

Glories of France



2019 HANDBOOK

Dear 2019 Glories of France Participants:

As Program Coordinator for The Glories of France, I look forward to getting to know each and every one of you this summer in Montpellier. Whether you've never left the country before or this is just a pit-stop on a summer of travel, making the decision to study abroad in Montpellier will change your life! I am thrilled to have you with us this summer and to be able to show you one of the most beautiful countries in the world.

When you arrive in France, you will meet our UNO staff and faculty. Our faculty is dedicated to maximizing your time in France and to truly allowing Montpellier and the surrounding area to become your classroom. Our staff and student ambassadors will also be on site to help answer any questions that you have and ensure that you have a wonderful summer.

The following information will ensure that your summer in France is a fun and comfortable one. **Please read this handbook carefully** and keep it somewhere that you can easily reference it as it covers a lot of vital information, about travel in general and about specifics for our program. We know that The Glories of France will be one of the most memorable and life-changing experiences you will ever have. We look forward to having you on our program this year!

Sincerely,

Robyn White

Program Coordinator
The Glories of France



*The 2018 Glories of France group stops for a group photo after
our Seine River cruise during the Paris trip.*

Montpellier



The Glories of France program takes place in Montpellier, France. Montpellier is located in France's Languedoc-Roussillon region, which is well known for its gorgeous Mediterranean beaches and its remarkable wine. It is in the southern part of France, about 3.5 hours from Paris via high-speed train.

If you are unfamiliar with this region of France, there are a TON of activities to do and foods to try. If you have not already visited our program website, it's a great idea to do this **BEFORE** you leave for the program so you can arrive with a few ideas of what you'd like to do during your free time. **Please visit new.uno.edu/studyabroad/france/Montpellier for more information on things to do and see in Montpellier.**

Arriving in Montpellier

The program **begins on Monday, July 1**, so please **ARRIVE** in Montpellier on this day.
This means you should depart from the U.S. the day before, on Sunday, June 30

Easiest ways to arrive:

Option 1: Book a ticket to Montpellier (airport code is MPL)

Option 2: Book a ticket to Paris (airport code CDG)

-And take a train from the airport to Montpellier St. Roch train station (about 3.5 hours, ~\$120 round-trip)

Arrive at the apartments anytime from 8 am – 8 pm

-Pizza party ~7 pm, first come/first served for kitchen equipment

-Let us know if your flight is scheduled to arrive later than 8 pm

ADDRESSES AND TELEPHONE NUMBERS IN MONTPELLIER (We will share this with you via email so it's handy)

Résidence des Etudiants du SupAgro
50 Rue de la Croix-de-la-Cazes
34000 MONTPELLIER

Remember that you cannot check in earlier than **July 1st**. If you arrive earlier, please check into a hostel or hotel. We cannot book hotels for you, but you can find hotel information on this link:

<https://book.montpellier-france.com/en/accommodation>

Our **EMERGENCY NUMBER IN MONTPELLIER on July 1st** (if calling from the U.S.) is 504-400-2912.

If you cannot get to a phone, we can be reached via email at: RLWhite3@uno.edu

A French emergency number will be shared with you via email prior to your departure.

REMEMBER: There is a 7-hour difference between the US and France. When it is noon here, it is 7:00 p.m. in Montpellier!

Also, when dialing the U.S. from France, remember to dial 001-area code-number (ex: 001-504-280-7455).

For non-emergencies, if you need to reach us, please call our main number in New Orleans (504) 280-7455 and someone will get in touch with us. This line is answered M-F 8:30 am – 4:30 p.m.

When you arrive in Montpellier on July 1:

From the Montpellier airport take a cab in front (about 40 Euros, make sure you have this much in cash prior to the trip or get it in the Paris airport at any ATM)

From the St. Roch train station take a cab in front cabstand (about 20 Euros) Give this address to give the cab driver:

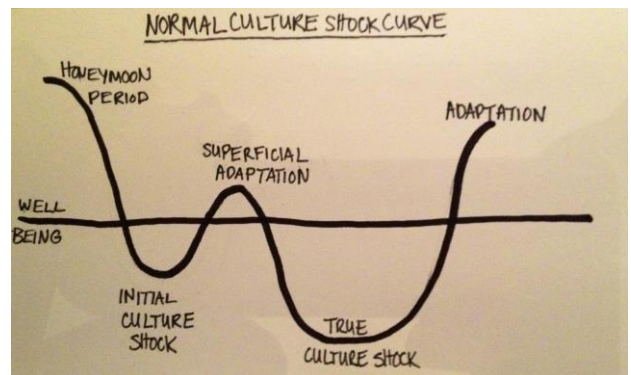
Résidence des Etudiants du SupAgro
50 Rue de la Croix-de-la-Cazes (Près de la Place Viala)
34000 MONTPELLIER

**If your flight is delayed or cancelled, please contact us at 504-400-2912 or via email at RLWhite3@uno.edu, or contact someone at home who will in turn contact our emergency number in France (504 400 2912). This is extremely important so that we know you're okay!*

CULTURE SHOCK:

It is normal to feel anxious about your trip. Everyone is excited and nervous about the whole experience, so don't feel like you're the only one. Calm down, rest, and be open to the wonderful experiences you will have in France.

Even for those who have traveled abroad before, it can be somewhat of a shock to be immersed into a new setting in a new country so quickly. Some students even experience homesickness, and develop stomach problems or flu like symptoms! Just remember to keep an open mind and to remind yourself of why you decided to come to France in the first place. You signed up for a summer of learning and adventure, and even if you have a rough first few days, things will get back to normal and five weeks in Montpellier will fly by!



Housing



Our participants are lucky to have private studios directly across from the university. The room is very basic but comfortable. It will have a bed, desk, kitchenette, small refrigerator, and bathroom with shower. It is up to you to make this feel like home for the next five weeks. The studios **are not air conditioned**, so be prepared to endure some dry heat. You might want to bring extra money to purchase a portable fan (they run about 30 euros).

Upon arrival be sure to note any problem so that you will not be held accountable for it at the end of the program. Students are responsible for any damage done to their rooms.

