

When you arrive at LAPTh Virginie will give you a brochure containing many of the tips and information contained in this webpage.

We try to keep the information on these pages as up-to-date as possible. If some of the information is outdated please let us know. Please feel free to suggest new tips, advice and additions.

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## Who is doing what at LAPTh ?

### Administrative information LAPTh Secretariat

Dominique - phone : 1684

Veronique - phone : 1683 - Travels, Invitations, (except Wednesday)

Virginie - phone : 1683 - welcoming visitors (except Wednesday)

For lab access card and lunch card (Sodexho), see Virginie. When leaving LAPTh, please make sure to return them.

The LAPTh secretariat can help you out on many subjects, **feel free to come see us.**

### Libraries at your disposal at the laboratory

- Located on the ground floor of the round building, the physics library is open from 8 am to 7 pm weekdays. Nicole Berger can help you out find a book or a publication or will contact other libraries.
- There also is a small library in the LAPTh patio for leisurely reading. Just write your name

and the title of the book you are borrowing on the little notebook provided.

### **CAES Information**

The CAES is a work council for CNRS agents.

Please contact Myriam Froger for information. She's available every afternoon, except Tuesdays, on extension 16 45.

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### **Annecy by bus**

Virginie can give you a little brochure with the bus timetable.

The bus timetable is also posted on the visitors' whiteboard.

For any information, go to [www.sibra.fr](http://www.sibra.fr)

### **Vélonecy, an initiative managed by SIBRA:**

This initiative aims to promote cycling in the city. A wide range of quality bikes is available to the public at very attractive prices

You will find all the necessary details (prices,

rental places  
, opening hours, ...)  
on the site of Vélonecy, see  
[here](#).

The Vélonecy partnership network continues to rent every day.

In addition to this initiative, the number of cycling paths in and around Annecy has been increasing fast together with the number of protected and safe parking stands.

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### **To find a launderette (Laundromat)**

- Annecy Self Laverie : 9 rue Louis Armand 74000 ANNECY 04 50 27 86 47
- Lav' Confort Express : 6 rue de la Gare 74000 ANNECY 06 07 30 21 57
- Laverie S.N.C Rocade : 22 avenue de France 74000 ANNECY 06 80 33 18 55

### **Post-office**

Stamps, money transfers, sending packages...

The main Post Office is located in the city center, near the train station, at Rue de la Poste.

In Annecy-le-Vieux, the post office is located at 41 avenue des Carrés (near Pré Saint Jean, right next to Casino)

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## Tourism and activities in Annecy

### Tourist Information of Annecy

Centre Bonlieu: 04 50 45 00 33  
<http://www.lac-annecy.com>

#### Discovering the old town with a guide:

Annecy is rich in monuments. Since the 12<sup>th</sup> century, the castle has overlooked the old town where you can still see

original houses with their archways, churches, narrow bridges, waterway gates, canals and fountains...

Conference guides approved by the Department of Culture will tell you all about the old town and show you the modern conurbation of Annecy that it has grown into today.

Prices: 5,85 €/pers. (free for children under 12 when accompanied by an adult).

Further information from: Annecy Tourist Information Centre

Ph. +33 (0)4 50 45 00 33 - Fax. +33 (0)4 50 51 87

20

[info@annecytourisme.com](mailto:info@annecytourisme.com) "> [info@annecytourism](mailto:info@annecytourism)

[e.com](#)

Guided tours for groups may be arranged throughout the year.

Information: Ph. +33 (0)4 50 45 00 78 - Fax. +33 (0)4 50 51 87 20

[visites@annecytourisme.com](mailto:visites@annecytourisme.com)

Reservation by fax or email.

## **Cultural Activities**

Free access to museums on the first Sunday of every month, from October to May

- Guided tours "Annecy, Town of Art"
- PALAIS DE L'ILE (old prisons) Centre of Architecture Interpretation and Annecy heritage.
- Museum of the Alpine Miniature
- Annecy Castle Museum
- Memorial Saint-François de Sales
- Observatory of Alpine lakes
- Conservatory of Art and History of Haute-Savoie

## **Cinemas**

Décavision: leisure center in the city center (Centre Courrier)

Le Nemours: Art movies in the old town

La Turbine: cultural center in Cran-Gevrier

MJC Novel: shows, association, workshop

**Local Library “Bibliothèque de la communauté d’agglomération d’Annecy”**

Bonlieu Center

See <http://bibliotheques.agglo-annecy.fr> for more information

Useful websites to find activities to do in and around Annecy:

