Pieds et Paquets" was created by restaurant owners to prove the seriousness and the quality of its recipe.*





## Aioli

*In Provence, Aioli designates a complete dish composed of various boiled vegetables (carrots, potatoes, green beans, cauliflower), boiled fish (usually desalted salt cod), shrimps and boiled eggs served with the Aioli sauce, a mayonnaise mixed with fresh garlic.*



## Alouettes sans tête

*This typical dish from Marseille is composed of stuffed slices of calf served with a spicy tomato sauce. The piece of chuck has to be sliced in thin escalope lengthwise. This very simple recipe, created in the hinterland, is now one of the main dishes of Marseille gastronomy.*



## Soupe au Pistou

*Ideal at the time of summer evenings after a heat afternoon, this soup is composed of vegetables (haricot bean, potatoes, zucchini, carrot and onion) cut in small dices, garlic, tomato, basil and grated cheese.*



## Tapenade

*This Provençal recipe is a kind of paste, mainly prepared with crushed olives (either green or black), anchovies and tapena (the Occitan word for capers, which gave it its name). The tapenade is best enjoyed spread on bread as a canapé, but can also be eaten as a dip with vegetable sticks. Another way to enjoy it is as a (meat or poultry) stuffing.*





## Anchoiade

*Anchovies are one of the main ingredients of Provençal cooking. The Anchoiade is a paste composed of salt anchovy fillets (previously soaked), crushed garlic, parsley and olive oil. As for the Tapenade, Anchoiade can be enjoyed spread on a slightly toasted slice of bread or as a dip with vegetable sticks.*



## Navette

*Navettes are cookies containing orange-blossom water which have always been associated with Candlemas festivities celebrated in the nearby Saint-Victor abbey. The receipt is preciously kept secret. The legend would like that it symbolizes a sea shuttle (navette in French).*



## Petits farcis Provençaux

*This Provençal specialty was created by farmers' wives to make best use of their leftovers. Petits farcis consist of fresh vegetables filled with meat and bread. They can be eaten cold as a starter, or warm as a main meal. What makes them unique is the choice of meat – beef, pork, veal... anything goes! The recipe for the stuffing gives room for improvisation too, and each family has its own secrets.*





# *Other specialties from Marseille and Provence*

## *The Pastis*



*What better moment on a hot afternoon than sipping a Pastis blended with ice-cold water? The drinkers of this beverage lick their lips just when feeling the Pastis aroma under the stifling sun. The ice cubes crack in contact with this pastoral drink. Time stops. Each refreshing sip, each poured drop, reminds the symbolic history of the most famous "yellow" aperitif.*

*To be drinking a Pastis with friends at the terrace of a bar is an authentic moment in Marseille. This traditional stage scene, in which the main actor of the play is always the Pastis, was immortalized in Marcel Pagnol's movies. Through time, the spirit of authenticity of the «Pastis de Marseille» spread like a wildfire everywhere in France. With its whole and generous character, it symbolizes the Provençal aromas and virtue. The Pastis is much more than an aperitif and is considered as a part of the Mediterranean culture.*

*The word Pastis comes from the Provençal term "pastisson", which means mixture. The taste of anise of the Pastis is enhanced, towards the end, by a subtle aromatic bouquet with floral, fruit and spice notes.*

*Ready for tasting the Pastis in a typical bar nearby the Vieux Port? Order a "tomato" if you want your Pastis with grenadine, a "Perroquet" (parrot) if you want it with mint, or a "Mauresque" (Moorish) if you want it diluted with almond syrup.*



## *The Marseille soap*



*The origin of the Marseille soap would be related with the Alep soap from Syria. This part of culture and history crossed over the Mediterranean basin with crusaders, who introduced it to the Occident via Italy, Spain and Marseille.*

*Nowadays, the Marseille soap has a worldwide reputation and is known as the finest soap in the world. This soap is appreciated by amateurs of natural and authentic beauty products. Its secret lies in a mixture of natural raw materials, such as olive-wood and laurel, which have healing properties and a captivating fragrance.*

