Grenoble Programs

BU Study Abroad
• Introductions and Program Statistics
• Logistics
• Academics
• Life on Site
• Finances and Budgeting
• Health and Safety
• Action Items
• Wrap up/Questions
Boston University Study Abroad
Pre-Departure Roadmap
Program Statistics

- 27 Science
- 5 French Studies
- 3 Summer

(subject to change (withdrawals, new admits))

Students from: Boston University, Wesleyan University, Colorado College, Bowdoin College and University of Michigan at Ann Arbor
• Céline Bellissant, Director
• Christine Bortot, Academic Advisor
• Karine Dumas, Program Assistant

Program email: bugr@wanadoo.fr
Practice **pronouncing “Grenoble” in French**—it’s a tough one!
BU Grenoble Office

56 Boulevard Gambetta
Grenoble French Studies Program: Level II

- All students take 16 credits
- All courses = 4 credits
- Required course (1 of the following):
  - FR 303 or FR 304
- 3 elective courses
  - CUEF courses (translation, culture, literature)
  - Universite de Grenoble courses (art history, history, linguistics, literature, philosophy)

- Review course descriptions at www.bu.edu/abroad
Grenoble Science Program

• All students take 16 or 18 credits
• All courses = 4 credits
• Complete course selection form
• Required courses:
  – French language (placed at your level)
  – Complete placement exam if you have not taken at BU, but have experience
• Choose of the following electives:
  – CAS BI 203: Cell Biology
  – CAS CH 203: Organic Chemistry
  – CAS MA 213: Basic Stats and Probability
  – CAS LS 299: French Society and Culture
• Research class, small number of students- more info to come
• Review course descriptions at www.bu.edu/abroad and speak with your Academic Advisor
Academics on Site

Academic Culture

- Strict attendance policies
- French vs. American teaching style
  - More lecture-based
  - Less class participation
  - Less opportunities for assessment
  - But, BU/CUEF profs used to foreign students
- Direct enroll courses French-style
- Course schedule/study time
- Science students will need to purchase textbooks before program. Info will be sent by email soon. Some books in Grenoble-first come, first served.
• All students are subject to BU’s Academic Code of Conduct

• Must take the full course load (20 credits) for a grade

• All coursework must be completed prior to end of program (or an F may be assigned)

• If accommodations are needed, notify BU Study Abroad and BU’s Office of Disability Services

• Attendance policies
  – Personal travel must NOT conflict with academic obligations
  – Details will be given during the on-site orientation and/or in syllabi
LEARN THE SKILLS IT TAKES TO BE A CITIZEN OF THE WORLD!

During the course you will:
• Set personal and professional goals for your study abroad experience;
• Learn to effectively articulate the value of your semester abroad to future employers or admissions committees;
• Learn tools for identifying cultural differences, patterns and values.

Quick Facts:
• 1-credit pass/fail – 5 very brief yet meaningful assignments.
• Open to students in all fall or spring semester programs
• Delivered entirely over Facebook

Check your Hub Page or www.bu.edu/abroad/gle for the syllabus and instructions on how to enroll!
Life on Site: Housing

- Host families: will find out your assignment upon arrival, based on housing form
- Breakfast provided (you make it yourself)
- 10 dinners/month with family
- Cash stipend each Monday
- Different family situations
- All on public transportation
- One of best parts of study abroad experience
Some of our host families in Grenoble!
• Tram/bus system: reliable, affordable
• Transport card provided
• Taxis (esp. at night)
• Trains: regional, high-speed (TGV)
• SNCF
• Carte 18-27
Life on Site: Daily Life

- Climate
- Excursions: 3-4 per semester
  - 1-2 local (hikes, etc.)
  - 1-2 overnight (Dijon, Marseille, Strasbourg...)
- Get involved!
  - Join clubs & sports teams
  - Learn about French cuisine
  - Get outdoors in the Alps
Tell your bank/credit card companies you will be away! – give dates & countries

Find out fees & affiliated banks; sign up for online banking

Note that European cards have chips in them

No need to tip in taxis, restaurants

$1 = €0.82; €1 = $1.22 (4/23/18)

ATM card and credit cards – 4 # pin

Bring € 100-150 in cash for arrival

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**Budgeting & Finances**

Boston University Study Abroad

STUDY ABROAD PROGRAM BUDGET—Academic Year 2017/2018
NAME OF PROGRAM: Grenoble Science Program
PROGRAM LOCATION: Grenoble, France
PROGRAM LENGTH: 17 weeks, Fall, 18 credits

