

# Essential Information for Accepted Students

## Fall 2018

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## I. BEFORE YOU GO AND GOING

### 1. Passports

Record the number of your passport before you leave the U.S., in case you lose it while abroad. Leave the number with your parents. Also keep a copy of it in your wallet, calendar, or address book. If you lose your passport in Paris, report the loss to the program director immediately, or in his absence, to the American Consulate, 4 avenue Gabriel, near the Place de la Concorde (Tel. 01 43 12 22 22). Details on the process for obtaining a new passport in France can be found [on the American Embassy in Paris US Citizen Services webpage](#). It is a good idea to bring an extra passport photo with you to France.

### 2. Visas

**You must obtain a French student visa before leaving the United States.** In order to do so, you must first register through CampusFrance (<http://www.usa.campusfrance.org/en/rubrique/visas>). You will receive a separate packet from the OIP/OIS containing detailed information about the CampusFrance registration and visa processes as well as several program forms. **Please apply for your visa well in advance.**

**You must scan and upload your visa to the VWPP database by August 13.**

After you have registered with CampusFrance, you must apply for a student visa at the appropriate French consulate. You should contact the consulate that has jurisdiction over your permanent residence to find out the procedure and print a copy of the visa application form (see the list of consulates and their telephone numbers at the end of this packet). In some cases, it may be possible to secure a student visa from the consulate that has jurisdiction over the geographic area of your school but you must check with the particular consulate to be sure. **Most French consulates now require that you make an appointment online to submit your visa materials.** You should make an appointment for approximately three weeks after you register on the CampusFrance website and send in your payment and a copy of your acceptance letter.

**If you have not obtained your visa before you leave for France, you will not be able to participate in the program.**

The following is a list of items you will probably need for your visa application. Requirements vary from consulate to consulate so you MUST check the website of the French consulate at which you will apply for your visa. If you are not a citizen of the US, you need to check the New York consulate website. Individual consulates MAY ask for additional documents not on this list :

1. A signed passport, valid at least six months beyond the end of the program.
2. A completed visa application form.
3. Two passport-size photographs (some consulates require more).
4. A certification of Student Status letter (OIP/OIS will provide this).
5. An enrollment letter from your home institution (OIP/OIS will provide this).
6. Proof of lodging in France (OIP/OIS will provide this).
7. A letter of financial guarantee. This is a notarized statement from a parent or guardian stating that you will receive at least \$820 per month\*. The amount required in the letter varies by consulate. The letter should be obtained from the bank where your parents do their banking\*. The stated amount varies from consulate to consulate so read the instructions on their website carefully !
8. Proof of health insurance coverage on company letterhead from your medical insurance provider\*. This document is not required at all consulates. Please check the consulate website for exact requirements.
9. A copy of your flight itinerary or ticket.

You will be required to turn in **original** documents. You will also need two photocopies of documents 4, 5, and 6, one for the files at the consulate and one to show in Paris when you apply for your *carte de séjour*, should you require one. If you do need to obtain a *carte de séjour*, the program will help you do so. You will be required to be present at an OFII appointment and pay the French authorities (OFII) a fee of 60€ when in Paris.

### 3. Certification of Student Status, Student Cards

The OIP/OIS will give you two originals of a letter in French on the stationery of the program office certifying that you are an American student studying in Paris. You will need to include one of these originals in your application for a student visa. Take the other one with you to Paris.

Vassar students **must** purchase an International Student Identity Card. It provides additional medical and accident insurance. This card will also get you discounts at many theaters, movies, concerts, restaurants, and travel discounts. Vassar students may purchase a card from the Office of the Registrar, Main Building or online at STAtravel.com. Wesleyan students can, if they wish, purchase the ISIC card at STAtravel.com.

### 4. Shots

You should check with the health center at your college or university or your own doctor about what shots may be advisable for travelers in Europe. This is especially important if you plan to visit countries in Africa or the Middle East.

### 5. Travel to Bordeaux

**You should take the group flight unless you plan to travel to Bordeaux from outside the United States.** This will facilitate your arrival, the VWPP organization, and ease your adaptation to a new country.

The Air France group flight departs New York (JFK Airport) on Friday, August 17th, 2018 and arrives in Paris (Charles de Gaulle Airport) on Saturday, August 18th. The group will then take a flight from Paris (Charles de Gaulle Airport) and arrive at Bordeaux Mérignac airport on Saturday, August 18th.

**If you will be making your own travel arrangements :**

1. **you will be responsible for booking a flight that arrives in Bordeaux before the group flight arrives on August, 18th. Ideally, you will book the same Paris Charles de Gaulle to Bordeaux and Bordeaux to Paris Orly airport as the group so that you can be greeted at the same time as the group and benefit from the same ground travel arrangements and information upon arrival.**
2. **you will also be responsible for your own ground travel arrangements in Bordeaux which you will need to communicate to us as well.**
3. **you must provide the Paris office ([info@vwpp.org](mailto:info@vwpp.org)) with your itinerary including your flight information before June 21st.**

## II. ARRIVAL AND ORIENTATION

### 1. Bordeaux Intensive Language Session

You must arrive in Bordeaux on Saturday, August 18 for the Intensive Language Session. If you are on the group flight, you will be met at the Bordeaux airport by the VWPP director, staff from the Alliance Française of Bordeaux, and your Bordeaux host family, who will take directly from the airport to their home, where you will be housed for the two-week Bordeaux intensive language session.

**If you will be making your own travel arrangements, you must provide the Paris office ([info@vwpp.org](mailto:info@vwpp.org)) and your Bordeaux host family with your itinerary as soon as possible, and no later than June 21st. You will be responsible for organizing your own ground travel**

**arrangements, either with your Bordeaux hosts or at your own expense, which you will need to communicate to [info@vwpp.org](mailto:info@vwpp.org) by June 21st, as well.**

The Intensive Language program in Bordeaux begins with a two-week intensive language session at the Alliance Française Bordeaux Aquitaine. In addition to an intensive grammar review, classes at the Alliance Française emphasize spoken French and contemporary culture. Before going to Paris, Bordeaux offers students the opportunity to discover a lively city (pop. 250,000) in the Southwest region of France, where half the city (18 sq km) is Unesco-listed, making it the largest urban World Heritage site, and Lonely Planet's most up and coming European city in the world in 2016. Students will be housed with local families (with lunch and dinner provided) and will have the opportunity to participate in visits to sites in Bordeaux and the surrounding region.

## 2. Arrival in Paris

The group will travel from Bordeaux to Paris on Saturday, September 1 : The Air France flight departs Bordeaux and arrives in Paris (**Only Airport**) on Saturday September 1. Chartered mini buses will be provided by VWPP that will take you to your hosts homes.

## II. ARRIVAL AND ORIENTATION

### 1. Paris Orientation

The semester will begin with an orientation session in Paris. The weeks of Septembre 3 to 15 will include methodology sessions to prepare you for coursework in your French university classes, meetings on contemporary French society, intercultural awareness, practical aspects of living in Paris, housing and academics, as well as various outings and cultural activities with French students, and free time to explore Parisian museums, monuments, and neighborhoods on your own. The VWPP will provide you with a list of sites and museums, many of which are now free for people under 26, and provide reimbursement for the first few week's activities up to a designated sum. **Participation in all orientation sessions and meetings is mandatory.**

### 2. Transportation in Paris

The public transportation system in Paris and the surrounding area is well-designed and highly efficient. Many metro and bus stops service every arrondissement in Paris and the bordering towns. Students find public transportation practical and easy for commuting to their classes and activities in Paris. All students should expect to commute an average of 30 minutes on public transport to classes.