(Left: A sunset view of the studio apartments in Montpellier)

VISITORS: If you have a friend or relative passing through Montpellier that wants to come see you in the apartments, you will need to request permission from the Program Director and the Housing Director **at least 2 days prior to the visit**. Any visitor coming to see you at the apartments must submit a copy of their passport to the Program Director **only if and after approval is granted** for them to visit. Needless to say, do not invite local friends that you make to come see you at the apartments. Also, overnight guests are simply **not allowed** under any circumstances. **If you are caught sneaking in guests overnight, you will be immediately expelled from the program.** This has happened in prior summers as early as the first night of the program—it is not worth the risk!

Breaking any of these rules will jeopardize your room privilege at the apartments and you will be asked to vacate the premises immediately. The security of our group is our first priority and the Housing Director and security staff take this very seriously!

Linens & Laundry

Bed linens are provided and changed mid-way through your stay. You must bring your own towels and face cloths. There is a facility in the dorm for doing laundry; however, it can get expensive at 2-3 Euros per wash. The dryer is 1 Euro. An alternative is to hand wash in your sink, using *Genie*, a French detergent. Clothes can then be hung to dry in your room. Please do not hang clothes out of your window! Hangers are not provided, so you may want to bring some wire hangers that you can discard after the program.



Cell Phones

All program participants are required to have a working cell phone for the duration of the program. This is so that you can keep in contact with other participants, but more importantly so that you can contact the program administrators in case of an emergency (and so they can contact you, too). Students are also required to enroll in Keynect, a program that allows us to quickly and easily communicate with students in the rare event of an emergency.

Sprint & T-mobile have good unlimited plans for data while you're abroad. AT&T and Verizon have international plans, but they can be very expensive (as high as \$10/day!), so consider getting a data plan and using it sparingly. Regardless of what provider you have, please research your international options before you depart! Although our office has not used either of these providers, there are some companies that allow you to rent a cell phone for a short period of time overseas: visit cellhire.com or travelcell.com for more information.

Students with AT&T or Verizon usually opt to get a sim card once they arrive in France from Orange and do a pay-as-you-go mobile option (<https://boutique.orange.fr/mobile/offres-prepayees>). We'll discuss these options in more detail at orientation on-site. Be sure to take your passport with you if you go to Orange once you arrive in France as it is required for anyone purchasing a SIM card in France.

There will be WIFI in the courtyard to use apps such as Facebook Messenger and WhatsApp, which is how most students communicate on site.

Packing

Please **pack lightly!** You will be tempted to acquire a new wardrobe for this exciting trip. Please don't. People in the south of France dress according to the weather, which is usually very warm. Classes are very casual. You may wear pants, shorts and t-shirts. In the afternoons, students usually head for the beach, go shopping or sightseeing. One or two dressy outfits will be enough for restaurants or special parties.

If you can't carry your suitcase on your own, you have over packed. Limit yourself to one suitcase and one carry-on total and your trip will be a happier one. It is important to have some empty space in your bags for souvenirs and purchases made while on your trip. A small backpack or carry-on is a good idea for those who go on weekend trips. You will also find it helpful for grocery shopping and for laundry day.

Note: Because of new regulations, airlines may be charging for checked luggage and will charge for overweight luggage. Please check with the airline you are using for luggage regulations

Carry on Packing List (must haves):

- Any medications that you take on a daily basis
- Passport
- Any money that you're taking with you
- Cell phone charger/portable charger
- Arrival information sheet (with the apartment address, etc.)
- At least one change of clothes
- Basic toiletries
- A scarf or light jacket (in case you get cold on the plane)

WHAT ELSE TO PACK FOR YOUR TRIP:

- ◇ 1 light sweater (nights CAN be cool)
- ◇ 1-2 nice outfits for going out at night
- ◇ 2-3 pairs of jeans/pants
- ◇ 2-3 pairs of shorts
- ◇ 4-5 casual shirts and tee shirts
- ◇ 1 pair of dress shoes
- ◇ 1 pair comfortable walking shoes
- ◇ 1 pair of sandals for walking
- ◇ 1 pair of beach sandals
- ◇ 1 swimsuit
- ◇ plenty of underwear and socks
- ◇ pajamas
- ◇ All your cosmetics/medicines/toiletries
- ◇ A backpack
- ◇ A carry on piece of luggage for your Paris and /or Optional weekend
- ◇ Towel and soap
- ◇ Laptop/class materials (listed on separate handout for each class)
- ◇ Ethernet cable (discussed on next page)
- ◇ Working cell phone (your own, with an International plan or rented)

(Remember this is an apartment, not a hotel!)



NOTE: A good rule of thumb is to remember that you will be wearing casual clothes 98% of the time. Since your clothes will be laundered, pack for a week and wash. PLEASE DO NOT PACK AN ITEM FOR EACH DAY OF THE FIVE WEEKS ☺

Electric Appliances

Do not expect your American appliances to work in France without proper conversion equipment, as French voltage differs from American voltage. In order to use hair dryers, razors, etc. you **MUST purchase both a converter (for the voltage) and an adapter (for the plug to fit the wall socket)**. Some of the newer appliances have built-in converter (simply a switch for 220v), but these still require the wall-socket adapter. Please purchase the proper equipment before you arrive. Laptops and cell phones now have built-in converters so all you need is a wall socket adapter. **It is also a good idea to bring multiple adapters so that you can charge more than one thing at a time. A converter and adapter set is on our Amazon list: <http://a.co/26mIMGa>**



Internet Access

Each room will have an internet connection and unique username and password for Internet access. However, **you must bring your own Ethernet cable to connect to the internet via laptop.** Once you connect to the internet via Ethernet, you can download a virtual router (Connectify is a good one) to connect other devices to the internet via your computer.

There are also areas around the university grounds (but not in the apartments) where you can connect to Wifi. We encourage you to use the Internet to keep in touch with those at home, but remember not to spend all of your time connected to your phone or on social media. Make the most of your experience by doing just that—EXPERIENCING! — and being truly 'present' while you're abroad.

If you have a Mac, you will ALSO need an Ethernet adapter, pictured here -> If you do not bring one of these with you, you will not be able to connect to the internet. These are difficult to find in France, so please bring one with you!



MAIL

As we are temporary guests at our housing in Montpellier, we do not have mailboxes or a mailing address for items to be mailed to you at. In the past, friends and family that have tried to mail packages have received the packages returned to sender months later—please do not have anyone try to send you mail during the program as it will be marked undeliverable.

