

Chapter 1 : Anne Frank - Wikipedia

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Only if you let it be. Bottom line is, this diet is becoming super popular because it actually works. So, in tribute to the Dukan diet, this post is dedicated to sharing the best six recipes I developed or adapted from the program, all of them based on Pure Proteins since these are by far the most difficult to adapt. All the recipes are one-bowl wonders except the tiramisu and scallops, easy to prepare, and will keep in the fridge for up to a week. Oh and by the way- the belief that French woman do not diet, I can assure you, is also a complete myth! If you are baking, the trick will be to find a product that keeps its molecular structure and thus sweetening properties above degrees celsius. Fromage Blanc Widely available in France, and a few other European countries, this dairy product is indispensable for Dukan recipes. A traditional English cheese which has a creamy, curd-like texture. In France, low fat ricotta is non-existent. Makes 2 verrines Cooking time: Bring a saucepan of salted water to the boil. Hard boil whole eggs in shell for ten minutes and then remove from boiling water. Place eggs into a bowl of iced water and leave for 10 minutes. Drain water then gently peel away and discard the egg shells. Delicately slice open the 3 eggs and separate the yolks, placing the yolks in a small separate bowl. Finely chop the egg whites into small, even squares using an egg slicer if you have one. Separate the chopped egg whites into two small bowls. To the other whites mix in the seeded mustard, fromage blanc, lemon juice, sea salt to taste. Gently crush the egg yolks with a fork and mix in the curry powder and Dijon mustard. Arrange evenly in a verrine starting with the chive mix, then the egg yolk, then the egg white with mustard. Top with cracked pepper and chives to serve. This dish is really easy to throw together and will keep for up to a week in the fridge. No bowls, minimal mess. Makes 1 large terrine loaf
Ingredients:

Chapter 2 : Fodors Travel Guide – Plan Your Trip Online

A guide to help you find top hotels across every region of France, with reviews, articles and insider's views of great hotels and holiday recommendations.

Click here for pieces on Italy , the United States , Canada , Taiwan , India and South Korea , and watch for upcoming installments featuring other countries. CNN – France is an impressive country. And nobody knows it better than the French. There are sophisticated cities, sunny seashores, snowy mountains and wooded valleys all in one country. Not to mention a lot of cheese. As well as quite a few other things the French do superlatively well. General de Gaulle once asked how he was meant to govern a country that produced varieties of cheese. Maybe he was afraid they were living organisms and would start a revolution. Some French cheeses, such as Reblochon, are so smelly and runny they seem to be decomposing. Even mild, hard Mimolette is apparently so scary that last year the United States restricted its import. Paris department stores stock everything from cheap generic brands to labels so chic you feel the need to dress up before trying them on. The annual sales in January and at the end of June offer unbelievable bargains because by law all stores have to discount prices at the same time and compete for business. The French also do quirky, one-off boutiques probably better than anyone else. Paris and 11 other great shopping cities 3. But French museum culture spreads much wider afield. The Loire region has what is arguably the most beautiful collection of museums in the world -- its chateaux include the huge Chambord , with a spectacular collection of tapestries, and the impossibly romantic Chenonceau , astride its moat. Even the lesser-known castles can be wonderful -- Chinon , for example, is set above a perfectly preserved old town. You can almost hear Joan of Arc riding up to the gate and offering to kick the English invaders out of France. Trains French trains are faster than planes. TGVs crisscross the country, and the SNCF French national railways offers excellent online deals -- first class for just a little more than second. Paris ghost metro stations could get a stunning second life 5. Politeness Politeness -- the French? More accurately, the French have mastered the art of being impeccably polite and startlingly dismissive at the same time. But if you get the hang of French politeness, anything is possible. The golden rule is simple: Insider Travel Guide 7. That accent, plus a certain insouciance and joie de vivre yep, inevitably slipping into French here make a pretty attractive package in both men and women. Take French films, for example, which almost by law have to include at least two naked breasts and four buttocks. Frenchmen and women know the rules of attraction equally well and rarely stop playing. When you think of luxury goods, the word "French" slips almost automatically into place. French light-touch sophistication has been copied worldwide. How to be a Parisian: Customer service oh yes Related to "politeness," but with an important retail distinction. The French have a saying: Yes, and we know what you did to your kings. The same goes for the snooty department store saleswoman. The thing to do is soldier on, smile and inform your server what you want. Next time a French person tells you Hollywood is destroying French culture, just point to the nearest public toilet.