*In 1660, there were seven companies making soap in Marseille, whose production reached 20,000 tons. In 1688, Louis XIV introduced regulations (Edict of Colbert) limiting the use of the name "Savon de Marseille" to soaps made in and around Marseille and containing virgin olive oil.*

*Since 1825, the importation of several oils such as palm, copra and groundnut has unfortunately promoted the industrialization of soap factories. By 1914 the production had reached 179,000 tons.*

*In 1909, the first laundry soap was invented by a Marseille chemist and then bought by a German brand. In the early 70's, the number of washing machines increased. Nowadays, synthetic detergents are used at the expense of soap. The Marseille soap has always one's say, even if its current production obviously cannot rival with the million tons of chemical detergents. A "true" Marseille soap is composed of at least 72% virgin olive oil, although many soaps with low-quality (e.g., palm) oils are ambiguously labeled "Savon de Marseille".*

*Currently, there are only four traditional soap manufacturers in Provence, which use the authentic "saponification" process and recipe.*



## *The Santons and crèches de Provence*



*Santons are dolls made around Marseille since the 13th century or earlier. During the French revolution, they were a way to keep the religion alive inside homes in small villages of Provençal villages.*

*Santons are made from the fine clay found in the region of Marseille and Aubagne. Two-piece plaster moulds made from original carvings are filled with the clay for molding. The clay is removed from the mould for painting before being dried and baked. The hand painting is done with great care, using bright colors and incredible details.*

*The traditional Santon nativity scene includes musicians, people dancing the farandole, the ox and the donkey. In the Provençal Christmas Crib there are also sheepdogs with bells, sheep, goats, rabbits, pigeons on the roof, and other barnyard animals. There is also the "Ravi", a man or woman who is reaching out enthusiastically, and who can be considered as being either a simple-minded or a very happy person (see glossary below).*

*Through time, the Santons have come to typify the people of Provence, their work and their trades, and are generally depicted in 19th-century dress.*

# *Do you speak Marseillais?*

*The “Parler Marseillais” is a local form of the French language spoken in Marseille area. This local language is amended by the Occitan (Provençal) language and by various linguistic contributions of immigration. Native Marseille residents remain extremely loyal to this dialect.*

*Below we provide some examples of Parler Marseillais. You might want to learn them before the workshop!*

<b>Word or expression in Parler Marseillais</b>	<b>Translation in French</b>	<b>Translation in English</b>
<b>Aouf</b>	Gratuitement	For free
<b>Arapède</b>	Personne collante (litt : Petit mollusque)	Sticky person
<b>Bordille</b>	Ordure	Garbage
<b>Cagade</b>	Bourde, grosse bêtise	Big stupidity
<b>se Cagner</b>	Avoir peur, avoir la frousse	To be scared
<b>Dégun</b>	Personne	Nobody
<b>Engambi</b>	Problème, malaise	Discomfort
<b>Emboucaner</b>	Embêter	To annoy
<b>s’Encagner</b>	Se mettre en colère	To get angry
<b>s’Engatser</b>	S’énervier	To get irritated
<b>(se) Maraver</b>	(se) Battre	To fight
<b>(être dans la) Mouscaille</b>	(avoir des) Ennuis	(being in deep) Trouble
<b>Fada</b>	Fou	Crazy
<b>Fangoule</b>	Andouille, idiot	Idiot
<b>Marronner</b>	Râler	To complain
<b>Méfi !</b>	Attention , méfie toi !	Be careful!
<b>Ouaille</b>	Pagaille, bazar	Mess
<b>Péguer</b>	Coller	To stick
<b>Pescadou</b>	Pêcheur	Fisherman
<b>Peuchère !</b>	Le (la) pauvre !	Poor (man, woman)!
<b>Ravi</b>	Simple d’esprit, naïf	Simple minded
<b>Teston</b>	Tête	Head
<b>Trop méchant fada !</b>	Intraduisible	untranslatable
<b>Zou !</b>	Allez !	Go!