You should become more familiar with the Parisian public transportation system, ("le métro," tramway, and buses), as well as the prices of various tickets on <http://ratp.fr>

**BY August 13, BEFORE YOU ARRIVE IN PARIS, you should request a completely free « Passe Navigo »** (a personalized electronic pass) **on the Internet so it will be ready for you when you arrive in Paris.** Once you get this pass in Paris, you can easily put money on it in metro stations (at the desk or at machines) to purchase either a weekly or monthly pass with unlimited access to the Parisian Transportation System. Once your pass is charged, you just need to have it scanned by the machine when entering the station or the bus.

To order a pass, go to this site [www.navigo.fr](http://www.navigo.fr) and follow click on the square « Commander une carte » which will take you to this link:

[https://www.jegeremacartenavigo.fr/souscription/commande\\_de\\_carte/profil](https://www.jegeremacartenavigo.fr/souscription/commande_de_carte/profil)

Answer « Non » to the two questions :

**Avez-vous déjà une carte Navigo ou financez-vous un forfait ?**

Oui  Non Si vous avez une carte Navigo Découverte, cliquez sur Non  
**Avez-vous déjà créé votre espace personnel ?**

Oui  Non  
And answer the questions asked when checking « I am not a robot »

Continue on to « Veuillez renseigner/vérifier vos coordonnées »

Nom : **your Last name**  
Prénom : **your First name**  
Adresse email : **your emails**

Choose a password that contains at least 8 characters, including 2 numbers, one uppercase and one lowercase.

Once your account has been activated, click on « Commander mon passe Navigo » and fill in the various forms.

If you have a picture of yourself (face on a clear background, no head covering), smaller than 100 kb, on your computer you can upload it to the website for your card ; if not, the website also allows you to take a photo from your computer to upload.

Nom : **your family name**  
Prénom : **your first name**

Téléphone : **here you must put in a French cell phone number. As you do not have one yet, you should enter a number that begins with 06 and then add 8 figures at random. When you do get your French cell phone number, you can modify the information in your account.**

For the address, you should enter the Vassar-Wesleyan Program in Paris address :

Téléphone : **here you must put in a French cell phone number. As you do not have one yet, you should enter a number that begins with 06 and then add 8 figures at random. When you do get your French cell phone number, you can modify the information in your account.**

For the address, you should enter the Vassar-Wesleyan Program in Paris address :

Adresse : **4 rue de Chevreuse**

Complément : **Vassar Wesleyan Program in Paris**

Code Postal (CP) : **75006**

**Localité de destination : Paris 06**

**Date de naissance : your birthdate**

**Tick the** « Je reconnais avoir pris connaissance et accepté les Conditions Générales de Vente et les conditions générales d'utilisations » **box and press** « Valider ma demande de passe ».

Once you send the form, you will receive a confirmation that your order has been taken into account. Your "Passe Navigo" will be mailed to you at the VWPP office within 3 to 4 weeks.

**You can also have a passe Navigo made on the spot if you go to the station gare Montparnasse or any other major station in Paris that has a « Comptoir Club ».**

The "Passe Navigo" is not itself good for transportation : you have to put money on it to have unlimited weekly (*hebdomadaire*) or monthly (*mensuel*) access to the Parisian Transportation System. This pass is valid on all

metros, buses, trams and RER trains from the first to the last day of the calendar week or month in the 5 zones covered by the Ile de France area public transportation. You can put money on your "Passe Navigo" starting the last week of the preceding month. A week costs 22,80€, a month costs 75,20€.

You can also buy a *carnet* of 10 tickets for 14,90€, a savings over buying tickets individually (but as these are more expensive, you should use them only as a stop-gap). These tickets can be used throughout the semester on the metro or the bus

Upon your arrival in Paris, we suggest you purchase the **Pass Navigo mensuel for the month of September at 75,20€ (included in your food and transportation stipend.)**

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### III. PREPARING FOR STUDY ABROAD AND PERSONAL GOALS

You will need to prepare yourself for a geographic move from one country to another and psychologically to adjust to another culture. A good way to prepare mentally for study abroad is to learn as much as possible about the country and culture in which you'll be immersed. You will be assisted with the practical preparation (what to study, how to obtain necessary travel documentation, what to take, what to wear, where to live) by Vassar and Wesleyan professors and staff, but the mental preparedness is up to you. The more facts you learn, the more research you do about France (and Europe), its history, customs, food, language, geography, politics, music and popular culture, the more you will appreciate what you see, hear, taste, smell, and experience once you arrive in France.

Inform yourself as much as possible about France and current events in Europe before you arrive. This will improve your comprehension and help you understand conversations with your host family and other people with whom you speak. The French people you meet will expect you to have an opinion about, or at least be aware of, current events. The best way to do this is to listen to the radio, read French newspapers online, or watch television news in preparation for your time in France. Check out sites like :

TF 1: <http://www.tf1.fr/jt-20h/>

France 2: <http://www.francetvinfo.fr/replay-jt/france-2/20-heures/>

France 3 : <http://www.francetvinfo.fr/replay-jt/france-3/19-20/>

France 24 : <http://www.france24.com/fr/>

Arte : notamment l'émission « Karambolage » : <http://www.arte.tv/magazine/karambolage/fr/>

TV5 : <http://www.tv5.org/>

RFI : <http://www.rfi.fr>

RFI produit une émission spécialement dédiée à l'apprentissage du français : [http://www1.rfi.fr/lffr/statiques/accueil\\_apprendre.asp](http://www1.rfi.fr/lffr/statiques/accueil_apprendre.asp)

Radio France : <http://sites.radiofrance.fr/franceinter/accueil>

Le Monde : <http://www.lemonde.fr/>

Libération : <http://www.liberation.fr/>

Le Figaro: <http://www.lefigaro.fr/>

This website can also be a useful source for listening practice : <http://cortland.edu/flteach/civ/>

Watching movies is also a good way to improve your language abilities and learn about French culture, issues in contemporary France, and views of Parisian life. Here are a few movies we suggest :

<i>La Cour de Babel</i> (2013)	Directed by Julie Bertucelli (documentary film about education in France)
<i>Intouchables</i> (2011)	Directed by Olivier Nakache and Éric Toledano (views of French society)
<i>The Artist</i> (2011)	Directed by Michel Hazanavicius (won 5 Oscars)
<i>Welcome</i> (2009)	Directed by Philippe Lioret (issues in contemporary France – struggles of illegal immigrants)
<i>Paris</i> (2008)	Directed by Cédric Klapisch (views of Parisian life)
<i>Entre Les Murs</i> (The Class), (2008)	Directed by Laurent Cautet (issues in contemporary France – difficulties of teaching in deprived areas)
<i>Two days in Paris</i> (2007)	Directed by Julie Delpy (views of Parisian life)
<i>Mon Oncle</i> (1958)	Directed by Jacques Tati (exposure to French culture and film history)

## 1. Adjusting to a New Culture

### Phases of “Culture Shock”

While no two study abroad experiences are the same, there are patterns of adjustment to another culture that are surprisingly similar and have been charted by intercultural studies and an awareness of these patterns can help one understand the processes people undergo when they live intensively in another country or culture. Perhaps some of you have already experienced these processes by coming to study in the United States, in which case you might know that preparing for the experience will make it all the more rewarding.