Chapter 3 : François Fillon vows to stay in French election race - CNN

France is the world's most visited country, so booking your accommodation in advance is the best bet to make sure you have where to stay. There are many types of accommodation in France, and each offers many choices for all budgets.

Soak up the atmosphere with over 25 original experiences that include a mix of thrills, fairy-tale shows, heart-thumping adventures and a big dollop of magic. The kids will go gaga over every last detail, but the adults are sure to lap up the elation alongside them. Futuroscope really has all the fixings for a fun-loving family day out, so it would be a real shame to miss out. In the heart of this wonderfully perplex nature reserve, let yourself be guided to wild places. A shaded circuit allows you to discover the wolf for all its glory; up above the wooden battlements you can observe their everyday routine, from bathing to feeding, from growls to cuddles, your heart is sure to beat with a flurry of excitement. Le Puy du Fou The Roman circus. Seen by over 12 million spectators, the almost 2-hour show encompasses 2, actors spread over 23 hectares. The water park is composed of 14 different tracks, similar to ski slopes and range from metres high. Are you up for the challenge? For the Foodies and Wine Drinkers 1. Dyades Embark on a journey of the senses. The Michelin starred gourmet restaurant is inspired by the dyad, the marriage of two complementary ideas and principles. The menu screams a breath of fresh air – the tasting menu retailing at 85pp is a great introduction to his flavours. The menu includes Jerusalem artichokes, light cream of celery and roasted veal sweetbread among much more. Granted, the food will have you salivating but the price – maybe not so much. Les Vignobles Mourat The Mourat family know a thing or two when it comes to wine. Picture credit – Les Vignobles Mourat France is famed for its delectable food, but where there is food, is even better wine. The Mourat name has been associated with wine since the 19th century and it has paved their long road to success ever since. Tour de France Tour de France Those with athleticism pumping through their veins will get a real thrill waving the pros off into their 3-week quest. Have a nose through to see which course tickles your golf club! Festivals Classical music on the beach? Picture credit – Violon sur le Sable Who would have thought eh? This gorgeous farmhouse is in the picturesque Charentes-Maritime region, which is ideal to get away from it all, yet still close enough to a plethora of attractions. In what guests describe as a home-away-from-home, La Maison Des Fleurs has perfected the quintessential balance. Recently renovated, this guest sleeper has style and substance, appealing to all ages who want to kick back and explore the enchanting region – which so happens to boast pretty Atlantic beaches, music festivals, Cognac distillers and much more. Granted, rest is definitely on the cards but this stone hamlet has more than its modern and ultra-cosy interiors to entice our guests. And after a tiresome day, retreat home and fire up the BBQ, before sipping aperitifs all evening long. A haven where holidays and health intertwine, guests are treated to the dynamic countryside where the focus is entirely on them and letting every ache, pain and stress disappear. The owners have ensured that the house is decked in the best furniture, linens and mod cons, with ample space for everyone to unwind. The historic surrounding area is a real showstopper, peppered with beautiful rivers, markets and festivals all summer long! Follow, like or share:

Chapter 4 : Hotels and Restaurants: Where to Stay and Eat on the French Riviera

Uzès. Known as 'the First Duchy of France', Uzès is a town brimming with history and romance. It still has a duke, who resides in an imposing castle in the town centre, which is flanked by medieval residences, cobbled streets, flourishing gardens and the famed Tour Fenestrelle.

Emilion lies on the western limits of the Dordogne some 35k northeast of Bordeaux. The town population traces its origins back to prehistory. Today it is most remarkable for and synonymous with some of the finest wines in the world. Emilion offer the traveller a perfect base to soak in all of the diverse history and culture of the area. What not to miss: The town is full of history. For sightseers there is the Maison du Vin, the Bell Tower with spectacular vistas over the town and surrounding vineyards, various Romanesque churches. Still much remains hidden from view; there are subterranean labyrinths of passages and rooms, a buried monolithic church and the grotto where St. Emilion is also a great centre for exploring by bicycle, for those interested in their oenology and for a range of general culture vulturing activities. For a vineyard experience Les Belles Perdix is set in the heart of the extensive vineyards of the Chateau Troplong Mondot. One can dine by the fireside or in the garden. Wine tasting is available. Set amid the vines just outside St Emilion. Rooms are individually themed from "Out of Africa" to "Pop Art". It is also pet friendly. Chateau de Castelneau is a serene spot just a couple of miles outside St. Brimming with rustic charm and character, the chateau offers comfortable rooms, wine tours and beautiful rolling landscape. On the banks of the Dordogne, Chateau de Courtebotte is a stunning 17th century castle. Awash with historic charm, it features comfortable rooms, excellent dining and an outdoor pool and hot tub. Enjoy the hanging terrace and its wonderful views. Experience the epicurean delights of the stylish restaurant. Sample the farms wine and enjoy the gorgeous rural surrounds. A chic, grown up spot just 12km from the town itself. For an apartment or villa For those looking for somewhere to themselves, we recommend visiting our online partner Booking. Travel Information The nearest airport to St. A car is really useful when visiting St. The best time to visit St. Browse through our list of all the best places to stay in St Emilion. Or feel free to call or email one of our gurus for advice. Alternatively widen your search and check out all our properties in Bordeaux or the whole Dordogne region.