Post offices are marked "La Poste" and are generally open 8:00 a.m. to 7:00 p. m. and 8:00 a.m. to noon on Saturday. Stamps can also be purchased at *tabacs* (tobacco shops) and newsstands. Standard letters to the U.S. cost about 1 Euro.



Transportation

BIKES:

You can rent bikes in Montpellier. The rental office is located near the Place de la Comedie, main square in the Office of Tourism. With a deposit, (cash or credit card), and identification card, you can rent a bike for an hour or for the entire day.

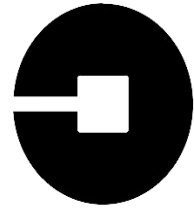


TAXIS:

Tipping is about 10-15% of the metered charge. Sometimes the taxi driver will charge extra per piece of luggage that is carried in the trunk. Also, night rates are higher. No more than three (sometimes four if the driver is in a good mood) passengers are allowed in a taxi. **If you need a taxi to the airport or to catch a bus, please consult our office so that we can help you order one a day ahead of time.** This way you avoid a rush when all students are departing (i.e. after lunch on Thursdays) and can ensure you make it to your destination.

UBERS:

Uber is a relatively new development in Montpellier. As such, it is important for you to plan ahead and give yourself plenty of time if you are going to depend on an Uber to bring you from place to place. Many students missed trains or flights last summer because they waited until the last minute to call an Uber and it took longer than they expected for their request to be answered.



UBER



PUBLIC TRANSPORTATION:

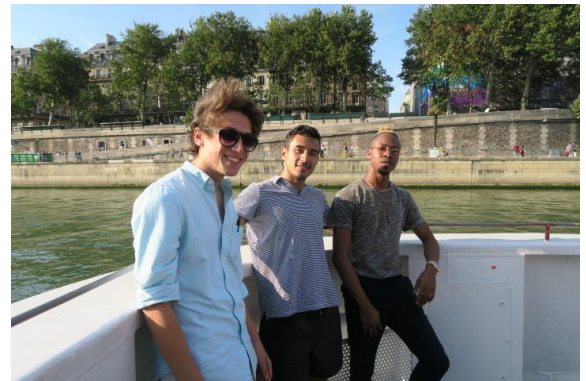
Buses are very convenient and available throughout the city. It is also a very inexpensive form of transportation. The apartments have a bus stop across the street that will take you back and forth to the heart of the city. **Hours and schedules vary, are posted at the bus stop, and are available until 8 p.m. at night.** If all fails, and you find yourself downtown late after buses have stopped running, you can take a taxi back to the apartments. Bus tickets are sold at the Bureau de Tabac (passes) and on the bus itself (Both one way and round trip tickets.) You can buy a billet or packet of 10 tickets for 10 euros from the Tabac.

INDIVIDUAL TRAVEL:

We encourage you to travel and to make the most of your European trip. Please inform us of your plans and when to expect you back at the apartments. Other than the first weekend (our group trip to Paris), students are allowed to travel only on days when no classes are scheduled (some Thursdays depending on the class schedule, Fridays, Saturdays and Sundays).

Always remember to use caution when traveling. Make sure your bag is always fully closed. It's also helpful to board buses or metros (in bigger cities) with your bag in front of you so you can keep an eye on it at all times. In general just remember BAYS:

Be
Aware of
Your
Surroundings!





HOW TO USE THE MONTPELLIER BUS SYSTEM

These are step-by-step instructions to use the bus system of Montpellier. Once you are familiar with riding public transport, you will be able to explore the city and also head to the one of the nearby beaches after class, with ease and confidence.

- 1) Decide where you want to go. This will determine which bus(es) you will take, the duration of the trip, and how many transfers you will have to make.
- 2) The nearest bus stop is right around the corner from the apartments, same side of the sidewalk at the place Viala. Refer to the bus schedule (next page) for the map of the route that this bus takes, and then determine the time the next bus passes.
- 3) The stop nearest the apartments is place Viala, and is on line (ligne) 6, Euromédecine-Tournezy. When going toward central Montpellier or the beach, from the apartments, you will board the bus 6, labeled Tournezy. When returning to the apartments from the beach or central Montpellier, you will board the bus labeled 6, Euromédecine.
- 4) There are no times listed for place Viala, but you can estimate by looking at the times for Alco and Collège Claude Claudel. Place Viala is in-between, so the bus should pass sometime between the two.
Note this is for travel towards central Montpellier and the beach.
- 5) Tickets for the bus may be purchased on the bus, at various *tâbacs*, and at the bus station (located next door to the rail station or, *gare*) The prices are (as of this past summer):

1 trip(voyage): 1,20 Euro Valid **one hour** for transfers.

Round trip (Aller-retour): 2,20 Valid for 2 trips, in two different directions, from the apartments to central Montpellier or the beach and the return trip.

10 trips: 10 euros. Valid for 10 trips, no time restrictions.

1 day pass (Forfait 1 jour): 3 Euros Valid for unlimited trips within a 24-hour period.

7 day pass (Forfait 7 jour): 11, 20 Euros Valid for unlimited trips for 1 week

ALL PRICES ARE SUBJECT TO CHANGE!!!

IMPORTANT NOTE: ALL TICKETS MUST BE VALIDATED!! IT IS IMPERATIVE TO VALIDATE YOUR TICKET AS SOON AS YOU BOARD THE BUS OR TRAM, AS WELL AS WHEN YOU MAKE A TRANSFER. YOU WILL BE FINED IF YOU ARE REQUESTED TO SHOW YOUR TICKET AND IT IS NOT VALIDATED.

Money/Budgeting

The Euro is the currency used in over 20 European countries including France, Spain, and Italy. The exchange rate varies, but currently **1 euro is equal to \$1.25 US (approximate)**. It is very helpful to have some dollars changed into Euros before your trip. Any major bank in your home city can do this. About 50 Euros should be helpful for the first few days. **The easiest, most convenient way to get money once in France is from an ATM.** They take MasterCard or Visa debit cards and use the same pin number as you would at home. Simply call your bank before you leave and tell them the countries you plan to visit and they should enable your card to work overseas. **BE SURE TO CALL YOUR BANK BEFORE YOU DEPART!** Also, **DO NOT BRING TRAVELER'S CHEQUES** as they are very difficult to get exchanged. Lastly, remember that when you make a purchase in France, tax is included in the price. Whatever price is marked is what you pay (including at cafes when eating out).



