Agenda/Introductions

- Introductions and Program Statistics
- Logistics
- Academics
- Life on Site
- Finances and Budgeting
- Health and Safety
- Action Items
- Wrap up/Questions
• Renee Pontbriand, Director
• Emmanuelle Farhi, Associate Academic Director
• ...and more!
• Full list can be found here: http://www.bu.edu/paris/staff/
Program Statistics

– 8 Sciences Po Exchange students
  • 3 full year participants
– 31 fall internship students
  • 23 BU students
  • University of San Francisco, Allegheny College, Wheaton College, University of North Carolina at Chapel Hill

subject to change (withdrawals, new admits, etc.)
Pre-Departure Roadmap

Boston University Study Abroad
Pre-Departure Roadmap

Study Abroad
Pre-Departure Resources

Boston University, Paris

Boston University, Paris is home to a variety of different programs. These range from the Paris Internship Program to short summer programs. In addition, we offer two direct enrollment programs with Institut d'Études Politiques de Paris (Sciences Po) and Université de Paris I (Panthéon).

Since its inception in the summer of 1989, BU Paris has shepherded more than 2,500 students who live with French hosts throughout the city and a few in the École des États-Unis dorm.

Read words of reflection from alumni of the program about how their study abroad experience impacted their life and career path.

This site is primarily for enrolled students and gives more details of our program and support services. If you are interested in studying in Paris, please see the Boston University Study Abroad website which includes the online application form.

FRANCE INSTITUT D’ÉTUDES POLITIQUES DE PARIS (SCIENCES PO) EXCHANGE FALL 2018
See [http://www.bu.edu/paris/facilities/](http://www.bu.edu/paris/facilities/) for info on location, hours, etc.
Sciences Po Exchange

- All students take 16 credits
- 1 cours magistral = 4 BU credits
- 4 electives/seminars = 3 BU credits each

- Read (and reread) your ACADEMIC GUIDE!
Academic Culture

French vs. American teaching style

- More lecture-based
- Less class participation
- Less opportunities for assessment; final grade based on final project or midterm + final
• All students are subject to BU’s Academic Code of Conduct.

• Must take the full course load 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 Pre-departure Page or www.bu.edu/abroad/gle for the syllabus and instructions on how to enroll!
• Host families: will find out your assignment two weeks before departure
• 1 dinner/week with family
• Different family situations
• All on public transportation
• Cite Universitaire complex: dorm-style, single room

http://www.bu.edu/paris/housing/
Life on Site: Getting Around

- Metro/bus system: reliable, affordable
- Taxis (esp. at night)
- Train around France (Carte 18-27)

http://www.bu.edu/paris/paris-useful-information/
http://www.bu.edu/paris/tourism/
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 (April 2018)

ATM card and credit cards – 4 # pin

Bring € 100-150 in cash for arrival

Boston University Study Abroad

STUDY ABROAD PROGRAM BUDGET—Academic Year 2017/2018
NAME OF PROGRAM: Institut d' Études Politiques de Paris (Sciences Po) Exchange
PROGRAM LOCATION: Paris, France
PROGRAM LENGTH: 16 weeks, Fall or Spring, 16 credits

Program Charges—Billed by Boston University

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Tuition</td>
<td>$25,490</td>
</tr>
<tr>
<td>Housing/Student Services Fee</td>
<td>$5,246</td>
</tr>
<tr>
<td>(Includes housing, airfare from designated US cities, program related activities, overseas medical insurance, and emergency travel assistance coverage)</td>
<td></td>
</tr>
<tr>
<td>Total Program Charges</td>
<td>$30,736</td>
</tr>
</tbody>
</table>

US Medical Insurance—Optional, Billed by Boston University

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical insurance</td>
<td>$2,045</td>
</tr>
<tr>
<td>(Waived if student demonstrates coverage by a comprehensive US-based policy)</td>
<td></td>
</tr>
<tr>
<td>Total Program Charges With Medical Insurance</td>
<td>$32,781</td>
</tr>
</tbody>
</table>

Estimated Additional Expenses—Not included in Program Charges

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Board/Food</td>
<td>$2,800</td>
</tr>
<tr>
<td>Local Transportation</td>
<td>$375</td>
</tr>
<tr>
<td>Books</td>
<td>$250</td>
</tr>
<tr>
<td>Visa/Immigration Requirements*</td>
<td>$250</td>
</tr>
<tr>
<td>Personal Spending</td>
<td>$2,800</td>
</tr>
<tr>
<td>Total Estimated Additional Expenses</td>
<td>$6,475</td>
</tr>
</tbody>
</table>

Total Estimated Expenses $39,256

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 are the easiest and most 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

http://www.bu.edu/paris/paris-useful-information/cellphones/
CULTURE

- Language
- Communication
- Courtesies
- Rituals
- Roles
- Customs
- Relationships
- Practices
- Expected behaviors
- Values
- Thoughts
- Manners of interacting
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.
Keep yourself safe

- Do not drive (road crashes are #1 cause of death abroad)
- Do not participate in demonstrations/protests
- Drink responsibly
- Keep a low profile and be aware of your surroundings
- Travel with others and look out for each other
- Pay attention to the news (before and during the program)
- Practice safe sex, report any sexual assault to staff abroad
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

Personal Safety - Preparation

- 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 (Academic and Student Support Manager), 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/

Many additional resources can be found online
• Suggested/ group flights- look out for email from me!
• Upon arrival, students make their own way to housing
• Detailed arrival instructions here:
  • [http://www.bu.edu/paris/essentials/arriving/](http://www.bu.edu/paris/essentials/arriving/)
• Email me ([kaelac@bu.edu](mailto:kaelac@bu.edu)) with your itinerary if you are flying independently so that you can be credited
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
• 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!
• Complete Campus France and submit your receipt of payment to me ASAP

• Make an appointment at your consulate as soon as possible

• Earliest date to attend appt. is late May
• **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
  - Warm indoor clothes
- External hard drive or USB drive for backing up academic work
- Gift for host family: something representative of your home town

What NOT to bring:
- Sentimental items you couldn’t do without
- Personal appliances (hairdryers, straighteners, shavers)
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 Paris staff!

Will include:

• Campus France/visa updates
• Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
• GeoBlue e-mail
• Billing information (early Aug)

Join BUSA on Facebook and follow us on Twitter!
- Complete Campus France
- Register for group flight or email me with flight itinerary
- Complete general Pre-departure documents to get registered for your program
- Billing deadline early August
- Let me know you when your receive your visa
- Watch the pre-departure roadmap (again!)
http://www.bu.edu/paris/essentials/before-you-go/language-preparation/
Paris vous attend !