Chapter 5 : Provence holidays | Travel | The Guardian

With buildings that date back to the 16th century, Uzès, France, is steeped in rich, vibrant history. Medieval castles and chateaus with intricate stonework populate the town, with several of them providing guests with the unique chance to stay and experience the history for themselves.

She had an older sister, Margot. Edith was the more devout parent, while Otto was interested in scholarly pursuits and had an extensive library; both parents encouraged the children to read. Both houses still exist. Otto Frank remained in Frankfurt, but after receiving an offer to start a company in Amsterdam, he moved there to organize the business and to arrange accommodations for his family. By February, Edith and the children had joined him in Amsterdam. The Franks were among the Jews who fled Germany between 1933 and 1939. Margot demonstrated ability in arithmetic, and Anne showed aptitude for reading and writing. In 1939, Otto Frank started a second company, Pectacon, which was a wholesaler of herbs, pickling salts, and mixed spices, used in the production of sausages. Anne became a friend of Jacqueline van Maarsen in the Lyceum. He transferred his shares in Pectacon to Johannes Kleiman and resigned as director. The company was liquidated and all assets transferred to Gies and Company, headed by Jan Gies. In December, Otto followed a similar process to save Opekta. The businesses continued with little obvious change and their survival allowed Otto to earn a minimal income, but sufficient to provide for his family. Although it was an autograph book, bound with red-and-white checkered cloth [17] and with a small lock on the front, Frank decided she would use it as a diary, [18] and she began writing in it almost immediately. In her entry dated 20 June, she lists many of the restrictions placed upon the lives of the Dutch Jewish population. As the Associated Press reports: This hiding place became known as the Achterhuis translated as "Secret Annex" in English editions of the diary. Their apartment was left in a state of disarray to create the impression that they had left suddenly, and Otto left a note that hinted they were going to Switzerland. As Jews were not allowed to use public transport, they walked several kilometres from their home. The only connection between the outside world and the occupants of the house, they kept the occupants informed of war news and political developments. They catered to all of their needs, ensured their safety, and supplied them with food, a task that grew more difficult with the passage of time. Frank wrote of their dedication and of their efforts to boost morale within the household during the most dangerous of times. All were aware that, if caught, they could face the death penalty for sheltering Jews. Hermann, Auguste, and year-old Peter, and then in November by Fritz Pfeffer, a dentist and friend of the family. Frank wrote of her pleasure at having new people to talk to, but tensions quickly developed within the group forced to live in such confined conditions. After sharing her room with Pfeffer, she found him to be insufferable and resented his intrusion, [26] and she clashed with Auguste van Pels, whom she regarded as foolish. She regarded Hermann van Pels and Fritz Pfeffer as selfish, particularly in regard to the amount of food they consumed. She received her first kiss from him, but her infatuation with him began to wane as she questioned whether her feelings for him were genuine, or resulted from their shared confinement. She considered herself to be closest emotionally to her father, who later commented, "I got on better with Anne than with Margot, who was more attached to her mother. As Anne began to mature, the sisters were able to confide in each other. With this realization, Frank began to treat her mother with a degree of tolerance and respect. In addition to providing a narrative of events as they occurred, she wrote about her feelings, beliefs, and ambitions, subjects she felt she could not discuss with anyone. As her confidence in her writing grew, and as she began to mature, she wrote of more abstract subjects such as her belief in God, and how she defined human nature. I know I can write But I want to achieve more than that. I need to have something besides a husband and children to devote myself to! I want to go on living even after my death! When I write I can shake off all my cares. My sorrow disappears, my spirits are revived! On 5 August they were transferred to the Huis van Bewaring House of Detention, an overcrowded prison on the Weteringschans. Two days later they were transported to the Westerbork transit camp, through which by that time more than 100,000 Jews, mostly Dutch and German, had passed. Having been arrested in hiding, they were considered criminals and sent to the Punishment Barracks for hard labour. They collected them, as well as several family photograph albums, and