Students often ask, "How much money should I bring?" This is a highly individualized question. The program includes some meals. You are responsible for: dinner and meals on the weekends, laundry, personal expenditures such as souvenirs, snacks, etc. It is our suggestion to budget at least \$150 per week for your spending money.

Some students might be able to do fine with \$500 spending money total and others, with the same amount, are already broke at the end of the first week. It is useful to bring a credit card, but try to budget yourself wisely. A cup of coffee in a cute sidewalk café can cost as much as 4 Euros (or 6 in Paris!). It's not wise to bring a lot of cash for your spending money.



The best way to use your money is to use an ATM machine. If you bring a credit card, VISA is generally accepted throughout France, where it is known as CARTE BLEUE, and often in preference to AMERICAN EXPRESS. If you plan to use your credit card for cash advances, be sure to know your PIN number before you leave the states and check with your local bank to see that it is an international PIN number accepted overseas. Also, let your bank know that you will be travelling overseas so they don't think your card has been stolen.

You can also use our Budgeting tool, which you can download here: <http://new.uno.edu/studyabroad/france/forms> to help you budget for the summer. This tool is an Excel spreadsheet that helps you determine an estimate of how much money you'll spend this summer.

Remember to also make copies of your credit/debit cards and leave them with a friend or family member at home. It will be much easier to call and report them as lost or stolen with this information handy

TIPPING

Most restaurants include a 15 percent service charge and tax in their prices- referred to as "service compris". If a meal or service has been particularly good, leaving some extra change is customary, as is leaving the waiter the small change from your bill if you have paid in cash. If service is not included in the price (service non compris) a 15% tip is customary. Most, if not all, restaurants in France will post their menu and price list outside so you can select the type of food you like and the price range you need. A prix fixe menu is usually the best bet since for one price you get about three courses (appetizer, entree, and desert) but be careful of extras such as coffee and wine, sometimes they add up more than the meal itself!



VALUE ADDED TAX (VAT)

If you are lucky enough to have a lot of spending money available, don't forget this important little item that will save you even more: VAT or TVA in French. Visitors carrying their passports can get a refund of the value added tax on purchases of around \$400 or more at any single store.

RETURNING HOME:

At customs, you are allowed a total of **\$800.00** worth of purchases , including one liter of alcohol (if you are over 21 years of age), duty free. After that you will have to pay duty. Remember that certain things are not allowed to come into the U.S.: Fresh fruits and vegetables, meat byproducts, medicine or narcotics, plants or pets are not allowed to enter the States.

SHOPPING

There are many shops and stores to choose from in France. Since the majority of students are on a budget, most look for stores that offer convenience, reasonable prices, and a variety of items. Don't forget that most stores (except major chains) close everyday for lunch. Check posted times of opening.

Monoprix- This is one of France's most popular stores. It started out as a supermarket (and you will notice that part of the store still is) and then grew to carry items such as clothing, toiletries, paper goods and stationary, as well as gift items. This is the most reasonable store when it comes to price, and is conveniently located on the Place de la Comédie. You can get there by bus or a 20-minute walk from the apartments.





Not to miss in Montpellier is the great shopping center Polygone (pictured to the left) located right off the Place de la Comédie. It houses three stories of stores including Zara, Galeries Lafayette, Mango, and FNAC (for electronics), etc. You'll also find many fast food places as well as a full service dry cleaner, shoe repair, and supermarket.

When in Paris, you will have the chance to see the famous Galeries Lafayette, Le Printemps (with a breathtaking view of Paris from the top floor), BHV, and so many more incredible shopping places!



Remember, in France there are two major sales months, January and July; so get your shopping done before the end of the month!

STORES (FOR FOOD)

Around Montpellier you will find many quaint local food stores where the variety is not as large and the prices are outrageous. It is wise to stay away from these "épiceries" unless you just go look. They are the equivalent of our convenience stores, open late but very expensive. One of the most reasonable stores in which to buy food is **Lidl**, and is located very close to the apartments. It carries a small variety of fresh and frozen foods, wine, etc. A short bus ride away (or if you prefer a 30 minute walk) you will find a superstore called **Geant**. Here you will find virtually everything you need such as food, clothes, appliances, etc. **La Remise** is an organic grocery store that also specializes in gluten-free options. It is a 10 minute walk from the apartments.



You can also visit the local farmer's market, also a 10 minute walk, which sells local produce, meats, cheeses, purses—EVERYTHING! On Tuesday and Saturday mornings.

YOU WILL HAVE A WALKING ORIENTATION UPON ARRIVAL THAT WILL TAKE YOU THROUGH THE NEIGHBORHOOD AND SHOW YOU WHERE THE SHOPS, BAKERIES, AND MISCELLANEOUS STORES ARE LOCATED.

What kind of souvenirs can you bring back from the Languedoc-Roussillon area? This area is famous for honey, Herbes de Provence, flavored olive oil, almond paste candies called Calissons, olive wood bowls and utensils. You will also

see plenty of clothes and table linens made out of cotton in the traditional Provençal prints. And of course, Santons, traditional hand made figures (dolls) used for Christmas "crèches". Visit the local farmer's market for some of these great gifts to take home!

Food and French Culture

MEALS:

The UNO Student Ambassadors will also take turns providing breakfast for the group, so you will generally have breakfast and lunch on class days. Lunch will be provided at the **Restaurant Universitaire** on campus (included on most class days). You will receive a packet with your meal tickets. These are like cash so put them in a safe place, if lost you have to purchase them again. Be sure to bring your meal tickets to class because you will go to lunch straight from there.



For some, French dining habits may take some adjustment at the beginning. After all, we are learning about a different country and culture, and food is one of the most important, if not different, aspects of the experiencing France. Lunch is copious and delicious, with many choices. You can expect to have a choice of two main courses, salad, cheese and dessert. Beverages include bottled water or wine.

For those of you who have special diets, the cafeteria has a wide choice of vegetables, pasta, grains, etc. Remember to be flexible, France is not known for gourmet vegetarian meals. There is also an open-air market within walking distance of the

apartments to buy fresh fruit and vegetables every day.

