Paris Programs
Agenda/Introductions

- Introductions and Program Statistics
- Logistics
- Academics
- Life on Site
- Finances and Budgeting
- Health and Safety
- Action Items
- Wrap up/Questions
Program Staff

- 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/](http://www.bu.edu/paris/staff/)
- 24 fall internship students
  - 12 BU and 12 non-BU
  - Wheaton, Allegheny, USF, Albion, Colby, Johns Hopkins
- 24 summer internship students
  - 18 BU students, 6 non-BU students
  - Yale, Bucknell, UNC, Albion

*subject to change (withdrawals, new admits, etc.)*
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 École des Hautes Études en Sciences Sociales (EHESS) and Université de Paris (X - Chauchetière).

Since its inception in the summer of 1989, BU Paris has shepherded more than 2,700 students who live with French hosts throughout the city and a few in the Cité Internationale Universitaire de Paris (CIU) dorms.

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.

Hub Page

Paris Internship Program Hub Page
Fall 2017

Phase 1: First Things First
(April 1 – June 3)

Phase 2: Core Preparations
(2017 – July 15)

Phase 3: Final Considerations
(July 15 – Departure)

In Country Guide

The Fine Print:
Policies and Procedures

Calendar

Contacts

Bu Paris Website

Bu Study Abroad

twitter.com/BUabroad
facebook.com/BUabroad
bu.edu/abroad
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/)
Paris Internship Program

- All students take 16 credits
- All courses = 4 credits
- 1 internship course
- 1 language course
- 2-3 elective courses

- For course listings and syllabi: http://www.bu.edu/abroad/programs/paris-internship-program/
- For course schedules and more: http://www.bu.edu/paris/programs/paris-internship/
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
- 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
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.”
• Advice from returnees
• Differences between US and host work cultures
What is an Academic Internship?

An **academic internship** is defined as:

- 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

1. Individual Pre-Placement Meeting
2. Provisional Placements
3. Pre-departure Information
4. On-site Interviews
5. Placement Timing
6. Midterm Reviews
7. Supervisor Evaluations
Life on Site: Housing

- 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 = €0.94; €1 = $1.07  (Dec 2016)

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/
Culture

Manners of interacting
Thoughts
Values
Expected behaviors
Practices
Relationships
Language
Communication
Courtesies
Rituals
Roles
Customs
Paris is a beautiful city, with many famous tourist attractions.

but it’s also important to embrace the gray skies of Paris… especially in winter!
Go out and find your Paris!
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.
Health

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](mailto:globalhealth@hthworldwide.com)

- **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
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), Mary Ogburn at ogburn@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:*
• 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/)
• Be sure to fill out the [BU International Travel Registry](http://www.bu.edu/paris/essentials/arriving/) ASAP

BU Study Abroad

› twitter.com/BUabroad › facebook.com/BUabroad › bu.edu/abroad
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](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!
At this point, you all should have had your appointment, or have it scheduled for early this month.

Valid for 6 months, multi-entry.
• 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
    • 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 Paris staff!

Will include:

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

Join BUSA on Facebook and follow us on Twitter!
Action Items

- International Travel Registry form
- Complete general Pre-departure documents to get registered for your program
- Billing deadline May 23 (summer) August 3 (fall)
- 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 !