# Cope, Be OK

## What it means to be OK in Paris

### 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

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