<table>
<thead>
<tr>
<th>PROGRAM CHARGES — Billed by Boston University</th>
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<tbody>
<tr>
<td>Program Tuition</td>
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<tr>
<td>Housing/Student Services Fee</td>
</tr>
<tr>
<td>(Includes housing, board, airfare from designated US cities, local transportation, program related activities, overseas medical insurance, and emergency travel assistance coverage.)</td>
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<tr>
<td>Total Program Charges</td>
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<tr>
<th>US MEDICAL INSURANCE — Optional, Billed by Boston University</th>
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<tr>
<td>Medical Insurance</td>
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<tr>
<td>(Willed if student demonstrates coverage by a comprehensive US based policy)</td>
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<tr>
<td>Total Program Charges With Medical Insurance</td>
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<tr>
<th>ESTIMATED ADDITIONAL EXPENSES — Not included in Program Charges</th>
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<tr>
<td>Local Transportation</td>
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<tr>
<td>Books</td>
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<tr>
<td>Visa/Immigration Requirements*</td>
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<tr>
<td>Personal Spending</td>
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<tr>
<td>Total Estimated Additional Expenses</td>
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<table>
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<tr>
<th>TOTAL ESTIMATED EXPENSES</th>
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<td>$38,576</td>
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The fees, charges, and expenses shown are estimates for one semester, based on current information only and are subject to change. 
*Information applies to US citizens. Additional costs may apply for non-US citizens.
• Mobile Phones
  • You must have a local number for emergencies and ease of use
    • Local Pay-as-you-go plans is easy and economical. You can either get a whole new cheap phone, or just a new simcard
    • Keep your current smartphone on “airplane mode” and use apps on Wi-Fi when it’s available.
    • US-based international mobile phone plans are more expensive and often don’t work. Skip them.

• Staying connected with home
  • Skype/Facetime
  • Email, messaging, and apps (WhatsApp)
  • Differences locally (i.e. wifi availability, internet speed, limited hours of use, electricity etc.)
  • Follow BU Study Abroad on Facebook & twitter
Top 10 Tips for Coping with Culture Shock

1. Research your host country prior to departure
2. Keep an open mind
3. Search out new experiences and friends
4. Do not judge the people of a country by one person or one experience
5. Keep a sense of humor
6. Listen and observe rather than merely see or hear
7. Reflect daily to process your experiences
8. Use your host university’s support system
9. Stay in touch with home
10. Remember you have traveled far to learn about and experience a new culture, and to represent your country and school; most people only DREAM about having this experience.

There is no "best way" to deal with culture shock; it always depends on the individual.
Plan ahead!

- Meet with your doctors to discuss continuing your care abroad, including your dentist, optometrist, and specialists. GeoBlue can help you find doctors and specialists in your host country.

- **Make a plan to access your medications abroad**
  - If allowable, obtain a supply for full semester
  - Find out whether your medication is available in your host country by contacting GeoBlue directly.
  - Have your current doctor write a letter listing your medications, the dosages, the generic chemical names, and what condition it’s treating. Bring this letter and copies of your prescriptions with you abroad.
  - Check with GeoBlue or the host country consulate for restrictions on what/how much you can bring with you
  - Do not plan to ship medicine abroad

- Learn about differences in medical facilities and the local health system. GeoBlue can also discuss local medical care standards with you.

- Contact our office with any concerns
Mental Health

• Talk to your therapist/counselor about mental health while abroad and make a plan before you go.

• Even if you may be excited about new opportunities, stress or anxiety may increase abroad.

• Stay Healthy:
  • Keep up routine (when possible)
  • GeoBlue covers mental health care
  • Use the on-site staff as a resource
Approximately two weeks before the program start date, all students will be enrolled in a plan from GeoBlue that provides comprehensive international health insurance coverage, as well as emergency travel assistance to cover medical and security evacuation.

- Valid for the duration of the program; extendable at the student’s expense (once BU Study Abroad has initially enrolled you in your plan)
- Detailed coverage information is provided on the BU Study Abroad Health & Safety page and again by email at the time of enrollment
- In case of need of medical treatment, mental health counseling, or emergency travel assistance while abroad, or to plan for care in advance of your departure, contact GeoBlue directly and identify yourself as a Boston University student.

All students are required to maintain their US-based health insurance coverage while abroad.
Program Emergency Plan
• Boston University closely monitors the security situation across the world, and follows guidance from local authorities and the US State Department
• Detailed emergency plans and general safety precautions will be explained during orientation

Personal Emergency Plan
• Always have emergency contact numbers with you, both in your phone and separately
• Enroll in the State Department STEP Program to get travel alerts and warnings
• Talk with your family about communication expectations in the event of an emergency
Take Responsibility for your OWN Risk Management!

- Talk to your family and friends about the location—buildings, housing, staff, insurance, resources
- Practice situational awareness: Be aware of your surroundings; be vigilant of others.
- Do not drive (road and pedestrian accidents are #1 cause of injury/death abroad)
- Do not participate in demonstrations or protests
- Drink responsibly –The majority of problems student’s face are related to alcohol. It’s not the staff’s responsibility to manage your consumption!
- Travel with others and look out for each other.
- Pay attention to the news (before and during the program)
- Practice safe sex and report any sexual assault to staff abroad.
Our Expectations of you:

We expect that you will...

• Share responsibility for your safety and that of others in the program

• **You will be reachable by local phone at all times.** Keep your phone charged and topped-up with minutes.

• You will reach out to program staff and your family if you experience, witness or become aware of a serious incident of any kind.

