

Practicalities

Nice

Supermarkets | Post Office | Wi-Fi

SUPERMARKETS

There are many small supermarkets dotted around and little shops which might be all that you need whilst you are here. A ten-minute exploration will be all that is needed to find one. Should you wish to do a larger shop then the main supermarkets are here:

Old Town

Monoprix is a large supermarket at Place Garibaldi. It is open from 8am until 8:45pm Monday to Saturday. It opens on Sundays in July and August until 12 noon. There is also an 8 til 8 shop which is fairly decent just off Place St-François.

Masséna

A large Monoprix can be found on Avenue Jean Médecin. This opens from 8am until 9pm Monday to Saturday.

Port

Carrefour Centre Commercial is a hyper-market on Boulevard Delfino. This opens 8am until 9pm Monday to Saturday.

THE POST OFFICE

La Poste is normally open between 9am – 12 noon and then 2pm – 7pm, but some can be closed at 5pm. If you are just sending a letter or postcard, look out for the **Affranchissement** self-service stamp machines. Here you can choose your language, weigh your letter and pay in coins. It's a great way to get rid of the smaller change in your purse or pocket!

The four main post offices can be found on:

1. **Rue Louis Gassin** (Just off Place du Palais in the Old Town)
2. At the top of **Quai Papacino** (at the far end of the Port)
3. **Rue de l'Hotel des Postes** (at the corner of Rue Foncet)
4. **Avenue Thiers** (near to the train station)

If you prefer you can buy stamps at a **TABAC** (tobacconist) or a **PRESSE** (news agent). You will need a *timbre bleu* for Europe. You need a *timbre international* for the US and Canada.

The **TABAC**, **PRESSE** or **post office** also sell call back cards through France Telecom. An international card will allow you to dial home from any phone at a normal rate. Just wait for the dialing tone, enter the code

on the pre-bought card and then the number you are calling. The cards offer cheaper rates after 7pm or on the weekend.

WI-FI HOT SPOTS

There are Internet cafés all over Nice. You should never have to travel far to go on line. If you do find you are stuck, or need to send a fax here are a few local ones which speak English

Au Vieux Cyber

4 Rue Rossetti, Vieux Nice
04.93.53.13.86

Almost next door to Fenocchio's ice cream parlour, this new email hot spot is well run by Frank and Yam-mick. They also offer a fax and scanner service as well as drinks. They are open every day from 10am to 9pm (until midnight on Friday and Saturday). There are US and UK keyboards. They are also very popular with teenagers since they offer computer gaming facilities as well as being helpful and friendly.

Alexso Info

1 Rue de Belgique
04.93.88.65.00

This is just off Jean Médecin. There are 12 computers and a café. Fax service is offered. It is open Monday - Saturday 10am to 10pm.

Cyberpoint

10 Ave Félix-Faure
04.93.92.70.63

Near to Place Masséna, this email café is open from 10am to 10pm every day except Sundays. There are fax and scanner facilities.



Antibes

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SUPERMARKETS

There is certainly no shortage of supermarkets in Antibes. There are three reasonably large supermarkets in the Old Town itself. Here are three main ones:

Shopi on Rue de la République, (Monday-Saturday 7am-7pm)

Champion on Avenue Pasteur, (Monday- Saturday 7:30am-7:30pm)

Intermarché on Boulevard Albert 1er (8:30-19:30 and Sunday until 1pm)

If you are in need of some home comforts, head to Geoffrey's of London at the end of Rue Lacan by the Port. (Monday- Saturday 9am-7:30pm)

The nearest hypermarket branch of Carrefour and shopping mall is just outside of Antibes, in Sophia Antipolis on Chemin de St-Claude. It is accessible by bus. It is open Monday to Friday 8:45-10pm, Saturday 8:45-8pm and is closed on Sundays.

THE POST OFFICE

The main post office is situated in the Old Antibes at 2 Avenue Paul Doumer.

Open 8:30am to 6:30pm, Saturday 8:30am-12pm and closed on Sundays.

There is a smaller post office at 5 Avenue Robert Soleau.

WI-FI

There are several spots you can head to if you need to use the Internet whilst in Antibes. If you want to relax and enjoy a coffee, or maybe even a spot of lunch while surfing the net, try Café Copenhagen on Rue Thuret. This anglophone friendly café serves lunches, snacks and drinks. Wireless Internet is free for all customers.

If it is more Internet than café you are looking for, head towards **Workst@tion Cyber Café** at 1 Ave St-Roch near Port Vauban. Here you have access to a number of services including Internet at computer posts with Qwerty keyboards, telephone booths, fax machines and photocopying facilities. Drinks are also available. It is open Mon-Sat 9am-8pm and Sunday 10am-6pm.

Cannes

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SUPERMARKETS

There are only a few supermarkets in the centre of Cannes, the closest being the Shopi at 41 Bd Alexandre III. However, you will come across several mini-markets throughout town, which can provide you with all the basics. You can also shop the old-fashioned way, visiting different shops for different products, as there are many specialty food shops in Cannes

Monoprix can be found at 9 Rue du Maréchal Foch. The food section is upstairs. Open Monday – Saturday 8:30am – 8pm.

There is also the Casino supermarket at 54 Bd d'Alsace. Open Monday – Saturday 8:30am – 8:30pm

THE POST OFFICE

In the centre there is a post office 19 Rue Hoche, just behind the Rue d'Antibes. There is also one on 7 Rue de Liege, just off Bd Carnot. The post office is usually open from 9am – 6:45pm and Saturdays 9am-12pm. Closed on Sundays.

WI-FI HOT SPOTS

There are wireless hotspots all over Cannes, and many cafés provide free wireless Internet for their customers. Here are a few of the well-known cyber cafés.

Dre@m Cybercafé

6 Rue Commandant Vidal
04.93.38.26.79

Twenty computers are provided with high-speed Internet connection. Printing and scanning are available, as are web cams and headsets for using Skype. Open 7/7 10am-11pm. Closed from 8pm on Sundays.

Web Station

26 Rue Hoche
04.93.68.72.37

Internet connections are available at numerous computer posts. You can also print documents, send faxes and play online games against other players.