The following information is from the introduction to the book, *On Being Foreign*, edited by Tom J. Lewis and Robert E. Jungmanns (Intercultural Press, 1986) and the article *Moving with emotional resilience between and within cultures*, by Janice Abarbanel, (*Intercultural Education*, 20:4, S 133-S 141.)

The first, or **Preliminary Phase** of learning to live in a new culture begins with the decision to leave the home culture. It includes the preparations for leaving, the farewells, and the trip from home to another culture. This phase is characterized by both the excitement of a new experience and regret at leaving behind so much that is familiar.

The second, or **Spectator Phase** begins with the arrival in the new culture and ends when the excitement of that new experience begins to fade. In this stage the person is largely a passive, but very alert spectator.

During the third, or **Increasing Participation Phase**, the person plays a more active role in his/her setting. The person may be frustrated at this stage because of difficulty in dealing with the most elementary aspects of daily life. The person's reactions to the encounters in the new culture at this point are crucial. Some people want to withdraw from encounters in the new society ; others approach these encounters as challenges that will produce growth. As one is able to deal successfully with more and more encounters in the culture, one begins to gain a sense of accomplishment, self-esteem and satisfaction from the new culture. This phase is often the most difficult phase of adjustment because it is at this time that the values and beliefs of one's own culture come into conflict with those of the new culture. At this stage, the student will probably find him/herself experiencing “culture shock,” and it is typical for Americans in this stage in France to feel that French people are unfriendly,

contradictory, disorganized, rude or insensitive when asked for help, critical of American politics or the US role in world politics and have a stereotypical view of Americans (fat, loud, blond, rich).

As the individual adapts to new ways of coping in the new culture, some new behaviors become internalized. At some point in this stage the participant begins to feel split between two cultures. The student now realizes that he/she is a product of more than one culture. This is the **Shock Phase** in which the old and new cultures confront one another.

The **Adaptation Phase** is the end point of the experience of living in another culture. The person is now able to operate well in either the old culture or the new one. At this stage, one's sense of foreignness begins to disappear and one begins to identify with the new culture. One feels not only comfortable in the new culture but part of it. A person who has adjusted well to two different cultures can be said to be bicultural, and even after returning to the home culture, has a broader worldview and is enriched by the adaptations he/she has made.

Some of the symptoms of culture stress include : a feeling of loneliness ; difficulty in sleeping, eating, and concentrating ; an upset stomach, fatigue, and headaches. Living abroad is also tiring, as it requires you to be "plugged in" a lot (unplugging often only occurs when you close the bedroom door for the night). A certain feeling of exhaustion is also normal, particularly during the Spectator Phase.

It is normal to experience difficulties in adjusting to a new culture. Most people who live in another culture are going to experience, or have experienced, the same feelings as you.

### **Coping with Culture Stress**

**Remember to take care of yourself physically.** You are under some pressure and you need to find ways to relax in a healthy way and keep yourself in good physical condition. Be sure you do plenty of walking, biking, jogging, swimming, or any other physical activity to keep yourself fit. Do not let colds or upset stomachs last too long ; it is a good idea to see a doctor after a couple of days if you are not feeling better. Consulting a general practitioner costs 25€.

**Retain your own value system.** You don't have to change your values or what you think is right or wrong. Be prepared to question your own beliefs and analyze your reactions, emotions, and cultural beliefs to be able to explain to other people why you don't do certain things or do them in a certain way. You can also try new things without abandoning your core values. You may learn that you like the new way or finally prefer your own.

**Develop a new support system and become active in the new culture.** You have left your old support system – your family and friends – behind and will need to develop a new one, although you cannot expect it to be as broad or deep as your old one since you will be in France for only a few months. Some of the new people who can help you include program staff, your hosts, and your professors. When you do need help, ask people for it, expressing your needs as precisely as you can. Becoming active in the new culture by speaking French at every opportunity, joining clubs, studying at the university, volunteering where you know you will have an opportunity to meet other people who do not speak your own language, and doing an internship will also help you broaden your support system and move beyond the Shock Phase. It also helps to recognize and think about the many positive aspects of French culture : people take the time to greet each other formally, for example, and enjoy lively and wide-ranging conversations over meals or in café ; they do not rush all the time; they make an effort to dress neatly and stylishly; there is broad appreciation for the arts and cuisine.

**Stay off your phone and close your computer.** Modern means of travel and communication make instantaneous contact with your family and friends in your home country possible. This can be reassuring, for you as well as your family, especially when you first arrive in France. We encourage you to contact your family when you arrive and to update your family and friends several times a month on your progress in France. However, constant contact with your family and friends can hinder your efforts to immerse yourself in French culture, meet new people, and make significant progress in speaking French by providing a constant and instant "umbilical cord" to your home country and familiar people in your native language. When program students were asked recently in an intercultural workshop to describe their most rewarding experience, one successful student replied that it was his ability to be on his own, to rely on himself and be more independent in France than he was in the US. Another said that she really became immersed in Paris and started to feel like part of the city

and culture when the internet connection in her apartment was down for a few weeks and she had started going out more.

**Discourage long visits from family and friends.** It is often at the point when they are becoming immersed in French life (October/November first semester, March/April second semester) that students start to welcome visitors from home in Paris. Think carefully before you agree to host visitors with whom you will be speaking English, who will be arriving as tourists, and who have different expectations and time frames. As a university student, you will have exposés and papers to research and present, most of which are assigned mid-semester. At this point, you will just have begun to feel comfortable in the language, your classes and the French people you have been seeing on a regular basis. If you are planning on hosting family or friends, ask if they can schedule their visits at the end of the semester since visits at this time are less disruptive to the immersion and growth process you will be experiencing.

Please remember that your hosts have not signed on to host your friends or passing relatives and might not feel comfortable being asked to do so. Asking them might create some unfortunate tensions. Parisian hostels and some hotels can be reasonably priced for individuals or couples, and for larger groups there are many sites that offer reasonably priced short-term apartment rentals.

As wonderful as it is to see a loved ones' faces again and to be able to show them the city you have come to appreciate, it is still an interruption in your progress abroad, and a semester goes by very fast. We encourage you to choose very wisely when and how many visitors you will host over the semester, and to limit the number and the length of these visits.

Finally, friends or family members' visits *in no way* constitute a valid excuse to miss classes.

