



Paris Programs



Study Abroad

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/)



Program Statistics

- 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 Roadmap



Boston University Study Abroad Pre-Departure Roadmap

 Study Abroad

 Study Abroad

▶ twitter.com/BUabroad ▶ facebook.com/BUabroad ▶ bu.edu/abroad

 Study Abroad

▶ twitter.com/BUabroad ▶ facebook.com/BUabroad ▶ bu.edu/abroad

Pre-Departure Resources

BU Study Abroad: Paris


BU CENTER FACILITIES PROGRAMS PRE-DEPARTURE INTERNSHIPS HOUSING DEVENIR FAMILLE D'ACCUEIL EMERGENCY, HEALTH & SAFETY

Study Abroad: Paris

- BU Center Facilities
- Programs
- Pre-departure
- Internships
- Housing
- Devenir Famille d'Accueil
- Emergency, Health & Safety
- Paris Useful Information
- Exploring Paris & France
- Passeport culturel
- Travel Plans
- Staff in Paris
- Returning Home
- Semester Sketches
- Alumni
- Words of Reflection
- For Staff
- Contact

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 [l'Institut d'Etudes Politiques de Paris \(Sciences-Po\)](#) and [Université de Paris IX-Dauphine](#).



Since its inception in the summer of 1989, BU Paris has shepherded more than 2100 students who live with French hosts throughout the city and a few in the [Fondation des Etats-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.



Hub Page

BU Paris Website

PARIS INTERNSHIP PROGRAM HUB

PAGE FALL 2017



Phase 1: First Things First
(Admission – April 1)

Phase 2: Core Preparations
(April 1 – July 15)

Phase 3: Final Considerations
(July 15 – Departure)

