Grenoble Programs
Agenda/Introductions

- 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
Summer:
– 6 students
  • BU, Oberlin, Fordham

Fall:
– 27 Grenoble Science
– 4 Grenoble Language

*subject to change (withdrawals, new admits, etc.)
• Céline Bellissant, Director

• Christine Bortot, Academic Advisor

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

- Review program descriptions at www.bu.edu/abroad
  - Summer program: 8 credits
  - Fall language program: 16 credits
  - Fall science program: 16-18 credits
- You must take the full course load
- No incomplete or pass/fail grades are allowed
- **Science students:** Will need to purchase textbooks before program. Info will be sent asap by email.
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
Academic Policies for Direct Enrollment at a Foreign University

As a student enrolling in one or more classes at a foreign university, you are required to:

• Maintain full-time status (12+ BU credits)
• Verify course equivalencies with your academic advisor
• Follow host university policies for final exam registration
• Understand how grades and credits from your host university will be converted to BU grades and credits

As a student enrolling in one or more classes at a foreign university, you may not:

• Audit classes abroad
• Take pass/fail classes abroad (no credit will be granted at BU)

Withdrawals and Incompletes at Host Universities

• Withdrawals reported on your host university transcript will be reported as ‘W’ on your BU transcript
• Incompletes reported on your host university transcript will be reported as ‘F’ on your BU transcript

Please note:

All grades assigned to you by the host institution will be recorded on your BU transcript and all grades earned abroad will be factored into your GPA. Boston University cannot edit, modify or change in any way the final grades that are issued by your host institution and indicated on your host university transcript. You cannot opt to omit courses taken abroad and/or grades earned abroad from your BU transcript.

Remember to review the full set of Academic Policies on your program hub page.
MAKE THE MOST OF YOUR SEMESTER ABROAD!

- CAS IP101 will provide you with tools for identifying cultural differences, patterns and values, and will challenge you to think critically about and reflect on your study abroad experience.

- Course is worth one (1) credit and is Pass/Fail.

- The syllabus and more information is found on the Global Learning Experience webpage.

- Please check your program Hub Page for instructions on how to enroll.

- Students enjoy the readings and a Spring 2015 participant said “[CAS IP101] forces you to really explore your environment and get out of your comfort zone. Gives you constant questions to think about while you travel.”
• 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
Life on Site: Housing

- Host families: will be based on housing form
- Breakfast provided (you make it yourself)
- 10 dinners/month with family; can arrange/pay for more
- 20 euro/day stipend
- 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)
Life on Site: Getting Around

- Trains: regional, high-speed (TGV)
- SNCF
- Carte 18-27
• Climate: hot and muggy in summer, cooler but not cold in fall, rainy

• Excursions: 1-2 in summer, 3-4 per semester
  – Local (hikes, etc.)
  – Overnight (Dijon, Marseille, Strasbourg...)

• Get involved!
  • Make French friends
  • 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 = €0.88; €1 = $1.13 (April 2016)
• ATM card and credit cards
  • 4 # pin
• Bring € 100-150 in cash
• Budgeting tips

Boston University Study Abroad

STUDY ABROAD PROGRAM BUDGET—Academic Year 2016/2017
NAME OF PROGRAM: Grenoble Science Program
PROGRAM LOCATION: Grenoble, France
PROGRAM LENGTH: 17 weeks, Fall, 18 credits

PROGRAM CHARGES — Billed by Boston University

| Program Tuition               | $24,588 |
| Housing/Student Services Fee | $7,634  |
| (Includes housing, board, airfare from designated U.S. cities, local transportation, excursions, overseas medical insurance, and emergency travel assistance coverage.) |
| Total Program Charges        | $32,222 |

US MEDICAL INSURANCE — Optional, Billed by Boston University

| Medical Insurance | $2,014 |
| (Would if student demonstrates coverage by a comprehensive US based policy) |
| Total Program Charges With Medical Insurance | $34,236 |

ESTIMATED ADDITIONAL EXPENSES — Not included in Program Charges

| Local Transportation | Included |
| Books                | $400     |
| Visa/Immigration Requirements | $250   |
| Personal Spending    | $2,550   |
| Total Estimated Additional Expenses | $3,200 |

TOTAL ESTIMATED EXPENSES $37,436

The fees, charges, and expenses shown are estimates for one semester, based on current information only and are subject to change. 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
Culture

Language

Manners of interacting

Communication

Thoughts

Courtesies

Values

Rituals

Expected behaviors

Roles

Practices

Customs

Relationships
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!

- Visit your doctor about any health concerns or for a physical, if overdue
- Maintain regular dental appointments
- Make a plan to access your medications abroad
  - Talk to your doctor
  - Make a copy of your prescriptions
  - Check with the host country consulate for restrictions
  - If allowable, obtain a supply for full semester
  - Do not plan to ship medicine abroad
- Understand that medical facilities will be different abroad
- Learn about local health system and cultural differences
- Contact program staff with any concerns
Life on Site: 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.

• Keep Healthy:
  – University resources
  – English speaking doctors
  – Taboos on mental health
  – Cultural norms
  – Keep up routine (when possible)
  – HTH covers mental health care
  – Use the on-site staff as a resource
At least two weeks before the program start date, all students will be automatically enrolled in international insurance coverage and emergency travel assistance services through HTH WorldWide, including evacuation coverage.

- **Valid for the duration of the program, and extendable at the student’s expense**

  - 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 travel assistance while abroad or to set up appointments in advance, contact HTH directly and identify yourself as a Boston University student:
    - +1 610-254-8771
    - globalhealth@hthworldwide.com

- **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.
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/), 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 at millerda@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
• Must arrive in Grenoble by 5pm on arrival day
• Summer students should arrange their own travel
• Independent travelers must email their confirmed itineraries to the program manager
• Fall: flight is included; if you don’t book the group flight, email itinerary to program manager to receive a credit in the amount of the group flight fare
• Upon arrival, take hourly “navette” to Grenoble (costs 18 euros, ask for under 26 discount), then taxi or tram to the office
• Detailed arrival instructions coming
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 (if applicable, see next slide)
• 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!
Visas

Summer:
• No visa needed if U.S. citizen; all other students should know by now if they need a Schengen visa.

Fall:
• Student visa required, instructions on hub page
• Campus France registration by May 1st
• Schedule consulate appointment to occur between May 27 and July 27
• Attend appointment with application materials, receive visa 2+ weeks later
• Confirm receipt of visa with program manager
• **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
Packing List

• **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:**
  – Conspicuous clothing or electronics
  – 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 Grenoble staff!

Will include:

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

TO DO LIST
1. SO
2. MANY
3. THINGS
Bonne Chance à Grenoble