We recommend that you read one of the following books before leaving for France :

*Sixty million French can't be wrong* by Jean-Benoît NADEAU & Julie BARLOW, Robson books, 2004

*French or Foe ?* by Polly PLATT, Culture Crossings, 3rd edition, 2003

*Savoir Flair!* by Polly PLATT, Culture Crossings, second printing, 2003

*Français et Américains, l'autre rive* by Pascal BAUDRY, 3rd edition (October 2007) in French, © Ed. Village Mondial/Pearson. Can be consulted online at <http://www.pbaudry.com/>

*Français/Américains* by Gille ASSELIN & Ruth MASTRON, Alban, 2005

*Culture Shock. France : A guide to customs and Etiquette* by Sally ADAMSON TAYLOR, Kuperard, 2001

*Cultural misunderstandings. The French-American Experience* by Raymonde CARROLL, University of Chicago Press, 1990.

*Évidences invisibles. Américains et Français au quotidien* by Raymonde CARROLL, Seuil, 1990 (same as above, French language edition)

*Study Abroad Paris*, John Chrisman and Audrey Queyreyre, Angevin 2006. This book can be bought at <http://abroadparis.com> (<http://abroadparis.com>) less expensively than at Amazon.com

*Nouvelles mythologies* ed. Jérôme GARCIN, Seuil, 2007

*A Year in the Merde* by Stephen CLARKE, Black Swan Corgi, 2005

*Almost French: A new life in Paris* by Sara TURNBULL, Paperback, April 2002

*French Toast* by Harriet Welty ROCHEFORT, Saint Martin's Press, 1997

*Les idiomatics. English-French* by Genevieve BLUM & Nestor SALAS, Éditions du Seuil, 1991

## 2. Diversity and Inclusion Abroad

(Source

<https://www.diversityabroad.com/guides/know-before-you-go/your-guide-to-diversity-and-inclusion-abroad>)

For the majority of students, study abroad is an amazing and sometimes life changing experiences. But just like life at your home school, you may encounter some discrimination on your travels. For some students when they study abroad it will be the first time they will be in the position of being a minority.

Although you will be a minority in your host country, you may receive additional attention depending on your background and ethnicity, which may or may not be discrimination. People might judge you based on your ethnicity, disability, sexual orientation, religion, or gender. Remember, there is nowhere in the world 100-percent free of ignorant people. Whatever happens, don't let the possibility of discrimination prevent you from experiencing the life changing benefits of living abroad. If you feel that you are being harassed or discriminated against, please discuss it with one of the program staff.

We encourage you to learn more about diversity and inclusion abroad before you leave. Check out this link <https://www.diversityabroad.com/guides/diversity-and-inclusion-abroad-guide/your-guide-to-diversity-and-inclusion-abroad> and read the following articles concerning:

[Racial & Ethnic Minority Students Abroad](#)

[Economically Disadvantaged Students](#)

[Heritage Seekers](#)

[Student with Disabilities Abroad](#)

[Women Abroad](#)

[Religious Diversity Abroad](#)

[Sexual Orientation Abroad](#)

[First Generation Students](#)

[Adult Students Abroad](#)

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## IV. LIVING IN PARIS

### 1. Expenses

The comprehensive fee for Fall 2018 includes tuition, room and board, and round trip airfare. Vassar and Wesleyan students will be billed through their student accounts. Tuition, round-trip group flight, orientation, excursions, room, partial board (breakfast and three evening meals are provided by the homestay) and a monthly food and transportation stipend are included in this fee. Students from other institutions should check with their home institution to see how billing for JYA works on their campus.

The following estimate of your personal expenses beyond the tuition, room and board fee is calculated at an exchange rate of 1 euro = \$1.23 U.S. The figures shown are the **average expenses for a semester of 4 months**. Only **very careful** spending will allow you to stay within the average range, so you should budget slightly more money than is noted here. You also need to take the fluctuating dollar-euro exchange rate into account.

#### i) Housing and food expenses.

The room and partial board fees you will be charged cover your room, 7 breakfasts, and 3 dinners per week with your family. In addition, you will be given a monthly stipend to cover the cost of lunches and four dinners. This monthly stipend begins on the day of your arrival in Paris. It is based on the cost of buying groceries and preparing your own lunches and four dinners a week and/or purchasing these meals in a university cafeteria, not eating out.

Currently, the cost of a full hot meal at a student "restau U" or "R.U." is 3,25€. You can find a list of them here: <http://www.crous-paris.fr/restauration/prix-payement-qualite-variete/>

The "R.U." closest to Reid Hall (open evenings, weekends, and university vacations) is Bullier, 39, avenue Georges Bernanos, 75005 Paris RER B – Port Royal.

If you plan on eating regularly in local bakeries (7-10€ per meal) or restaurants (from 8€ fixed price menu at a Chinese restaurant – to an average of 15 euros for a fixed price lunch menu and upwards à la carte and in the evening) from time to time like many students, you should budget more.

ii) **Necessary expenses.** For the seventeen weeks of the semester, you will need from \$400 to \$500 for books, laundry, minimum local telephone expenses, sundries, etc.

iii) **Personal spending.** Depending on your habits, you will need from \$100- \$150 per month for movies, plays, museums, restaurants, shopping, etc.

The program organizes and subsidizes a full cultural calendar of excursions in France, visits and cultural activities in Paris, receptions and lunches for which you pay a token fee (5€) to insure your participation and to help us confirm reservations. If you attend the events for which you sign up, this fee will be reimbursed during the last month of the semester. Many courses also include on-site visits to monuments, plays, and operas. The program also provides students with information on free activities available to Parisian students. Many museums are free for 26 years and under. Type “activités gratuites à Paris” in a search engine and you will find a multitude of suggestions and tips. You will also be reimbursed up to 330€ each semester for French cultural visits, individual excursions, and fees associated with activities like cooking classes, or athletic, artistic, or musical programs. Reimbursements are made once a month after you submit receipts for these activities. In addition, you will receive a rail youth discount card called « Carte Jeune » (50 euros) from the program. This card allows students to purchase train tickets within France at a discount of up to 60% of the cost of an Adult fare.

iv) **Personal travel.** A Passe Navigo costs 75,20€ (approximately \$93) per month. The pass Navigo can be used not only for travel in Paris proper but also for travel to the whole Ile de France area which covers travel to sites such Versailles, Fontainebleau, Provins, and other interesting outlying areas of the Greater Paris area. [www.navigo.fr](http://www.navigo.fr). [The Passe Navigo is included in your food and transportation stipend provided monthly by the VWPP.](#) If you plan trips in France, you should buy your tickets as well ahead of time as possible to take advantage of discounts provided with the “Carte Jeune” the program provides you, or low cost “Ouigo” or “Billet Prem’s” on rail travel in France.

v) All students must have a **cell phone** with a **French sim card** during their stay in France. For security reasons, the director must be able to call you and speak with you immediately in case of an emergency. Keeping your American phone number means you will be charged for local incoming and outgoing calls and that your local hosts will not be able to reach you without incurring extra charges.

If you are planning to use your American cell phone in France with a French sim card, so that you will have a French cell phone number, you need to make sure that your phone is unlocked (be sure to check the procedure with you current phone company ahead of time).

[Free Mobile](#) offers a French sim card, calling and data plan for 19€99 per month, with no long term contract commitment. You can buy this sim card and plan at the [Free Center](#) boutique in Bordeaux or Paris during orientation, using a US credit card that will be debited automatically monthly, and the mailing address of the VWPP, 4 rue de Chevreuse, 75006 Paris. You will need to send a registered letter a few weeks before you leave France to cancel the plan and automatic payments. The VWPP will provide a model of this letter and instructions for you a few weeks before the end of the semester.