In-Country Guide The Fine Print: Policies and Procedures Calendar Contacts

Location



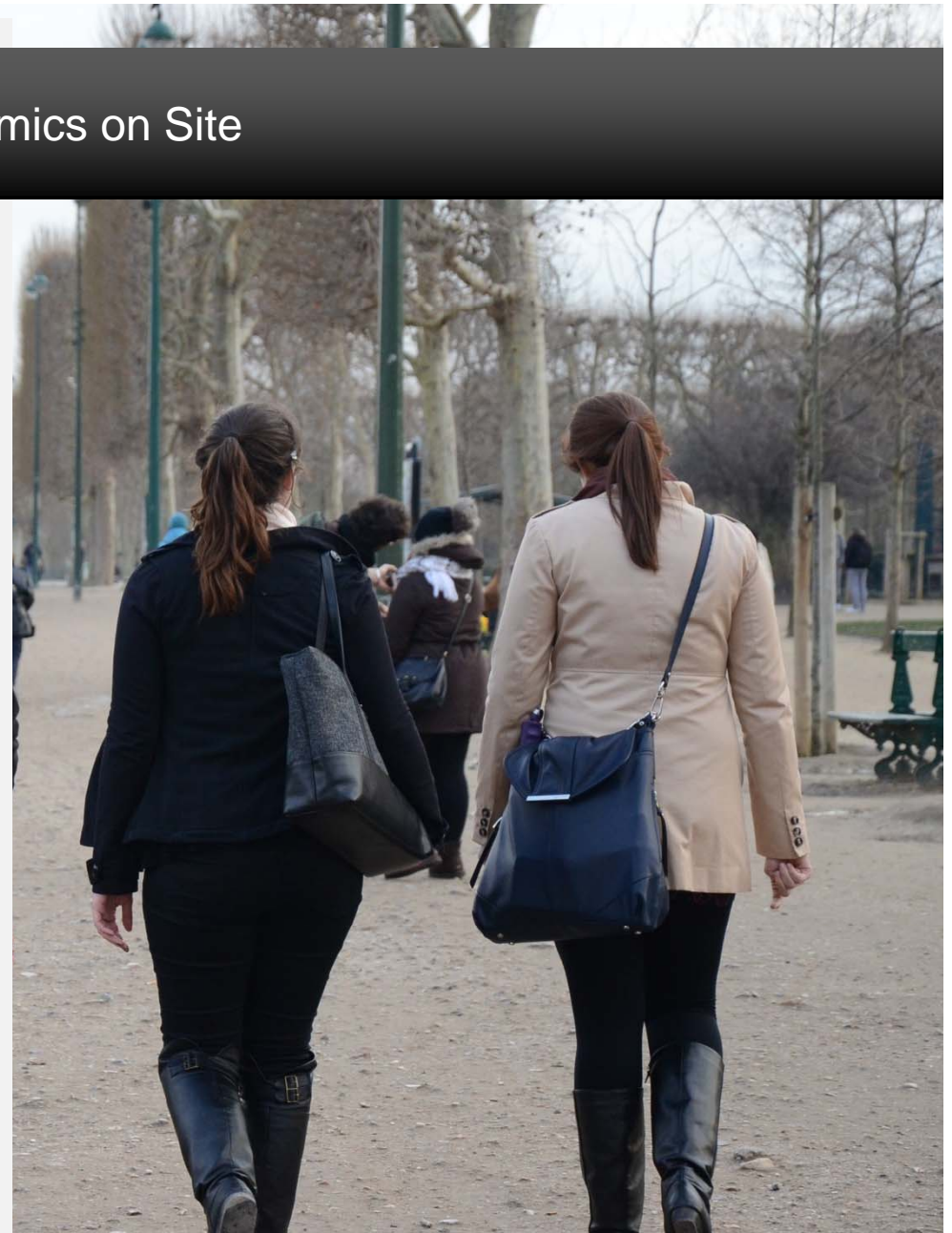
BU Paris Office

See <http://www.bu.edu/paris/facilities/>
for info on location, hours, etc.



SUMMER Paris Internship Program

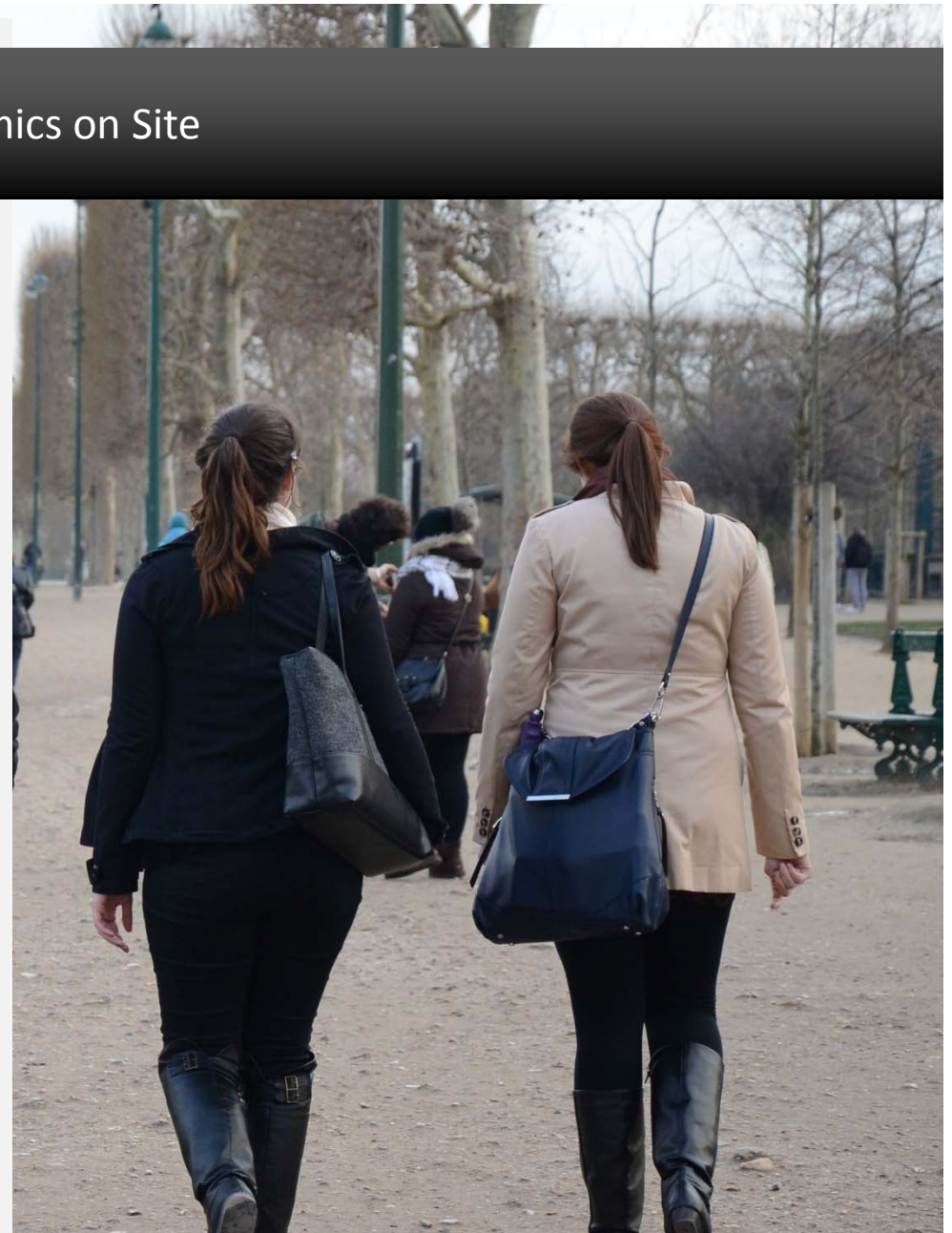
- All students take 8 credits
- All courses = 4 credits
- 1 internship course
- 1 elective courses
- For course listings and syllabi:
<http://www.bu.edu/abroad/programs/paris-summer-internship-program/>
- For course schedules and more:
<http://www.bu.edu/paris/programs/summer-internship-program/>