Gies resolved to return them to Anne after the war. On 7 August, Gies attempted to facilitate the release of the prisoners by confronting Silberbauer and offering him money to intervene, but he refused. Night watchman Martin Slegers and an unidentified police officer investigated a burglary at the premises in April and came across the bookcase concealing the secret door. Another suspect is stockroom manager Willem van Maaren. The Annex occupants did not trust him, as he seemed inquisitive regarding people entering the stockroom after hours. He once unexpectedly asked the employees whether there had previously been a Mr. Frank at the office. Several of these suspects knew one another and might have worked in collaboration. While virtually everyone connected with the betrayal was interrogated after the war, no one was definitively identified as being the informant. Johannes was the one who constructed the bookcase covering the entrance to the hiding place. However, it does not rule out betrayal. Those deemed able to work were admitted into the camp, and those deemed unfit for labour were immediately killed. Of the 1, passengers, "including all children younger than 15" were sent directly to the gas chambers. Anne Frank, who had turned 15 three months earlier, was one of the youngest people spared from her transport. She was soon made aware that most people were gassed upon arrival and never learned that the entire group from the Achterhuis had survived this selection. She reasoned that her father, in his mid-fifties and not particularly robust, had been killed immediately after they were separated. By day, the women were used as slave labour and Frank was forced to haul rocks and dig rolls of sod; by night, they were crammed into overcrowded barracks. Some witnesses later testified Frank became withdrawn and tearful when she saw children being led to the gas chambers; others reported that more often she displayed strength and courage. Her gregarious and confident nature allowed her to obtain extra bread rations for her mother, sister, and herself. The Frank sisters were moved into an infirmary, which was in a state of constant darkness and infested with rats and mice. Edith Frank stopped eating, saving every morsel of food for her daughters and passing her rations to them through a hole she made at the bottom of the infirmary wall. Bloeme Evers-Emden was scheduled to be on this transport, but Anne was prohibited from going because she had developed scabies, and her mother and sister opted to stay with her. Bloeme went on without them. Edith Frank was left behind and died from starvation. Frank was briefly reunited with two friends, Hanneli Goslar and Nanette Blitz, who were confined in another section of the camp. Goslar and Blitz survived the war, and discussed the brief conversations they had conducted with Frank through a fence. Blitz described Anne as bald, emaciated, and shivering. Neither of them saw Margot, as she was too weak to leave her bunk. Anne told Blitz and Goslar she believed her parents were dead, and for that reason she did not wish to live any longer. Goslar later estimated their meetings had taken place in late January or early February. Witnesses later testified Margot fell from her bunk in her weakened state and was killed by the shock. Anne died a few days after Margot. It was long thought that their deaths occurred only a few weeks before British soldiers liberated the camp on 15 April, [58] but research indicated that they may have died as early as February. After the war, it was estimated that only 5, of the, Jews deported from the Netherlands between and survived. An estimated 30, Jews remained in the Netherlands, with many people aided by the Dutch underground. Approximately two-thirds of this group survived the war. After the war ended, he returned to Amsterdam, where he was sheltered by Jan and Miep Gies as he attempted to locate his family. He learned of the death of his wife, Edith, in Auschwitz, but remained hopeful that his daughters had survived. After several weeks, he discovered Margot and Anne had also died. Otto Frank later commented that he had not realized Anne had kept such an accurate and well-written record of their time in hiding. In his memoir, he described the painful process of reading the diary, recognizing the events described and recalling that he had already heard some of the more amusing episodes read aloud by his daughter. He saw for the first time the more private side of his daughter and those sections of the diary she had not discussed with anyone, noting, "For me it was a revelation I had no idea of the depth of her thoughts and feelings She had kept all these feelings to herself". She candidly described her life, her family and companions, and their situation, while beginning to recognize her ambition to write fiction for publication. She began editing her writing, removing some sections and rewriting others, with a view to publication. Her original notebook was supplemented by additional notebooks and loose-leaf sheets of paper. She created pseudonyms for the members of the household and the helpers. Otto Frank used her original diary, known as "version A", and her edited version, known as "version B", to produce the first

version for publication. Although he restored the true identities of his own family, he retained all of the other pseudonyms. The first American edition, published in under the title *Anne Frank: The Diary of a Young Girl* , was positively reviewed. The book was successful in France, Germany, and the United States, but in the United Kingdom it failed to attract an audience and by was out of print. Its most noteworthy success was in Japan, where it received critical acclaim and sold more than , copies in its first edition. In Japan, Anne Frank quickly was identified as an important cultural figure who represented the destruction of youth during the war. It was followed by the movie *The Diary of Anne Frank* , which was a critical and commercial success. It includes comparisons from all known versions, both edited and unedited.