You may also purchase a cheap cell phone from one of the numerous vendors in Paris for approximately 30€. Sim cards can be bought for 10€. Additional minutes (*recharges*) can then be bought in *tabacs* and post offices for between 5€ and 100€ as and when needed. This alternative is more expensive if you use a lot of data and send many texts.

## 2. Banks and Money

**Please make sure that your parents have this banking information.**

Limited amounts of cash can be obtained with Visa, Mastercard, and Cirrus cards from certain automatic machines with a PIN number. There can be a small bank fee each time you withdraw money depending on your bank’s agreements with French banks (ask your bank in the US). **You should not rely solely on the use of ATMs for money transfers with your Cirrus, NYCE, Visa, and Mastercard money cards during your first month in Paris. Be sure to bring enough money with you to cover your first month’s expenses, and to leave time to confirm that your ATM card works in France.**

**Before leaving, you should call your bank to notify them that you will be using your bank card abroad, and insure that you are able to use your card to withdraw cash from automatic teller machines in France.**

In the past, some students who did not notify their bank ahead of time had their cards blocked for security reasons, and were unable to withdraw cash for a certain number of days.

**Do not have your parents send you cash or travelers' checks through the mail. You can never be sure when, or even if, they will arrive.**

We recommend that you bring enough money to cover your initial expenses in Bordeaux and Paris.

Many big American banks have branches in Paris (HSBC, Citibank) or have agreements with specific French banks (Bank of America and the BNP Paribas, for instance). Check with your U.S. bank to see if it has a branch or an affiliation with a bank in Paris. If you have dollars wired directly to a French bank account **make sure your family has the branch number, the IBAN and SWIFT numbers, and the branch address, as well as your account number.**

In case of emergency, have money wired to you c/o Western Union (or American Express). Please check their website for more information about the cost and procedure : <https://www2.westernunion.com/fr/en/home.html>

### **3. Scholarships and Financial Aid**

If you receive financial aid from Vassar or Wesleyan (scholarships, grants, loans), these funds will be credited to your student account in the usual manner. Please read all the financial information we have provided above carefully and be sure to meet all deadlines. Students from other institutions should check with their home financial aid office.

### **4. Registering with the local French authorities**

**You must scan and upload your visa to the VWPP database by August 13.** You will be required to bring your passport to a meeting during the Paris orientation so we can check your visa. Depending on the visa type, you may be required to register with the local French Office of Immigration and Integration (OFII) within the first few weeks of your arrival in France. If you are required to do so, we will make all the necessary arrangements for you and provide specific instructions during the orientation week in Paris. You should plan on providing a photocopy of the information pages of your passport, a photocopy of your visa, and a small photo, approx. 1.5 x 2 inches taken in France to French standards. If your visa requires you to validate it once in France, you will also need to pay a 60€ tax for the OFII. Some French Consulates in the U.S. are issuing a visa that states "*Long Séjour Temporaire, Dispense Temporaire de Carte de Séjour*". If you do not plan on staying in France after the end of your VWPP semester, inquire about this exemption when you apply for your visa. It is an exemption interpreted differently by each consulate. If the consulate is willing to stamp your visa accordingly, you will not have to have to apply for a carte de séjour or validate your visa in France.

### **5. Health**

**We encourage you to disclose to the Paris program staff any health and safety concerns you might have as soon as possible before your arrival in Paris. This will allow the program to arrange any accommodations that might be necessary. If you will need accommodations for your stay or studies, please contact the VWPP director as soon as you are accepted to the program to leave enough time to make arrangements with the proper local contacts.**

**You should apprise the Vassar Office of International Programs or Wesleyan Office of International Studies of medical or special needs or issues well before you leave for Paris.**

**Be sure you make plans with your healthcare provider to continue physical or psychological treatments.**

**It is very important that you bring medical records with you if you have special needs, medication, a chronic illness, or particular health issues. If you will need any ongoing medical treatment in Paris, especially prescription medicine, make arrangements through your health practitioner and check with the courier services before you leave the U.S. If you wear glasses or contact lenses, you should bring your prescription, as you will need it to obtain new glasses or lenses if lost or broken. It is a good idea to have extra contact lenses with you.**

**Healthy habits (proper rest and eating, pursuing a regular, relaxing activity such as art, dance, music, yoga, meditation, or athletics) help to prevent illness and minimize stress and thereby facilitate a positive and rewarding experience abroad.**

If you become ill, please notify the director or the assistant director promptly. The office has up-to-date lists of general practitioners and specialists used by former students, and these lists will be given to you in Paris. As noted above, a visit to a general practitioner costs 25€. If the doctors on the list cannot be reached, contact the American Hospital in Paris : 63 boulevard Victor Hugo, Neuilly.

#### **For students of Wesleyan University :**

International SOS and UHP are Wesleyan University's travel assistance and insurance providers. Important points to remember :

Wesleyan Office of Study Abroad has sent you an info card to print and carry with you at all times, and a letter introducing the services to you and/or your parents.

1. The info card contains local numbers for service centers in different countries, but you should use the Philadelphia number if possible :
2. from France dial 001 215 942 8478
3. The reason for this is that the Philadelphia service center is more familiar with communicating with students. International SOS serves a wide variety of clients in different industries.
4. The insurance only covers you for the duration of your program. If you will be traveling after your program and would like to purchase insurance for those additional dates, please let the Wesleyan Office of Study Abroad know.
5. The insurance does not cover you in the United States.
6. Students need to first call one of the numbers on the info card in order to make any appointment for health (physical or mental) services.
7. In an emergency situation, they can go to any of the Paris hospitals' emergency room and will be covered.
8. For reimbursements, students should contact International SOS and UHP directly.

#### **For students of Vassar College and other institutions :**

Students who have the Vassar insurance plan, the Gallagher Student Health Plan through United Healthcare and Healthsmart : No referrals are required under the Plan abroad. Enrolled students will need to pay for care out-of-pocket and submit receipts (translated into English) to HealthSmart for reimbursement on an out-of-network basis. If these students need assistance finding providers abroad, they can contact UHC Global Emergency Services and they will assist students in obtaining care.

#### Students who carry their family's health insurance :

For these students access to a list of providers and the need for referrals is based on the student's primary insurance coverage. These students should understand their policies before they travel abroad, and have access to them while they are abroad.

#### **Mental Health Services at Reid Hall (available to all VWPP students)**

The VWPP has joined with other programs based in Reid Hall to provide psychological services on-site. All VWPP students can consult with professional counselors available at Reid Hall. The first session is free of charge.

These consultations are confidential and appointments can be made directly with the service by email. Information will be available during orientation.

For any administrative help such as scanning health service-related documents, please do not hesitate to contact the VWPP office. If you prefer to scan or copy your documents on your own, we recommend the closest copy center to Reid Hall : Digital Media Services (46 rue Notre-Dame des Champs - 75006 Paris).