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/>





Academics on Site

Sciences Po Exchange

- All students take 16 credits
- 1 cours magistral = 4 BU credits
- 4 electives/seminars = 3 BU credits each
- For more info:
<http://www.bu.edu/paris/programs/institut-d%E2%80%99etudes-politiques-de-paris-sciences-po-exchange/>
- Read (and reread) your **ACADEMIC GUIDE!**



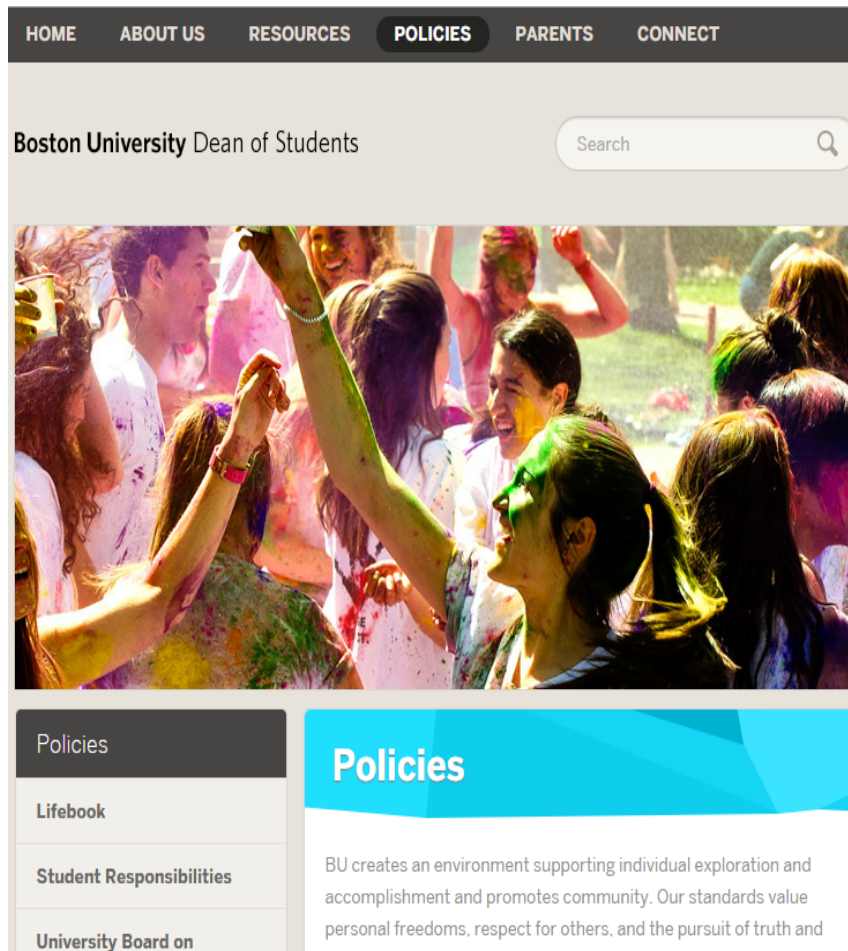
Academics on Site

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



The screenshot shows the Boston University Dean of Students website. The navigation bar includes links for HOME, ABOUT US, RESOURCES, POLICIES (highlighted), PARENTS, and CONNECT. Below the navigation bar is the text "Boston University Dean of Students" and a search bar. A large image of students at a festival is displayed. Below the image is a sidebar with links for Policies, Lifebook, Student Responsibilities, and University Board on. The main content area has a blue header with the word "Policies" and a paragraph of text starting with "BU creates an environment supporting individual exploration and accomplishment and promotes community. Our standards value personal freedoms, respect for others, and the pursuit of truth and..."