You are responsible for your own dinner plans. You may cook in the apartments or choose to go out to any of the nearby restaurants. You might want to try one of the many inexpensive and delicious pizzas. Don't forget to be adventurous and try a French restaurant so you can taste the true French flavor. Count on a few euros for a pizza and at least 10 euros for a restaurant meal.

Our office does keep a small stock of pots and pans that you may "check out" for the summer so that you can cook at home, too.



RESTAURANTS:

Montpellier is full of restaurants, from small out of the way spots to three star Michelin rated restaurants. In previous years, students have recommended several restaurants located around the campus or downtown. Here is a short list for you and we hope that you will add some new ones of your own:

TchouTchou Brasserie	Thai to Box
Pizza Agri	Vita Pasta
Villa 29	MTP Pizza & Burgers

Again, most restaurants include a 15 percent service charge and tax in their prices- referred to as "service compris". If a meal or service has been particularly good, leaving some extra change is customary, as is leaving the waiter the small change from your bill if you have paid in cash. If service is not included in the price (very unusual, referred to as service non-compris) a 15% tip is customary.



FLEXIBILITY

You will hear this word many times during your stay. You are in France to learn about another country, its customs, and way of life. Forget how you are "used to doing things". The food, people and the sights all are different. If you are not open to new ideas, your stay will not be as pleasant. Forget macaroni and cheese and fast food! Try Nutella (chocolate hazelnut spread) on your baguette and drink menthe à l'eau (water with mint syrup). France has a tremendous variety of fresh fruits and vegetables, great seafood and foods distinct to the region (many of which you can purchase at the Farmer's market down the street!) You'd be surprised how happy a simple meal of bread, cheese and fruit can make you!



HOLIDAYS:

During your stay in France you are fortunate enough to celebrate July 14th, Bastille Day! All stores, banks, and most places of business (except restaurants) are closed.

Everyone enjoys live music, dancing and celebration. Join the fun and watch the fireworks as the sun goes down!!!

If you plan to go downtown to be part of the celebrations, please note that it will be very crowded (no time to carry lots of cash) and that taxis/Ubbers will be scarce. The buses do not run after a certain time of the evening. Stay in groups and be prepared to walk.

(Left: 2018 World Cup celebrations in downtown Montpellier on Bastille Day)

FRENCH LANGUAGE

It's amazing how different your experience can be if you try to blend in and communicate in the language in which you are immersed. The French are especially appreciative of any attempt to speak their language. You need not be fluent, only try. A list of useful phrases is included at orientation to assist you.

HOURS OF OPERATION FOR BUSINESSES:

Basic hours of business are 8 or 9 am until 12 or 1pm. Most businesses are closed for 2 hours for lunch, reopening at 2 or 3pm. Closing time is usually 6:30 or 7pm. Many restaurants, shops, etc. are **closed on Sunday and/or Mondays**, so consider this when making plans to shop for food etc., or to eat out.

WEATHER:

The weather in the south of France in the summer is usually pleasant, although it varies from year to year. You may have some cool nights where you will need a light jacket or sweater. In previous years we have also experienced **extreme heat**, where the temperatures have reached into the 90s. You will need to prepare for this change of weather, so please pack accordingly (light/flowy/breathable fabrics, etc.). Some students purchase fans for their rooms when they arrive (there is no air conditioning).

HYDRATION

Remember that the weather is very dry. You will tend to dehydrate easily, so it is imperative that you remember to drink lots of water!



BEACHES:

We know that everyone is going to Montpellier to study. However, the beautiful Mediterranean beaches are so close and are a perfect way to unwind after class. We will visit the beach as a group during the second week of the program, and then you are welcomed to visit it on your own after classes. You can use the bus and train downtown to get to the beach. (The sun doesn't set until around 10/10:30 pm during the summer, so take advantage of the extra daylight—but note that buses stop earlier, around 8 pm!)

Although only 7 miles away, the public transportation ride to the beach is about an hour, including stops and transfers, but is definitely worth the time! Grab your towel and sunscreen as sun, sand and beautiful blue water await you in Palavas, Carnon or La Grande Motte. See pages 9 and 10 for more information on public transportation routes, etc.

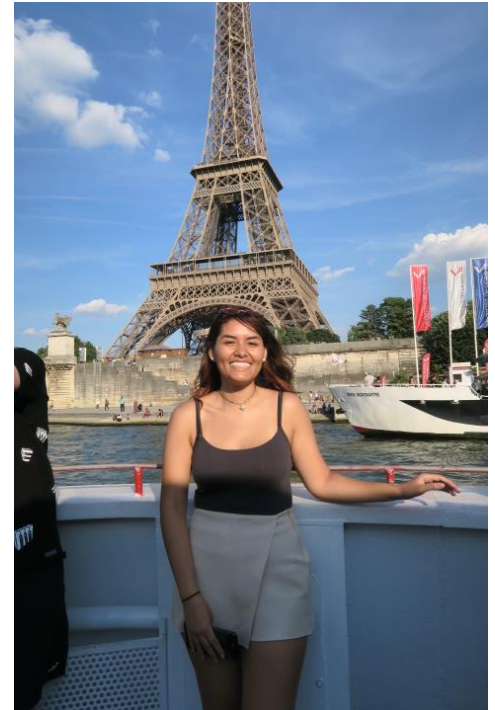


PHOTOS:

You will definitely want your camera to bring all of your memories home. Consider bringing a real camera with you instead of relying on your smart phone to capture your amazing summer!

In the rare event that your iPhone gets misplaced, lost, stolen, or breaks during your trip it would be terrible to lose all of your photos! Please consider bringing a real camera with you to keep your memories safe.

You can find a high quality, inexpensive digital camera on Amazon, often lower than \$100. See our Amazon list for a recommendation.



MUSEUMS

In general, national museums are closed on Tuesday and municipal ones are closed on Monday. Some museums are open late Wednesday. Always check with each particular museum, most have a "free" day for visits or student discounts.

What to Expect: Week 1 and Beyond

CLASSES

While we do utilize classroom space at a French university, your professors are also making every effort to utilize Montpellier and the surrounding area as your real classroom.