Chapter 6 : Stylish places to stay in France on a budget | Travel | The Guardian

France, Things To Do, Where to Stay Tourists visiting France will almost always be drawn to the typical hot-spots. Paris, the Cote d'Azur, Lyon, the French Alps and the Dordogne - you name it, you've probably considered it.

Friday 2 March I began my French holidays en famille " and thus began my love affair with the country. So I have always thought of France as made for family holidays , remembering countless idyllic picnics in meadows beside burbling brooks, wine cooling in the water and bread crackling as we broke it apart. All it took was a few tomatoes and a hunk of cheese and the whole family was happy. Wine, bread, tomatoes and streams are still there. So, too, are those restaurants where a whole family can feast for half the cost of such a meal back at home though I have to confess that this is changing. But France also offers inimitable style, a panache and confidence that delight us. A few will still let a whole family sleep in one room. Bright bedrooms " one in the house, two in the barn " sleep up to six. Doze on the terrace, play the piano, read " or set off with a champagne picnic and a canoe. Return to candles and dinner " or a barbecue on the campfire. Stylish heaven for city escapees. The charming young owners run a restaurant a minute drive away: Hike in the hills, or go on day trips to Montpellier and Carcassonne. No-nonsense bedrooms in soothing colours have stylish touches " top-notch mattresses, Italian showers. The small Japanese-style garden has a pool. Bathrooms have big tubs or walk-in showers and glorious views of the garden with its avenue of lime trees and hornbeam maze. Madame Catherine serves a scrumptious breakfast of fresh pastries and honey. In a secluded spot among the pines and mimosas of Hossegor " mecca for surfers " the Basque-style building is a short hop from the beach. Inside, white surfaces gleam and light floods through arched windows. Bedrooms have balconies that overlook pool or trees. Owners Martina, Claude and their young family inject a sense of fun that makes a stay a real treat. In the cellar there is music and a mini-cinema " great for kids. Philippe and Andonis gave up good jobs in Paris to buy this 18th-century presbytery. Perched in mouthwatering gardens on the side of a hill, the multi-level mellow stone edifice is utterly inviting. All the rooms, including the two-floor suite by the saltwater pool, exude character and finesse, and all are different. Everything is wonderful, from the food and hosts to the pool, garden and blissful views. Is it the courtyard scented with oranges or the bedrooms the colours of jewels? Or is it Claude and Yves, Belgians who came to the Cap one summer and fell for a small faded hotel. Today it is an exquisite jewellery box tucked down a small side street 60m from the beach. Bedrooms lie off an enchanting pebbled courtyard. Each has its table and chairs outside the door and pots of plants lovingly labelled " this feels more home than hotel. Bedrooms three up, one down have white walls, mosquito nets and bright paintings. Functional shower rooms have lovely Caudalie fragrances. On warm days you can chill on the rooftop deck, furnished with all-weather sofa and hammock. The pool is heated and the river Sarthe is perfect for boating. Make it a family affair in this airy and mellow house set over three floors with open stairs watch the kids. The kitchen upstairs is superb " chic and sleek with a stone fireplace and long table. This is the land of sunshine and dreams: The simple bedrooms all have views, and art on the walls. Twin beds are tucked into the attic; downstairs bedrooms have lofty oak-beamed ceilings. Wonderful spaces, timbers, fittings " and great for families, with kids of all ages welcome. To buy a copy and for more information, go to sawdays. To comment on crosswords, please switch over to the new version to comment.

Chapter 7 : What to Do and Where to Stay in Vendee and Poitou-Charentes

Stylish places to stay in France on a budget Alastair Sawday, founder of Sawday's guides picks 15 French hotels, B&Bs and gÃtes that are stylish, chic - and great value Alastair Sawday.

Chapter 8 : The Pyrenees - Rough Guides | Rough Guides

(CNN) " La FÃte nationale, or, if you prefer, Bastille Day is France's national holiday. July 14 marks the anniversary

of Storming of the Bastille, which was a turning point in the French.

Chapter 9 : Top Hotels in France | Where to Stay in France | French Hotels

A n expert guide into the top places and cities to visit in France and the best places to stay, in locations including Paris, Marseille, Nice, Cote d'Azur, Languedoc-Roussillon, Dordogne, Cannes.