- 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

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.”

Internships

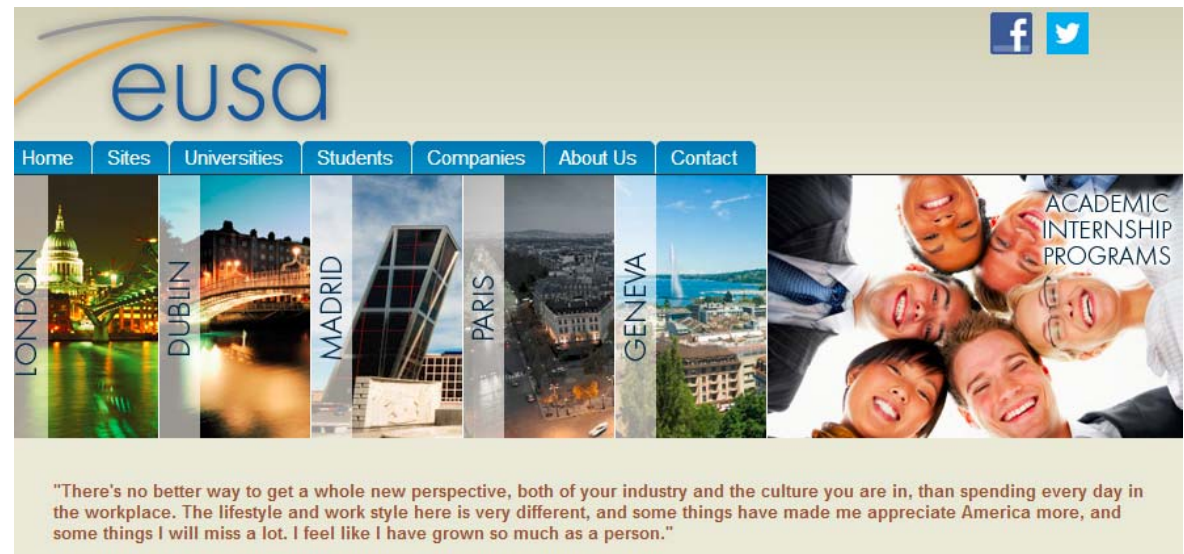
What is an Academic Internship?

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!

<http://www.bu.edu/paris/internships/>

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



The image shows a screenshot of the EUSA website. At the top, there is a navigation bar with tabs for Home, Sites, Universities, Students, Companies, About Us, and Contact. Below the navigation bar, there are several vertical panels, each representing a city: LONDON (with a night view of the dome), DUBLIN (with a bridge over water), MADRID (with a modern building), PARIS (with a street view), and GENEVA (with a lake and buildings). To the right of these panels is a large image of a group of diverse students smiling, with the text "ACADEMIC INTERNSHIP PROGRAMS" overlaid. In the top right corner, there are social media icons for Facebook and Twitter. At the bottom of the page, there is a quote: "There's no better way to get a whole new perspective, both of your industry and the culture you are in, than spending every day in the workplace. The lifestyle and work style here is very different, and some things have made me appreciate America more, and some things I will miss a lot. I feel like I have grown so much as a person."