You can expect to spend a few days inside the classroom, certainly, but many days you'll find yourself at the farmer's market down the street doing an assignment for one class, or walking through a nearby neighborhood on a research assignment for another. Occasionally, we will have Tuesday afternoon field trips and longer day trips on Wednesdays as well.

One of our classroom buildings in Montpellier



Classes are scheduled into four class periods. For the most part, classes meet during these scheduled times. However, some class times may shift to accommodate field trips. Please consult the program calendar and be sure to check your email so you're aware of any time changes.

Class 1 (8-10 am most days)

ANTH 3750: Food and Culture

FRENCH 1001: Basic French I

Class 2 (10:05 – 12:05 pm most days)

HIST 2991/4991: Re-Staging the Past in France

ENGL 2090: Travel Writing of France and Italy

FRENCH 1002: Basic French II

Class 3 (1:00-3:00 pm most days)

HIST 2991/4991: France and the Mediterranean World

EDFR 5990: Socio-Cultural Foundations in Education

Class 4 (3:05-5:05 pm most days)

HUMS 2090: American Remakes of French Films

EDCI 4993/EDCI 5660: Global Education

ANNOUNCEMENTS

All announcements will be emailed to participants of the program. This is also where any messages, extra field trips, and information about social activities are posted, **so check your email daily!**

MEETINGS

There will be a weekly meeting for the group so that we can discuss classes, problems, questions, planned group events, etc. The meeting time (typically Monday after the last class) will be announced during orientation. All students are required to attend weekly meetings.

BOOKS:

Books for your classes must be purchased ahead of time so that you take them with you to France. Please refer to your course description for the books needed. **You must have your books before departure. They cannot be purchased in France or mailed to you.**

OVERVIEW OF WEEK 1

Arrivals on Monday, July 1

Pizza party that evening

All-day orientation on Tuesday, July 2 *LONG DAY*

Ambassadors meeting, general orientation, lunch, mini class sessions, tour of downtown, welcome dinner

Normal classes on Wednesday, July 3 - Thursday, July 4

Group trip to Paris early AM on Friday, July 5 – Sunday, July 7

Return to Montpellier PM on Sunday, July 7

Normal classes on Monday, July 8

PARIS WEEKEND

Our program includes a weekend in Paris, city of Lights!

We will travel to this incredible city with the TGV, the fastest train in the world.

You will have one group excursion each day, with optional tours/excursions planned afterwards. You can participate in these or explore on your own.

OVERVIEW OF PROGRAM

Classes: Monday-Thursday

8:00-10:00 Class 1

10:00-12:00 Class 2

12-1:00 lunch

1:00-3:00 Class 3

3:00-5:00 Class 4

Classes generally end @ 5:00 p.m. on Monday and Tuesday

-Group meetings generally held **Monday** @ 5:00 p.m. (short, 20 min. or less)

We may have cultural excursions on some **Tuesday** evenings; **Wednesdays** are reserved for field trips to local areas (may have half day of classes in the AM). Classes generally end at noon on **Thursdays**, so you can safely plan travel on your free weekends after that time. A calendar with class information will be distributed on site.



MID-WEEK FIELDTRIPS

We will visit different areas of France each Wednesday:

- ❖ Palavas Beach (accessible via tram!)
- ❖ Arles
- ❖ St. Guilhem le Desert

We will also plan 1 or 2 Tuesday afternoon cultural activities.

FREE WEEKENDS

Classes usually end by noon on Thursdays, allowing students time to travel on their own from Thursday evening- Sunday.

There are tons of affordable travel options from Montpellier, France:

Train to Barcelona (2.5 hours) \$80 round trip

Train to Paris (3 hours) \$100 round trip

Train to French Riviera beaches (2 hours) \$60 round trip

Flight to Basel, Switzerland (1.5 hours via EasyJet) \$68 round trip

Flight to London (1 hour via Easy Jet) \$85 round trip

Some students plan each weekend for travel before they depart; others like to leave the weekends open so they can make plans with students they meet on site. Past participants recommend leaving at least one weekend free or unplanned so that you can make time to explore either Montpellier or explore a new place you wouldn't have known about before arriving.



Safety Information

EMERGENCIES AND/OR EVACUATION PLANS:

We do not anticipate any problems or emergencies, but as a safety measure you need to know where to go, who to call, and how to contact us. When you arrive in Montpellier, you will be given a walking tour of the university and shown the different places that are assigned as official emergency meeting places. In case of an emergency, you will be able to use this plan in order to have a quick and safe group assembly. You'll also be given local emergency phone numbers, the local American Embassy numbers, as well as a plan to leave the country if necessary. It is important that you take these measures seriously and adhere to the instructions given by the group leader. Possible emergency scenarios will be discussed on site. **Our office number in New Orleans is (504) 280-7455 and will be the official number for your family to call and get any pertinent information.**

All participants will also need to download **KeyNect**, which we will email you about prior to departure. This enables us to contact all program participants at once in the rare event of an emergency. You can expect an email from us about registering with KeyNect in late May.

PASSPORTS

You need a current passport to enter France. Your passport must also be valid for at least 6 months beyond your departure date. Passports can take a while to process, so apply early. **If you have not applied for your passport yet, please do this IMMEDIATELY!**

Visit http://travel.state.gov/passport/passport_1738.html for more information. Always remember to keep your passport in a safe place. This is the most important document you have!

IT IS IMPERATIVE THAT YOU MAKE COPIES OF YOUR PASSPORT (INSIDE COVER, PHOTO PAGE, NUMBER) BEFORE YOU LEAVE THE STATES AND LEAVE ONE COPY WITH A RELATIVE OR FRIEND AT HOME AND SEND THE OTHER ONE SENT TO OUR OFFICE. This way, if you lose this document, copies can be faxed to the embassy.

IF YOU LOSE YOUR PASSPORT while in France, immediately report it to the Glories of France staff and the nearest U.S. Consulate to get a temporary passport issued.

PERSONAL ITEMS

DON'T BRING ANYTHING WITH YOU THAT YOU DO NOT WANT TO LOSE. This is no time to flaunt your great grandmother's jewelry or that irreplaceable family object. When packing your suitcase, be sure your name is on the outside tag as well as inside your bag. If for any reason your luggage gets lost, your identification will be available inside.

