Paris Programs

BU Study Abroad
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
• Jon Hutchinson, EUSA
• ...and more!
• Full list can be found here: http://www.bu.edu/paris/staff/
–29 summer internship students

• 15 BU students, 14 non-BU:

subject to change (withdrawals, new admits, etc.)
Boston University, Paris

Boston University Paris is home to a variety of different programs. These range from the Paris Immersion Program to short summer programs. In addition, we offer two direct enrollment programs with Sciences Po and Université de Paris.

Since its inception in the summer of 1989, BU Paris has shepherded more than 2500 students who live with French hosts throughout the city and a few in the Cité Internationale Universitaire (CIU) 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.

Pre-departure Page

BU Paris Website

Pre-Departure Resources

FRANCE PARIS INTERNSHIPS SUMMER 2018
Location
See [http://www.bu.edu/paris/facilities/](http://www.bu.edu/paris/facilities/) for info on location, hours, etc.
SUMMER Paris Internship Program

- All students take 8 credits
- All courses = 4 credits
- 1 internship course
- 1 elective courses

For course listings and syllabi: [http://www.bu.edu/abroad/programs/paris-summer-internship-program/](http://www.bu.edu/abroad/programs/paris-summer-internship-program/)

For course schedules and more: [http://www.bu.edu/paris/programs/summer-internship-program/](http://www.bu.edu/paris/programs/summer-internship-program/)
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
- PIP professors are more accustomed to American students/ style
Academic Policies

• 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
CAS IP101  The Global Learning Experience: An Online Course

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!
• Advice from returnees
• Differences between US and host work cultures
What is an Academic Internship?

An academic internship is:

A supervised, academic, hands-on professional practice experience, in a sector which is of career interest to you....or maybe is not for you!  

Please note that internships cannot be extended beyond the dates of the program, due to strict French labor laws.

http://www.bu.edu/paris/internships/
What an academic internship is NOT:

*Not* your dream job!

*Not* the key to an automatic job offer

*Not* specialized job training

*Not* exciting and engaging 100% of the time

*Not* necessarily a globally recognized company name

*Not* the same experience as your friends

*Not* optional – must complete full internship time; participation is mandatory

*Not* all about you! Consider the needs of your company and think of it as a way to gain new skills or work habits
What CAN an academic internship offer?

**Can** provide professional experience and practice
**Can** offer exposure to different management styles and organizational structures
**Can** help build your professional network
**Can** enhance cultural awareness and language skills
**Can** help you hone problem-solving skills
**Can** make you become more adaptable as an employee
**Can** help identify your skills, interests, and values to discover career paths that are (or are not) a good match
**Can** integrate your practical learning with your academic work and field of study
**Can** provide transferrable and valuable skills like perseverance and grit (especially if getting through tasks you don’t necessarily love)
Placement Process

- Individual Pre-Placement Meeting
- Provisional Placements
- Placement Timing
- On-site Interviews
- Midterm Reviews
- Supervisor Evaluations
- Pre-departure Information
Life on Site: Housing

- Host families: will find out your assignment two weeks before departure
- Different family situations
- All on public transportation
- Cite Universitaire complex: dorm-style, single room

http://www.bu.edu/paris/housing/
• Metro/bus system: reliable, affordable
• Taxis (esp. at night)
• Train around France (Carte 18-27)

Life on Site: Getting Around

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 = €0.81; €1 = $1.24  (April 2018)
• ATM card and credit cards – 4 # pin
• Bring € 100-150 in cash for arrival
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/
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
International Health Insurance

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.
Safety Plans

Program Emergency Plan
• Will be explained during on-site 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 so they know you are okay
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
Personal Safety

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](http://www.bu.edu/shs/wellness/), 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
Resources

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
Flights & Arrival

• Suggested/ group flights:
  – Summer: Delta Flight JFK to Paris, arrive Wednesday, May 16 at 7:20 am

• Upon arrival, students make their own way to housing

• Detailed arrival instructions here:

  • http://www.bu.edu/paris/essentials/arriving/

• Be sure to email me with your flight information as soon as you book (definitely before May 1)
LOGISTICS
• Arrive at the airport no later than two hours prior to your departure
• Confirm your departure time and flight

CARRY ON
• Passport
• Liquids 3oz or less in plastic bags (check [www.tsa.gov](http://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

http://www.bu.edu/paris/essentials/before-you-go/what-to-pack/
• **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 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:

- Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
- GeoBlue e-mail
- Billing information

Join BUSA on Facebook and follow us on Twitter!
Send flight information
Complete general Pre-departure documents to get registered for your program
Billing deadline May 22 (summer)
Watch the pre-departure roadmap (again!)
Paris vous attend !