• You will report issues of any sort in a timely manner to the on-site staff (or directly to Boston if necessary) so that we can help you.
Keep your belongings safe

- Do not bring valuables or sentimental items abroad
- Avoid carrying large amounts of cash
- Monitor your wallet/purse closely. Keep money hidden, or consider a money belt
- Limit smartphone usage in public
- Carry only necessities out at night – make sure you have emergency numbers with you
BU provides a variety of educational programs designed to promote awareness and prevention of sexual assault and domestic violence.

**Rape Aggression Defense (RAD) training**
The Boston University Police Department offers RAD training several times during the year, and can schedule additional sessions on request.

**Sexual Assault Response & Prevention Center**
In cooperation with BU’s **Student Health Services**, SARP provides a variety of services, including:
- Step Up. Step In. (bystander training)
- health services
- mental health counseling
- violence prevention workshops during the academic year and upon request

**Be Safe@BU**
The Dean of Students provides programming at student orientation and beyond to educate the BU community on a variety of safety measures, including assault prevention.

**Wellness & Prevention Services:**
[http://www.bu.edu/shs/wellness/](http://www.bu.edu/shs/wellness/)

Non-BU students, please also research your university’s services.
Boston University is committed to fostering a safe learning environment for all members of the University community and preventing sexual misconduct.

- **All forms of sexual misconduct, including rape, acquaintance rape, sexual assault, domestic and dating violence, stalking, and sexual harassment are violations of Boston University's policies, whether they happen on campus or off campus.**

- Reporting: On-site staff should be first resource. If unavailable or uncomfortable reporting, contact Title IX Deputy Coordinator, Debbie Miller, millerd@bu.edu

- BU staff/site staff are obligated to report any incident of sexual misconduct

- On-site staff will go over this in orientation
**LGBTQ Resources**
- [US State Department Advice for LGBT Travelers](#)
- [Diversity and Inclusion Abroad: Sexual Orientation Abroad](#)

**Disability resources**
- [Diversity and Inclusion Abroad: Student with Disabilities Abroad](#)
- [Abroad with Disabilities Facebook Community](#)

**Women’s issues by site**
- [US State Department Advice for Women Travelers](#)
- [Diversity and Inclusion Abroad: Women Abroad](#)
- BU: [http://www.bu.edu/shs/resources/](http://www.bu.edu/shs/resources/)

Many additional resources can be found online.
RECOMMENDED FLIGHT:

- **Science**: Lufthansa, Newark to Munich to Lyon, Depart U.S. August 27 Arrive in Lyon August 28 at 3:55 pm, Depart Lyon on December 22
- **French Studies**: Air Iberia JFK to Madrid to Lyon; Depart U.S. September 3 at 5:15 arrive to Lyon September 4 at 11:05 am, Depart Lyon December 22

- *Independent travelers must email me your itinerary to receive a credit in the amount of the recommended flight fare*

ALL STUDENTS:

- Upon arrival, take hourly “navette” to Grenoble (costs 18 euros, ask for under 26 discount), then taxi or tram to the office
- Must be at the office in Grenoble (56, boulevard Gambetta) on program start date to be picked up by your host family 😊
LOGISTICS
• Arrive at the airport no later than two hours prior to your departure
• Wear heavier clothes on the flight to be able to have room in your suitcase
• Confirm your departure time and flight

CARRY ON
• Passport (with visa for semester students)
• Liquids 3oz or less in plastic bags (check www.tsa.gov for up to date requirements)
• Essentials to last you a few days in your carry-on in case your luggage gets lost (toothpaste, deodorant, underwear, medicine, socks)

HEALTH WHILE TRAVELING
• Drink lots of water and stay hydrated
• Be sure to time your medications while traveling
• Get lots of sleep after you arrive: jetlag can take up to a week to go away!
Luggage:
- Use bags that are light and sturdy – one large, one carry on, one shoulder bag or backpack
- Pack only what you can carry *yourself*
- Check airline restrictions on weight and number of bags you can take aboard. Overage fees may apply.
- Do not plan on shipping items abroad
• **Program Specific Items:**
  – Outlet adapters
  – Specific clothing for the site climate and culture
    • Rain gear
    • Good walking/hiking shoes
  – External hard drive or USB drive for backing up academic work
  – Gift for host family: something representative of your hometown

• **What NOT to bring:**
  – Sentimental items you couldn’t do without
  – Personal appliances (hairdryers, straighteners, shavers)
Orientation

• During the first few days
• General program & facility information
• Health & safety policy
• Homestay tips
• City orientation & walking tours
• Purchase cell phones
You can expect to receive lots more communication from us over the next few months. Please look out for emails from BU Study Abroad, Boston and Grenoble staff!

Will include:

- Arrival information
- Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
- GeoBlue e-mail
- Billing information/bill will be sent via e-mail

Join BUSA on Facebook and follow us on Twitter!
- French student visa
- Complete general Pre-departure documents to get registered for your program.
- Watch the pre-departure roadmap
Bonne Chance à Grenoble