INSURANCE

All students will be covered by a comprehensive study abroad medical insurance plan that is included in the cost of the program. This policy provides for accident, medical expenses, emergency medical and evacuation, repatriation of remains, and family assistance coverage. **Extended coverage at additional cost is also available.** A brochure fully detailing the insurance plan will be provided to each student in advance of departure. This policy does not cover trip cancellation or baggage insurance. **Students will be covered for the duration of the program only.**

MEDICAL EMERGENCIES

If for any reason you don't feel well, **you must contact the program coordinator first.** Unless it's a life-threatening situation, do not go to an emergency room. We will have the name of a doctor on duty to treat you. If you have a minor ailment, the French pharmacists can give you medicines over the counter.

It is a good idea to bring a few items that can make your trip more comfortable such as aspirin or Tylenol, Imodium AD tablets, Dramamine, band-aids, and any prescription you are taking. Make sure that all medicine is properly labeled and bring enough to last you for the entire trip. If you use contacts or eyeglasses, it is a good idea to take an extra pair with you. Losing such items can be bothersome and hard to replace. Take all medicine in your carry-on, not packed in your suitcase.



MEDICAL RESPONSIBILITY

As a student you should be aware that there are certain risks inherent in international travel and that the University of New Orleans, as a State of Louisiana educational institution, cannot assume responsibility for all or certain aspects of your activities while traveling. You should also be aware of your personal medical needs and consult with a medical doctor before your departure regarding any personal needs while abroad. **Also, be sure that you have returned the "Report of Medical History" form to the UNO Glories of France office.**



SAFETY FIRST!

Montpellier is not a city known for crime; however, precautions should always be taken when traveling or staying in a new city. Most dangers lie in crowds, where pickpockets can easily work. Don't leave your purse or bag(s) unattended (especially in the outdoor cafés where street performers depend on your change for a living) or your wallets in plain sight. Guard your money well and acquaint yourself with the currency before your trip. Also, **DON'T EVER WALK ALONE AT NIGHT. ALWAYS STAY WITH A GROUP, NO MATTER HOW SAFE YOU FEEL IN THIS CITY.** Use your common sense, think before you act and you should avoid problems that can spoil a good trip. If for any reason you encounter a problem, **CONTACT THE PROGRAM COORDINATOR IMMEDIATELY!**

SAFETY TIPS:

When traveling overseas, there are a number of precautions that you should follow in order to travel safely:

- 1) Do not leave your bags or belongings unattended at any time.
- 2) Do not let anyone give you something to carry when traveling.
- 3) Never keep all your documents and money in one place and make duplicate copies of your documents (especially your passport).
- 4) Always be alert to your surroundings and be cautious when traveling.
- 5) **Do not get involved in drugs and beware of becoming intoxicated.**
- 6) Let trusted people know where you are going and when you expect to return.
- 7) Have sufficient funds and/or a credit card on hand to purchase emergency items such as transportation tickets.
- 8) Be cautious when you meet new people and **never bring them into the apartments.**
- 9) Report any unusual activity or suspicious persons to the program coordinator.
- 10) Be aware of the political situation wherever you are. Stay away from places that are experiencing political unrest.
- 11) Keep away from areas known to have large concentrations of residents aligned with interests unfriendly to the United States or its allies.
- 12) Be conservative in your dress and never wear expensive jewelry when traveling.
- 13) Don't flash your money and be discreet when showing your passport (and keep your passport in your room unless you're traveling).
- 14) Keep away from political demonstrations.
- 15) Avoid the media and don't feel like you have to comment or give an interview.

These are just a few general rules you should be aware of. Most often, common sense will tell you what to do. That is why it is imperative that you avoid a situation in which common sense does not prevail--being intoxicated and using drugs.

Remember that traveling ANYWHERE has certain risks, but although lack of familiarity, medical care, geography, etc. play roles, **the number one factor for injuries of US Citizens Abroad is behavior.**

Remember that program sponsors (UNO) generally:

- A. Cannot guarantee or assure the safety and/or security of participants or eliminate all risks from the study abroad environments.
- B. Cannot monitor or control all of the daily personal decisions, choices, and activities of participants.
- C. Cannot prevent participants from engaging in illegal, dangerous, or unwise activities.
- D. Cannot assure that U.S. standards of due process apply in overseas legal proceedings, or provide or pay for legal representation for participants.
- E. Cannot assume responsibility for actions or for events that are not part of the program, nor for those that are beyond the control of the sponsor and its subcontractors, or for situations that may arise due to the failure of a participant to disclose pertinent information.
- F. Cannot assure that home-country cultural values and norms will apply in the host country

Responsibilities of Participants:

In study abroad, as in other settings, participants can have a major impact on their own health and safety through the decisions they make before and during their program and by their day-to-day choices and behaviors. Participants should:

- A. Assume responsibility for all the elements necessary for their personal preparation for the program and participate fully in orientations.
- B. Read and carefully consider all materials issued by the sponsor that relate to safety, health, legal, environmental, political, cultural, and religious conditions in the host country(ies).
- C. Conduct their own research on the country(ies) they plan to visit with particular emphasis on health and safety concerns, as well as the social, cultural, and political situations.
- D. Consider their physical and mental health, and other personal circumstances when applying for or accepting a place in a program, and make available to the sponsor accurate and complete physical and mental health information and any other personal data that is necessary in planning for a safe and healthy study abroad experience.
- E. Obtain and maintain appropriate insurance coverage and abide by any conditions imposed by the carriers.
- F. Inform parents/guardians/families and any others who may need to know about their participation in the study abroad program, provide them with emergency contact information, and keep them informed of their whereabouts and activities.
- G. Understand and comply with the terms of participation, codes of conduct, and emergency procedures of the program.
- H. Be aware of local conditions and customs that may present health or safety risks when making daily choices and decisions. Promptly express any health or safety concerns to the program staff or other appropriate individuals before and/or during the program.

- I. Accept responsibility for their own decisions and actions.
- J. Obey host-country laws.
- K. Behave in a manner that is respectful of the rights and well-being of others, and encourage others to behave in a similar manner.
- L. Avoid illegal drugs and excessive or irresponsible consumption of alcohol.
- M. Follow the program policies for keeping program staff informed of their whereabouts and well-being.
- N. Become familiar with the procedures for obtaining emergency health and legal system services in the host country.