Internship Expectations

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

Internship Expectations

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

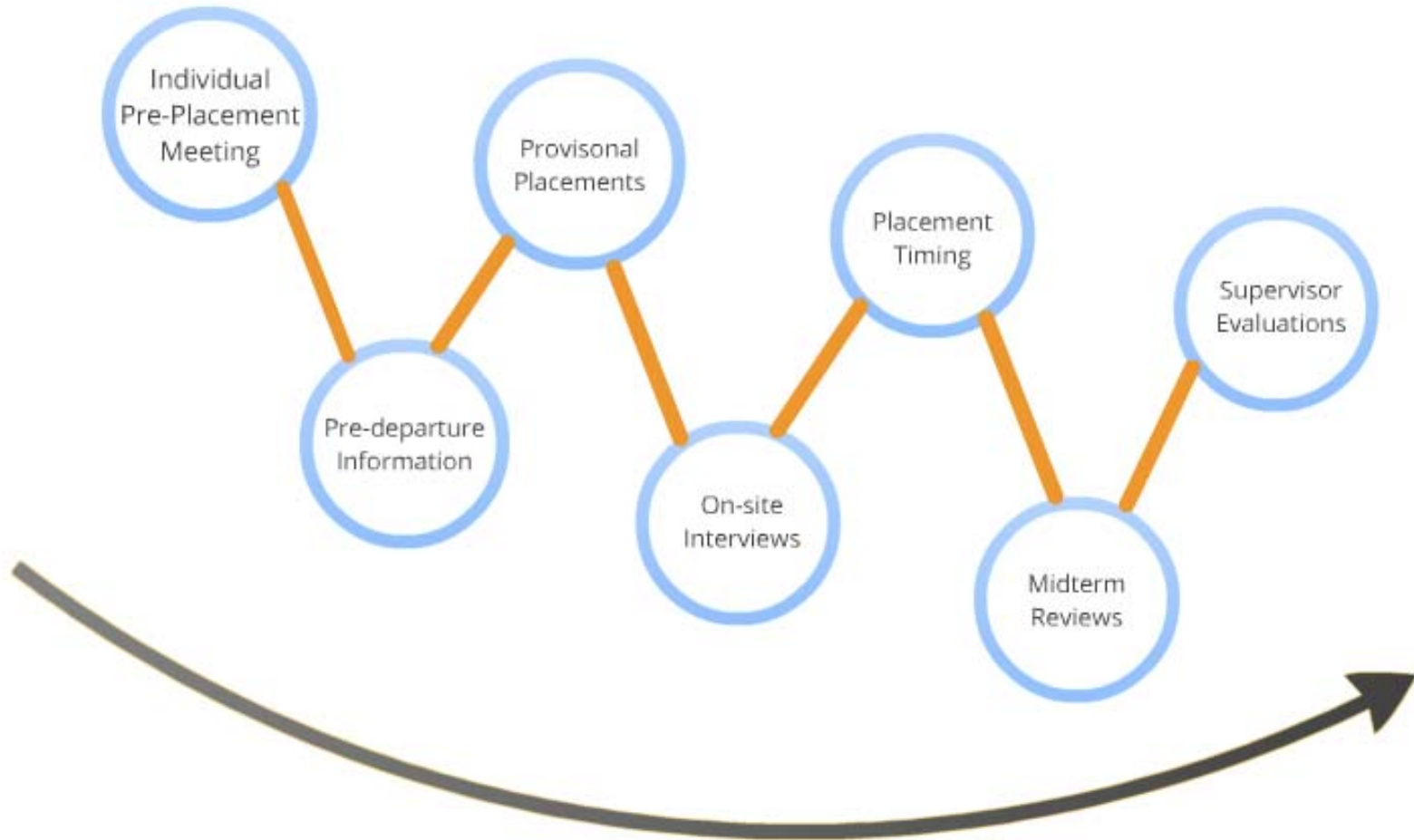
Can make you become more adaptable as an employee

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



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/>



Budgeting & Finances

- **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

Boston University Study Abroad



STUDY ABROAD PROGRAM BUDGET—Academic Year 2016/2017
 NAME OF PROGRAM: Paris Internship Program
 PROGRAM LOCATION: Paris, France
 PROGRAM LENGTH: 16 weeks, Fall or Spring, 16 credits

PROGRAM CHARGES — Billed by Boston University	
Program Tuition	\$ 14,560
Housing/Student Services Fee (Includes housing, excursions, overseas medical insurance, and emergency travel assistance coverage.)	\$ 6,414
Total Program Charges	\$ 20,974

US MEDICAL INSURANCE — Optional, Billed by Boston University	
Medical Insurance (Waived if student demonstrates coverage by a comprehensive US based policy)	\$ 2,014
Total Program Charges With Medical Insurance	\$ 22,988

ESTIMATED ADDITIONAL EXPENSES — Not included in Program Charges	
Board/Food	\$ 2,700
Airfare	\$ 1,200
Local Transportation	\$ 300
Books	\$ 200
Visa/Immigration Requirements*	\$ 250
Personal Spending	\$ 2,800
Total Estimated Additional Expenses	\$ 7,450

TOTAL ESTIMATED EXPENSES	\$ 30,438
---------------------------------	------------------

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.