#### **6. Safety**

**Paris has a significant level of crime.** You should not let your desire to meet French people overwhelm your common sense. Take care not to place yourself in vulnerable situations. Avoid speaking loudly in English in public and use French. Try not to draw unnecessary attention to yourself.

Keep your personal possessions like wallets, passports, ipods, and expensive cameras or telephones out of sight, especially in crowds. Avoid taking out your iPhone or smartphone in the street or metro in view of all. Never leave your bag on the ground in a café, restaurant, or movie theater : always keep it on your lap. And do not carry your backpack on your back in the métro.

Don't keep all your documents and money in any one place. It's best to carry your travel documents on your person and make them inaccessible to others – even when you use the restroom on the plane. Keep a photocopy of your passport and visa separate from the original.

Be alert to your surroundings and the people with whom you have contact. Be wary of people who seem overly friendly or interested in you. Be cautious with new acquaintances – don't give out your address or phone number, and always meet in public places. Parisians get together in public spaces, like cafés, and invite their friends over to their apartments or homes ONLY when they have known them for a very long time. If someone you have known for only a short while invites you home, he or she is behaving quite unusually, and you should not accept that invitation, especially if you are alone. Be discreet in giving out information about other students or group events. Do not hesitate to report unusual activity near your classes or home to the program director.

Use the buddy system or, in the evening, the small-group system, especially during the first few weeks of your stay and when you use public transportation late at night or are travelling and touring abroad. Walking with someone else helps to deflect approaches by would-be harassers.

Be very careful if you have to come home late at night alone. Try to get home while public transportation is still running and before the last train (the last train is around 12:30 am during the week, and 1:30 am on the weekend and nights before public holidays) or plan to take a taxi/Uber (please note that taxis are generally more reliable since Uber drivers have not had professional vetting and are not as closely supervised. Not all Uber drivers in Paris are safe and reliable).

**If you think you will come home late, let your hosts know of your plans, and make plans for returning home before going out ; travel in pairs or small groups and make plans to share a ride with those travelling home to your area of Paris.** Have cash or a credit card on hand for emergencies like an unexpected need to get home.

A dedicated meeting covering security will be held during the Paris orientation. We encourage you to watch « A Guide to Staying Safe in Paris », a helpful video created by the « Prefecture de Police de Paris » for visitors to Paris : <http://www.dailymotion.com/video/x3mlgvf>

We enroll the student group in the US government Smart Traveler Enrollment Program (STEP) before or shortly after they arrive in Paris. The STEP is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. STEP also allows Americans residing abroad to get routine information from the nearest U.S. embassy or consulate. Please consult the following link for more information: <https://step.state.gov/step/>

**In times of political conflict involving the United States, these additional security precautions are advisable :**

1. Stay apprised of the current political situation by listening daily to the television or radio. In the event of an emergency, advisories may be made to the general public through the media. In this situation, stay in contact with the on-site staff, who can then be in contact with authorities locally and at home, as well as with parents and Vassar and Wesleyan. The on-site staff will keep students updated with group emails and/or phone calls.
2. The on-site director registers all participants with the nearest American Embassy or Consulate, and students should be sure they are so registered.
3. In large cities or popular tourist destinations, spend as little time as possible in potential targets for terrorist activities, especially places frequented by Americans : bars, discos, fast-food restaurants associated with the US, branches of US banks, American Express, US consulates and embassies.

4. Keep away from areas known to have concentrations of residents aligned with interests unfriendly to the US and its allies. When in doubt, please consult with the director before making travel plans. For the latest security information, Americans living and travelling abroad should regularly monitor the Department's Bureau of Consular Affairs Internet web site at <http://travel.state.gov> where the current Worldwide Caution, Travel Alerts, and Travel Warnings can be found. Information about registering with the U.S. consulate or embassy as well as many travel tips and other pertinent information can be found at this website.
5. Be inconspicuous in dress and demeanor. Avoid American logos and name brands on clothing and belongings. Avoid large or noisy groups. Do not flash money or bring out documents (especially your passport) in public places. Keep small bills in your pockets to pay for purchases.
6. Keep away from political demonstrations, particularly those directed against the US. If you see a situation developing, resist the temptation to satisfy your curiosity or join the crowd. Walk away. Do not agree to newspaper or other media interviews regarding political conflicts.
7. Make a personal communication plan with your family and decide on methods of contact should an emergency arise.

## 7. Alcohol, Other Drugs and Demonstrations

Drinking alcoholic beverages, as well as non-alcoholic ones, is normal and acceptable in social situations among young French people and is usually associated with food or meals. However, drinking to excess or binge drinking is regarded as socially inept, immature, and showing a lack of self-control. In addition, all kinds of substance abuse dull the senses and thereby impede your ability to cope with the challenges of an unfamiliar environment. Alcohol and other drugs make you more vulnerable to theft and put your personal safety in jeopardy.

French laws prohibiting the use and sale of drugs are tough and strictly enforced. These laws prohibit the production, possession, distribution, sale, use, import, and export of narcotics and marijuana. However small the quantity involved, a user is subject to arrest and severe penalties. **The American Embassy cannot help if an American citizen is arrested for the possession or selling of drugs. It is strictly a matter for the French police and courts.** The director can do nothing beyond giving information and moral support.

While demonstrations are interesting political events, you should be aware that a foreign student arrested during a demonstration can face serious problems with the authorities. In addition, the French National Assembly passed a law a few years ago that holds people arrested during a demonstration responsible for the damage and injury caused by the collective group of demonstrators, whether the person arrested had anything to do with the damage or injury or not. It would be wise to ask the director for his/her advice before attending such a public event.

**If the director decides that your behavior is disruptive to the program or puts your own well-being at risk, you will be sent home.**

## 8. Clothing

It rarely snows in Paris, but it rains frequently and temperatures do go below freezing. You should have a winter coat with you and clothes that can be layered. Apartments in Paris are often not as warmly heated as in the U.S., since heating is more expensive. Expect to bundle up when you are inside. Bring good walking shoes and be prepared for rainy weather. Students wear student attire, but something less casual than jeans is expected for receptions, concerts, operas, some restaurants, and theater evenings. Bring a bathing suit if you want to take advantage of the numerous public swimming pools in Paris, and running shoes if you are a runner (they are much more expensive to purchase in France than in the US.)

Before packing, you can check this website that gives the weather forecast as well as the monthly average temperature in Paris: <http://fr.weather.com>

## 9. Electrical Equipment, Personal Computers, and cell phones

The electrical voltage in the U.S. is 110V. In France it is 220V, and the plugs are different. Some electrical items purchased in the U.S. come equipped with a switch that permits them to operate on both currents. Electrical items that are not equipped with such a switch must be fitted with a transformer. All electrical items purchased in the U.S. must also be fitted with an adapter in order to plug them in. You should look into buying an adapter and a small transformer for simple appliances before you leave.

You should take a laptop computer with you if you have one that works well. Most computers now have double voltage, but it is very important that you double-check and inquire before you leave if you will need a specific type of transformer. Each item should be treated as a special case. If your computer is still under warranty, bring a copy of the warranty. The VWPP program has a computer room and library that contain several Macs, a cable to connect laptops to the network, and a laser printer for student use. In Reid Hall, students may connect to the WIFI network for web access from their own laptops. A password will be sent to your email address by the Reid Hall technical service before you arrive in Paris. **Save this information in a Word document on your computer so you will be able to access the Reid Hall wifi when you first arrive.** Computer shops in Paris will also print documents for a small fee per page. You will NOT have printing privileges on your host family's printer. Internet access is provided in all host homes, and free wifi access can be found in many cafés, restaurants, and even public parks in Paris.