<http://www.annecy-city.com/>

<http://www.annecy-pratique.com/>

### **Open-air Markets**

*On Tuesdays:*

From 7am to 1pm, food: Old town and Place des Romains

From 8am to 7pm, food and various products: Place des Romains

*On Thursdays:*

From 7am to 1pm, food and various products: Quartier de Novel

*On Fridays:*

From 7am to 1pm, food and various products: Old town and “Quai de l’Evêché”

*On Saturdays:*

From 7am to 1pm, food: Bd Taine and Bd Nicollet

From 7am to 1pm, various products: rue Félix Petit

*On Sundays:*

From 7am to 1pm food and various products: Old town

From 7am to 1pm, producers’ market: Place Rhododendrons

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## Useful Numbers

*European emergency number: 112*

### Emergency numbers

SAMU (medical emergencies): 15

Police or Gendarmerie: 17

Fire services (Pompiers): 18

Antipoison Centre of Lyon: 04 72 11 69 11 or Grenoble: 04 76 76 56 46

SOS Médecins (medical emergencies - 24h a day, 7days a week): 36 24

<http://www.sosmedecins74.com/>

Casualty Doctor (Médecin de garde) Annecy, 24 avenue de Genève: 04 50 67 03 85

Hospital (Centre hospitalier/Hôpital) Annecy: 04 50 88 33 33

Hospital – Emergency services (Urgences) Hôpital Annecy: 04 50 88 33 80

Weekend Casualty Dentist: 04 50 66 17 19

Police station (Commissariat de Police) in Annecy: 04 50 52 32 00



Local Police (Gendarmerie) in Annecy: 04 50 09 47 47

Local Police (Gendarmerie) in Annecy-le-Vieux: 04 50 23 02 23

### Useful numbers

National Weather line (Météorologie Nationale): 08 36 68 02 + N° of department (Annecy = 74)

Local Tourist Agency: 04 50 51 32 31

Annecy Tourist Office (Office du Tourisme): 04 50 45 00 33

Train information (SNCF): 08 36 35 35 35

Annecy Bus Station (Gare Routière): 04 50 45 08 12

Annecy Airport: 04 50 27 30 06

SIBRA (bus) : 04 50 10 04 04

Annecy Town Hall (Hôtel de Ville): 04 50 33 88 80

Annecy-le-Vieux Town Hall (Hôtel de Ville): 04 50 23 86 00

LOST or STOLEN CHEQUEBOOKS: **08 92 68 32 08** (0,337 € per minute)

LOST or STOLEN CREDIT CARDS:

- Cartes bleue/Visa: 08 92 70 57 05
  
- Premier: 01 42 77 45 45
  
- Diner's Club: 01 47 62 75 75
  
- Eurocard: 01 45 67 53 53
  
- American Express: 01 47 77 72 00

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## General instructions in case of fire

First of all, the first thing you should do once you are given an office is to locate the nearest exit. You should also find out where the nearest fire alarm switch and the nearest fire extinguisher are.

When the alarm goes on:

- Leave your belongings at your workstation (office,..)
- Close all doors and windows in order to contain fire
- Potentially hazardous hardware should be secured and made safe: switch off equipment under operation (shut off gas supplies, disconnect power supplies, switch off your computer,...)
  
- If there is smoke around you keep low : more fresh air keeps to the floor

- If you are blocked in a room, close the door. If possible sprinkle it with water, seal the bottom of the door
  - Do not use the lifts
  - Leave by the nearest exit (not necessarily your normal exit)
  - On your way out:
    - Shut the doors of rooms that are unoccupied (to prevent fire from spreading)
    - Urge others to leave with you and help people in trouble
    - Follow the direction given by the illuminated signs
    - Obey the directives given by people wearing yellow armbands (evacuation guides) and those given by first aid workers
  - Do not go back
  - Go to the fire assembly point (in the car park outside)
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- At the fire assembly point, do not hesitate to give any useful information to the "ACMO" and/or agents in charge of identifying missing people
  - Do not re-enter the building until instructed to do so by your supervisor/ACMO/fire worker
  - During the fire alarm, there will be "observers" who will be wearing badges

If you notice a fire starting:

- Warn the people around you and call an "ACMO", the administration or, at a last resort, the front desk
- If you think you can do it, use the extinguishers to put out the flames
- If fire gets out of control, ring the alarm and call the fire brigade (Tel. 18)