Recommendations to Parents/Guardians/Families

In study abroad, as in other settings, parents, guardians, and families can play an important role in the health and safety of participants by helping them make decisions and by influencing their behavior overseas.

Parents/guardians/families should:

- A. Be informed about and involved in the decision of the participant to enroll in a particular program.
 - B. Obtain and carefully evaluate participant program materials, as well as related health, safety, and security information.
 - C. Discuss with the participant any of his/her travel plans and activities that may be independent of the study abroad program.
 - D. Engage the participant in a thorough discussion of safety and behavior issues, insurance needs, and emergency procedures related to living abroad.
 - E. Be responsive to requests from the program sponsor for information regarding the participant.
 - F. Be aware that the participant rather than the program may most appropriately provide some information.
 - G. Keep in touch with the participant while he/she is overseas. It is often helpful to establish how often you and your student will be in touch before departure (i.e. every Monday night, etc.)
- Keep in mind that Montpellier is 7 hours ahead of Central Time Zone, which means it's midnight in Montpellier when it's 5:00 p.m. in New Orleans/6:00 p.m. in Philadelphia.*
- H. Encourage the participant, especially if they call home feeling homesick. Help them to remember why they set out on this adventure in the first place!

TRAVEL ADVISORY

You should realize that anytime you travel abroad there is potential for danger due to crime, political unrest, unforeseen "Acts of God," strikes that will delay your travel plans, etc. We simply cannot list every possible scenario in this handbook. We therefore recommend that if you have concerns about traveling you monitor the U.S. Government Travel Advisory. This can be found at: www.state.gov

VISAS

Americans staying in France less than three months no longer need visas. Even if you are studying in France, this applies to you, unless you are there for a semester or year round program. **If you do not have American citizenship** check with your particular country's consulate to find out the French government requirements.

STUDENT REGULATIONS

As a participant in the program, you are expected to comply with program regulations. These rules of conduct govern a set of citizenship standards: living together in harmony in the apartments, respecting your neighbors and the citizens of Montpellier, avoidance of drunkenness, disorderly conduct, drugs, dishonesty, criminal acts, academic cheating, damaging property, etc. You are also governed by the University of New Orleans' policy and procedures regarding student, as well as the French government while abroad.

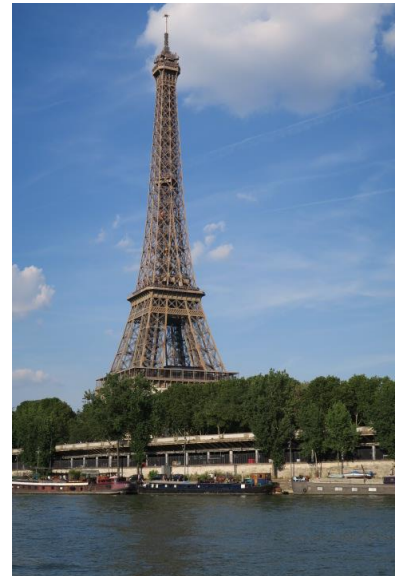
Students must conduct themselves in appropriate manner and abide by all policies outlined in the UNO Judicial Code: <http://www.uno.edu/student-affairs/documents/Student-Code-of-Conduct-rev-2018.pdf>

Cheating, plagiarism, and academic misconduct will not be tolerated.

Students have been expelled from the program for not complying with these rules as early as DAY ONE and as late as the LAST WEEK of the program! Please abide by these rules to have a safe and productive experience.

STUDENTS WITH DISABILITIES

It is the policy of the University of New Orleans, on a flexible and individualized basis, to provide reasonable accommodations to students who have disabilities that may affect their ability to participate in course activities or to meet course requirements. Students with disabilities are strongly urged to inform us of their disability and specific needs, and accommodations **prior to program departure**. Students with disabilities are also encouraged to contact their instructors to discuss their individual needs within the academic context of the class requirements.



Pre-Departure Checklist for students:

- Leave a copy of your itinerary, phone number, and address of the places where you will be staying with a family member or trusted friend.
- Leave copies at home of your passport, credit cards, and any important documents.
- Review program information on our website: new.uno.edu/studyabroad/france
- Call your bank(s) before your departure and tell them you'll want to use your debit/credit cards while you're in France this summer.
- Call your cell phone provider to look into cell phone plans that will give you access internationally.
- Make sure you've ordered all class materials so that you are able to take them with you before departing for the program.
- Consult the Glories of France Amazon "wishlist" for items most students purchase to bring abroad for the summer: <http://a.co/26mIMGa>
- Email your flight itineraries to GOFMC@UNO.EDU if you have not already done so
- Keep this guide somewhere handy (inbox, printed, etc.) so you can refer to it on site as well
- Order an Ethernet cable so that you have internet access in your apartment
- Download KeyNect (more info. to follow via email)
- Download WhatsApp on your mobile phone (this is what most students use to keep in touch throughout the program...and once they return :)

WHAT TO DO ON TRAVEL DAY

JET LAG:



If you have not traveled overseas, jet lag might be a problem. It is best to be well rested and avoid alcohol, caffeine, and rich foods during the flight to France. Do not nap too long upon arrival, no matter how tired you are. This throws your body clock off and could prolong your adjustment for several days. Instead, get out into the sunlight and take a walk. This gets your circulation going and helps your body adjust to the new time.

When preparing to leave for the trip, be well rested and have all your travel documents easily accessible. Arrive to the airport at least **TWO** hours before your departure time.

- 1) Verify that all the information on your ticket is correct and know your flight times and connections. Everyone should have ample time to make connections.
- 2) WHEN BOARDING YOUR FLIGHT IN YOUR HOME CITY, MAKE SURE YOUR LUGGAGE IS CHECKED ALL THE WAY TO YOUR FINAL FLIGHT DESTINATION.
- 3) If for some unforeseen reason, you **miss** your connection in your home city, notify the airline counter **immediately** so that they can arrange a later flight. Call home, let them know your change of plans, and **have them contact us** with your new arrival plans.
- 4) Remember to be flexible, curious, and approach things with an open mind. Travel is an adventure in itself. You may miss a train or arrive in France only to find out that your luggage is still in the U.S.! Expect the unexpected and remember to relax—it's part of the journey!



...and BON VOYAGE!