All students must have a **cell phone** with a **French sim card** during their stay in France. For security reasons, the director must be able to call you and speak with you immediately in case of an emergency. Keeping your American phone number means you will be charged for local incoming and outgoing calls and that your local hosts will not be able to reach you without incurring extra charges. **Roaming and incoming calls would be very expensive with your US number. In addition, it costs a lot for your friends in France and the program to call your US phone. So, the program does not recommend using phones with US numbers abroad.**

IF you have an American ATT (or other GSM) telephone already and want to use it in France because of its features, you **MUST** unlock your phone **BEFORE** you come in order to use it in France. After it is unlocked, you can obtain a Free Mobile phone plan. [Free Mobile](#) offers a French sim card, calling and data plan for 19€99 per month, with no long term contract commitment. You can buy this sim card and plan at the [Free Center](#) boutique in Bordeaux or Paris during orientation, using a US credit card that will be automatically debited monthly, and the mailing address of the VWPP, 4 rue de Chevreuse, 75006 Paris. You will need to send a registered letter a few weeks before you leave France to cancel the plan and automatic payments. The VWPP will provide a model of this letter and instructions for you a few weeks before the end of the semester.

You may also purchase a cheap cell phone from one of the numerous vendors in Paris for approximately 30€. Sim cards can be bought for 10€. Additional minutes (*recharges*) can then be bought in *tabacs* and post offices for between 5€ and 100€ as and when needed. This alternative is more expensive if you use a lot of data and send many texts.

## 10. Packages to France

All items coming into France are charged a 20.6% value added tax, unless they are used items. If you will be receiving packages from your family via the US postal service, UPS, Federal Express or any other carrier, **please tell people to mark clearly on the customs slip that the contents of the package are “used personal items” if this is the case.** FEDEX or DHL offer tracking insurance ; the USPS does not. It is best to have packages delivered to yourself at Reid Hall (“c/o Vassar Wesleyan Program in Paris” should be written clearly on the package) since there is always someone at the Reid Hall reception desk to take the delivery during the day and evening. If you live with a French family, your name is unlikely to be on the mailbox, which will make it difficult to deliver a package. Many buildings in France do not have a “concierge” anymore to take delivery, and some “concierges” may not feel it is their duty to take delivery of packages for non-permanent residents of the building.

## 11. Travel outside of Paris and France

**If you are planning to travel outside of Paris, you must fill out a *formulaire de voyage* on the French VWPP website before you travel and inform your hosts about your plans.**

When you travel, be sure that several people know where you are and how to reach you.

Don't hitchhike.

Don't travel alone if you can avoid it and use caution if you do. Do not leave your bags or belongings unattended at any time. Security personnel in airports and train stations are instructed to remove or destroy any unattended luggage. Do not agree to carry or look after any packages or suitcases for anyone. Make sure no one puts anything in your luggage.

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## V. THE HOUSING PROCESS

Please read carefully all the details about the housing process, types of housing and the VWPP residence commitment by reading the **Essential Housing Information Page**.

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## VI. RESOURCES

Students have found the following resources useful when looking for odd jobs such as babysitting or English lessons. Sign up on the list at the program office if you are looking for this type of work, since people contact us directly asking for student help and we send out a list of available students. The Reid Hall bulletin board is on the ground floor, past the reception desk to the left. It has ads for housing, babysitting, lessons, and items for sale.

American Church (Protestant)  
65, Quai d'Orsay  
75007 Paris  
Métro Invalides

Very good bulletin board for work, housing, and au pair positions. Open weekends.

EIAP (Echanges internationaux à Paris)  
Facebook page : <https://www.facebook.com/EIAP-Echanges-Internationaux-A-Paris-196612643761269/>  
Organizes language exchanges, excursions and visits in Paris and France, evenings centered on the different countries (food, culture) of its members. A good place to meet young people.

If you are looking for "petits boulots" such as babysitting or translations, Craigslist is being developed in Paris:  
<http://paris.craigslist.org/jjj>  
<http://paris.craigslist.org/jjj/>

### Cultural opportunities in Paris

Try to become familiar with what Paris has to offer now. If you know you would like to go to concerts, museums, etc., you can look at what is going on in Paris before you leave the U.S.

Have a look at the website of the "Mairie de Paris": <http://agenda.paris.fr>

The following website offers many suggestions: <http://billettereduc.com/N/1/liste.htm?type=1&region=J>

Other online resources include :

Movies : <http://allocine.fr/>

Museums and galleries:

<http://artnews.info/citygalleries.php?city=Paris>

Discover Paris by walking: <http://a-paris.net/>

If you are between 18 and 25, entrance (with an ID) is free at the Musée National d'Art Moderne at the Pompidou Center, and from 6 pm to 9 pm on Fridays, to the Louvre. Certain national museums' permanent

collections are open free of charge to the public the first Sunday of the month, such as the Musée du Quai Branly, the Louvre, the Rodin museum, etc. The permanent collections of twelve museums run by the city of Paris are free of charge to all. They are :

- la maison de Balzac
- la maison de Victor Hugo (place des Vosges)
- le mémorial du Maréchal Leclerc de Hauteclouque et de la libération de Paris
- le Musée Bourdelle
- le Musée Carnavalet – Histoire de Paris
- le Musée Cernuschi (le Musée des Arts asiatiques de la Ville de Paris)
- le Musée Cognacq-Jay (le Musée du XVIIIe siècle de la Ville de Paris)
- le Musée d'Art moderne de la Ville de Paris
- le Musée de la Vie romantique
- le Musée des Beaux-arts de la Ville de Paris (le Petit Palais)
- le Musée Jean Moulin
- le Musée Zadkine

All the national museums offer free entrance to EU citizens and long-term residents under 26 upon presentation of a European ID. Show your Université de Paris ID or your visa or “carte de séjour” for free entrance to museums.

Check out the individual museum websites for information on the Carte Louvre Jeunes and the Laissez-passer at the Musée d'Orsay and the Centre Pompidou, which provide free entrance as well as other benefits to card holders who are under 26. Further information for cultural visits will be provided at orientation.

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## VII. EXPERIENTIAL LEARNING

While in Paris, you may wish to undertake an experiential learning placement (« stage" or service learning). The VWPP has a number of interesting opportunities to offer. Involvement in the local culture provides opportunities to exchange with and learn more about Parisians in places where they live, work, and learn.

Here is a non-exhaustive list of stages that VWPP students have done in the past. Please keep in mind that not all stages are available every semester and that new opportunities may be available when you arrive in Paris. If you are interested in this type of opportunity and have personal contacts in Paris, we encourage you to follow up on them.