# *Gastronomic restaurants in Marseille*

## *Les Arcenaulx (25 cours Estienne d'Orves 13001)*

*This restaurant in the heart of Marseille is known for the quality of its French and regional gourmet food, for its nice and cozy atmosphere, and for its wine list.*

*Dinner Menus at 45 € and 65 € (see [here](#)).*

## *L'Epuisette (Vallon des Auffes 13007)*

*This restaurant, located at the Vallon des Auffes, with its incredible panoramic dining room overlooking the sea, is THE place for eating an excellent Bouillabaisse or a fine meat or fish dish.*

*Dinner Menus at 90–120 € (see [here](#)).*

## *L'Aromat (49 rue Sainte 13001)*

*The young Chef of this restaurant proposes a variety of fine and original dishes. You should try his famous "hamburger à la Boullaibaise"!*

*Dinner Menus at 37–53 € (see [here](#)).*

# *Cheap restaurants in Marseille*

*Le Chti Resto (Fresh Fries and Belgian Beers)*

*54 rue Caisserie, 13002. Tel: 04 91 45 49 35.*

*About 10 euros.*

*\*Café Vian (Nice "wine restaurant" with a variety of French dishes and wines)*

*12 rue Vian, 13006. Tel: 06 64 15 41 34.*

*8–15 euros per dish.*

*\*Dos Hermanas (tapas restaurant)*

*18 rue Bussy l'Indien, 13006. Tel: 04 96 12 00 23.*

*8–20 euros.*

*Chez Vincent (Traditional Italian and Provençal cuisine. Great "soupe au pistou")*

*25 rue Glandèves, 13001. Tel: 04 91 33 96 78.*

*About 20 euros.*

*Café Thai (Thai cuisine with a French twist. Good dishes. Need to book)*

*136 rue du Rouet, 13008. Tel: 04 91 25 44 45.*

*About 20 euros.*

*\*La Cantinetta (Good Italian/French Cuisine. Nice atmosphere. Need to book)*

*24 Cours Julien, 13006. Tel: 04 91 48 10 48.*

*About 30 euros.*

*\*Les Pieds dans le Plat (Fine French meat and fish dishes)*

*2 rue Pastoret, 13006. Tel: 04 91 48 74 15.*

*15–35 euros.*

*\* = short walk from tube station "Notre Dame du Mont Cours Julien".*



# *Where to take a drink*

*In "Cours Julien", "Notre Dame du Mont", "La Plaine and "Vieux Port" areas, there are so many bars and pubs that it is impossible to list them. Chic or popular, with a terrace, with live music... Whatever you'd like, you'll find a place to sit and drink a Pastis, a beer or a coffee until about 1:00 AM.*



# *Must-see touristic sites in Marseille*

*Click [here](#) to open the Tourism Office web site. In the section “discover Marseille”, you’ll find all the details about the various architectural, cultural or natural must-see sites in Marseille, such as:*

*Le Vieux Port*

*Le quartier du Panier*

*Le quartier de l’Estaque*

*La Basilique Notre Dame de la Garde (“la bonne mère”)*

*L’Abbaye Saint-Victor*

*Le Fort Saint-Jean*

*La Cathédrale de la Major*

*L’Hotel de Ville*

*Le Palais du Pharo*

*Le Palais de la Bourse*

*La Vieille Charité*

*Le Palais Longchamps*

*Le Chateau d’If*

*Le MuCEM (Museum of European and Mediterranean Civilizations)*

*L’Esplanade Saint-Laurent*

*La Maison Diamantée*

*Le Parc Borely*

*Le Parc Pastré*

*La Corniche Kennedy*

*Le Vallon des Auffes*

*La Plage de la Pointe Rouge*

*L’Ile du Frioul*

*Les Calanques ! (Sormiou, Morgiou, Sugiton, Port-Miou, Callelongue, Marseilleveyre, En-Vau...)*