### ***Books and book stores :***

- Shakespeare and Co – Book store
- Rare book restoration
- (e)Book promotion and research for upcoming book with the author

### ***Publishing :***

- Children's book and game publisher

### ***Art, Galleries, Museums, art foundations***

- Galerie S
- Arts Arena : filming events ; reception and event organization and promotion
- Terra Foundation
- Musées de Paris
- Mona Bismark Foundation

### ***Research assistants***

- Les Amis de la Maison de Balzac : social media, website update, events

### ***Journalism***

- Janine Di Giovanni at *Newsweek* and *Vanity Fair*

### ***Language Assistants, teaching :***

- Primary and secondary schools, business school

### ***Community Service***

- Volunteering through the Espace Bénévolat and Benenova, food kitchen, tutoring

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## VIII. EXTRA-CURRICULAR ACTIVITIES

We encourage you to engage in an extracurricular activity while you are in Paris and will help you get started. Activities in which former students have been involved include :

CIJP language exchange groups (English-French, French-German, French-Spanish) and different « country nights » cultural evenings) <http://club-international.org>

UCPA ski or hiking trips to various regions of France: <http://ucpa-vacances.com>

### ***Sports***

- Badminton
- Basketball (team in Alfortville)

- Capoeira lessons (PUC)
- Frisbee (Ah Ouh Puc)
- Gym class at the Sorbonne
- Gym club (Neoness, Les cercles de la forme)
- Hiking in Ile de France (<http://clubalpin-idf.com/randonnee/randonnee.html>)
- Horseback riding (Le Galop, Sannois ; Manège Dauphine, bois de Vincennes)
- Snowboard and ski excursions with UCPA or associations sportives des universités de Paris
- Soccer (PUC ; Urban Football, Puteaux ; Sciences Po)
- Swim team (Club des nageurs de Paris)
- Tennis (Association sportive de Sciences Po ; Paris 7 sports program)
- Ultimate Frisbee (PUC)
- Volleyball
- Women's Rugby (ESPCI)
- Yoga (PUC)
- Climbing

#### ***Dance, music***

- Ballet (Centre de danse du marais, Studio Harmonic, Elephant Panam)
- Indian dance & Bollywood dance (Centre de danse du marais)
- Salsa (Centre de danse du marais)
- Ballroom dancing
- Choir (Chœur interuniversitaire de Paris)
- Camerata
- Dance class (Académie Américaine de Danse de Paris)

#### ***Art, arts & crafts***

- Art class (Académie de Port Royal)
- Circus classes (Académie Fratellini)
- Drawing class
- Drawing workshop at the Louvre
- Fashion photography
- Knitting group (Tricothé, l'Oisiveté à la Butte aux Cailles)
- Painting class
- Photography classes (Centre d'animation Montgallet, Studio Vermès and Spéos, Centre d'animation Jean Verdier)
- Photography workshop at the Louvre
- Pottery class (Atelier du Chat)
- Sewing class

#### ***Social, religious outings, etc.***

- Church (Unitarian Universalists in Paris, Saint Michaels, American Cathedral, American Church, Eglise Réformée de Paris Luxembourg, others)
- Synagogue (Union libérale israélite de France, 24 rue Copernic, Paris 16)
- Various [CIJP activities](#) (language exchanges, outings, game nights etc.) and Paris tours

- [EIAP](#) activities
- and trips Exchange with students of the Lycée Hôtelier
- General assemblies with French students
- Language exchange
- Outings with tutors
- Parismus (student organization that connects exchange students to French students)
- Spectator of international soccer games
- Theatre nights followed by discussions with the actors

### ***LGBT***

- International festival of Parisian lesbian and feminist movies
- Centre LGBT Paris (<http://www.centrelgbtparis.org/>)

### ***Travel in France***

- Hiking trip “randonnées” and ski/snowboard “stages” with UCPA
- Stay in “gîtes- chambres à la ferme ou chez l’habitant” when travelling in the French provinces
- Trips outside of Paris with Erasmus students
- Woofing (<http://woofing.fr>)
- CIJP and EIAP tours and excursions

### ***Other***

- Activist groups such as « Paris Vegan Day », « Fur = torture » etc.
- Babysitting
- Cooking class (Hôtel Ritz École Escoffier, Atelier des Chefs, Atelier des Sens)
- Italian class
- Tutoring
- Volunteering (<http://espacebenevolat.org>)
- Writing workshop

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IX. VWPP Tentative academic calendar

**TENTATIVE ACADEMIC CALENDAR – FALL 2018**

**- August -**

<b>Friday, August 17</b>	Departure of group flight from JFK
<b>Saturday, August 18</b>	Transfer in Paris Charles de Gaulle airport, Arrival in Bordeaux
<b>Monday, August 20</b> <b>Friday, August 31</b>	Bordeaux Intensive language sessions and orientation <b>to</b> (2 weeks)

**- September -**

<b>Saturday, September 1</b>	Departure group flight from Bordeaux, arrival in Paris, transfer by chartered shuttle to Paris hosts.
<b>Monday, September 3</b>	<i>UP7 courses begin?</i>
<b>Monday, September 3</b> <b>to Friday, September 7</b>	VWPP Paris Orientation Week
<b>Monday, September 10</b>	Beginning of VWPP seminars
<b>Monday, September 17</b>	Beginning of VWPP language tutorats

**- October -**

<b>Saturday, October 27</b> <b>to Sunday, November 4</b>	Toussaint holiday for VWPP seminars : <i>Possible break in courses at UP7</i>
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**- November -**

<b>Thursday, November 1</b>	Toussaint, public holiday, no classes
<b>Sunday, November 11</b>	Armistice, public holiday

**- December -**

<b>Friday, December 7</b>	Last day of VWPP seminars
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<b>Monday, December 10 to Friday, December 14</b>	Reading and exam period for VWPP seminars
<b>Friday, December 14</b>	Last tutorat sessions
<b>Friday, December 14</b>	Last day to hand in final papers for VWPP seminars
<b>Sunday, December 16</b>	Return of group flight

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## CHICAGO

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## SAN FRANCISCO

<http://www.consulfrance-sanfrancisco.org/>

540 Bush Street AK, CA (all other counties)  
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## LOS ANGELES

<http://www.consulfrance-losangeles.org/>

10390 Santa Monica Blvd. AZ, CO, NM,  
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Tel: 310-235-3200 Riverside, San Bernardino, San Diego,  
Fax: 310-479-4813 San Luis Obispo, Santa Barbara, Ventura  
NV – counties: Clark, Esmerelda, Lincoln, Mineral, Nye

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## XI. CHECKLIST

You should have the following before you leave. You should have at least one extra copy of all the documents; it's probably a good idea to have several copies of them. Put the copies in a different place from the originals.

- Passport (multiple copies of first page)
- Student visa
- OFII form (top half completed and stamped by the consulate at your visa appointment)

- “Attestation de domiciliation” letter
- Certification of student status letter
- Financial guarantee
- Proof of health insurance
- International student ID card
- Extra copy of your birth certificate (in case you lose your passport)
- Extra copy of your medical certificate (if you want to play on a sports team) and copy of med prescriptions if applicable
- Please make sure you have uploaded you ID photo (color, approx. 1.5 x 2 inches) on the database. We will need them for your student ID, library cards, membership cards, etc...

Please make sure you have read through this section carefully and that you have communicated the appropriate information about your stay to your parents.