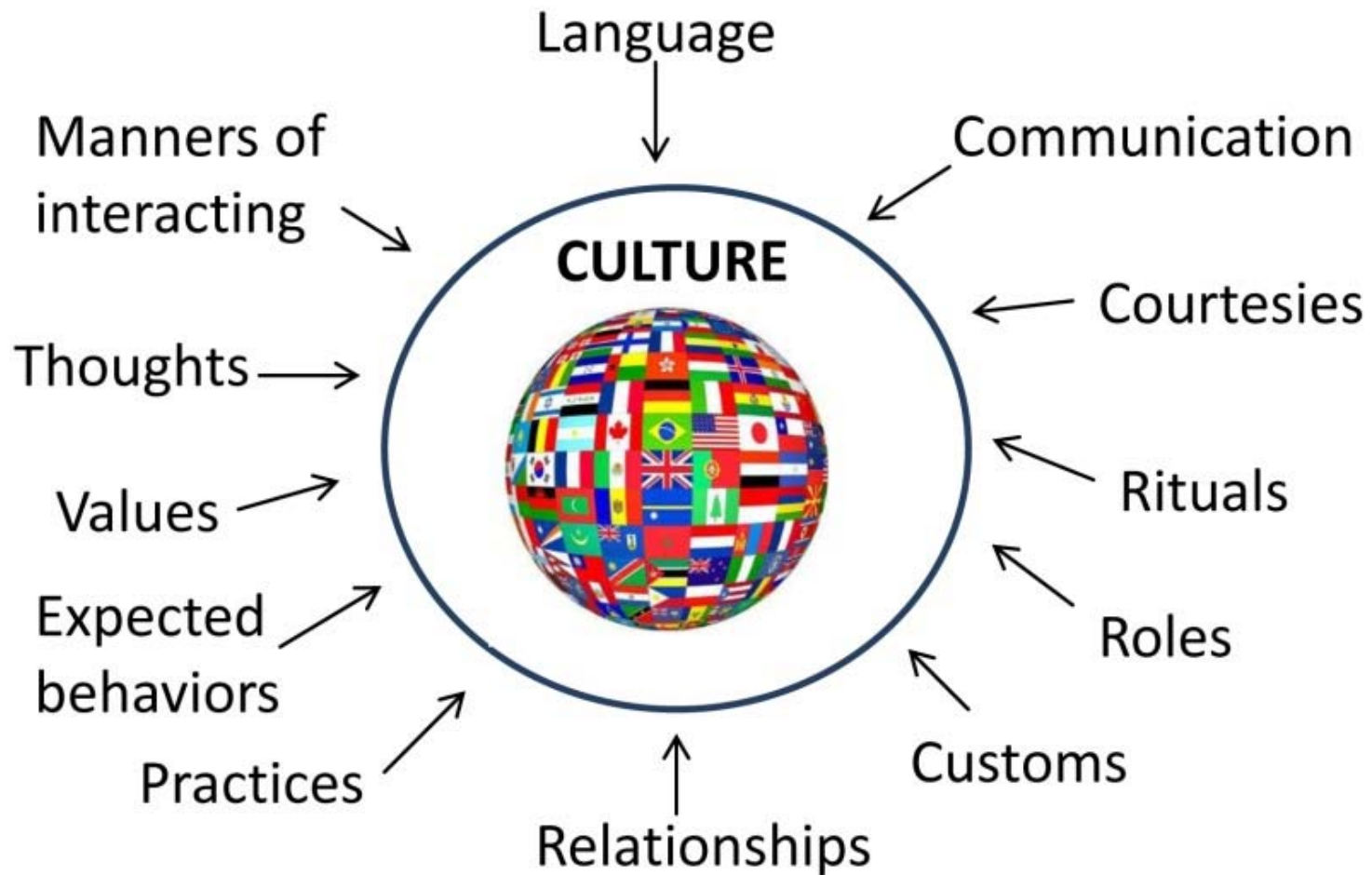
Communication

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

- 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



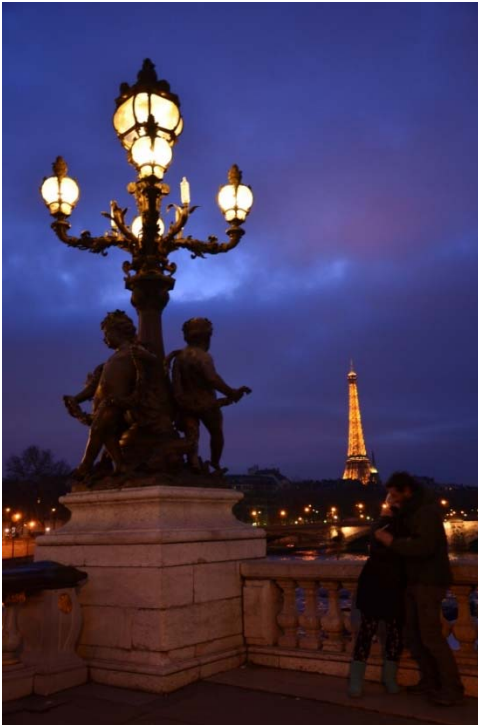


Paris is a beautiful city, with many famous tourist attractions..

but it's also important to embrace the gray skies of Paris... especially in winter!

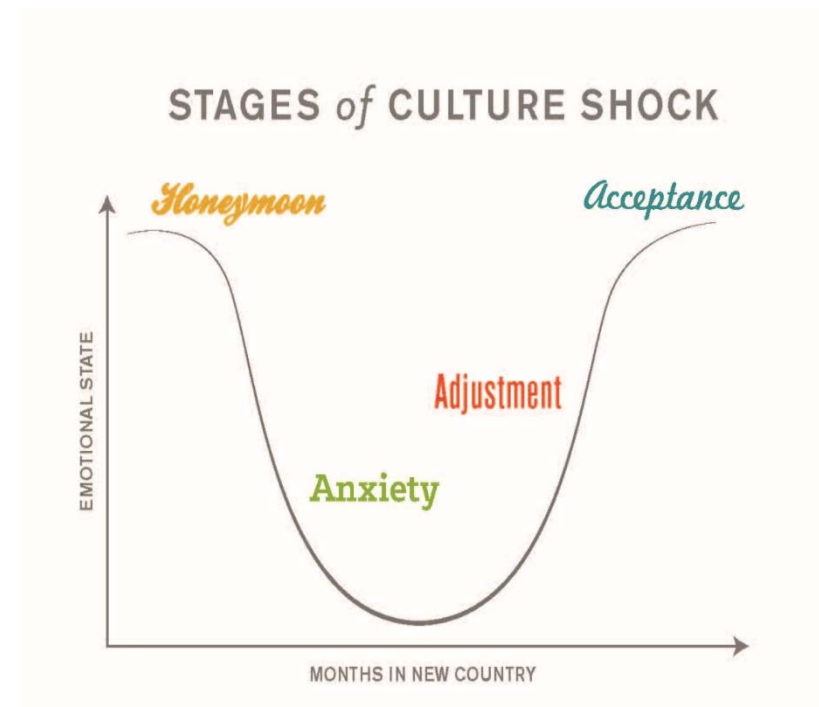


Go out and find *your* Paris!



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

International Health Insurance

HTH Worldwide
HEALTH PLANS AND SERVICES FOR THE GLOBAL TRAVELER



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**

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

מרחב מוגן
→
SHELTER

Personal Safety

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

http://www.dailymotion.com/video/x3mlgvf_paris-en-toute-securite-anglais-guide-to-staying-safe-in-paris_news

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/>
- Non-BU students, please also research your university's services



Personal Safety

“I didn’t know what to call what happened to me, I just knew it felt bad.”

You don't have to go through this alone.



Contact

PHONE: 617-353-SARP (7277)

EMAIL: sarp@bu.edu

VISIT: 930 Comm. Ave.
Boston, MA 02215

[Follow @sarp_bu](https://twitter.com/sarp_bu)

[Like](#) 642

Dean of Students Office

617-353-4126

dos@bu.edu

**Visit www.bu.edu/safety
for more information.**

- 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/>
- Be sure to fill out the [BU International Travel Registry](#) ASAP

Travel

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!

Visas

- At this point, you all should have had your appointment, or have it scheduled for early this month
- Valid for 6 months, multi-entry

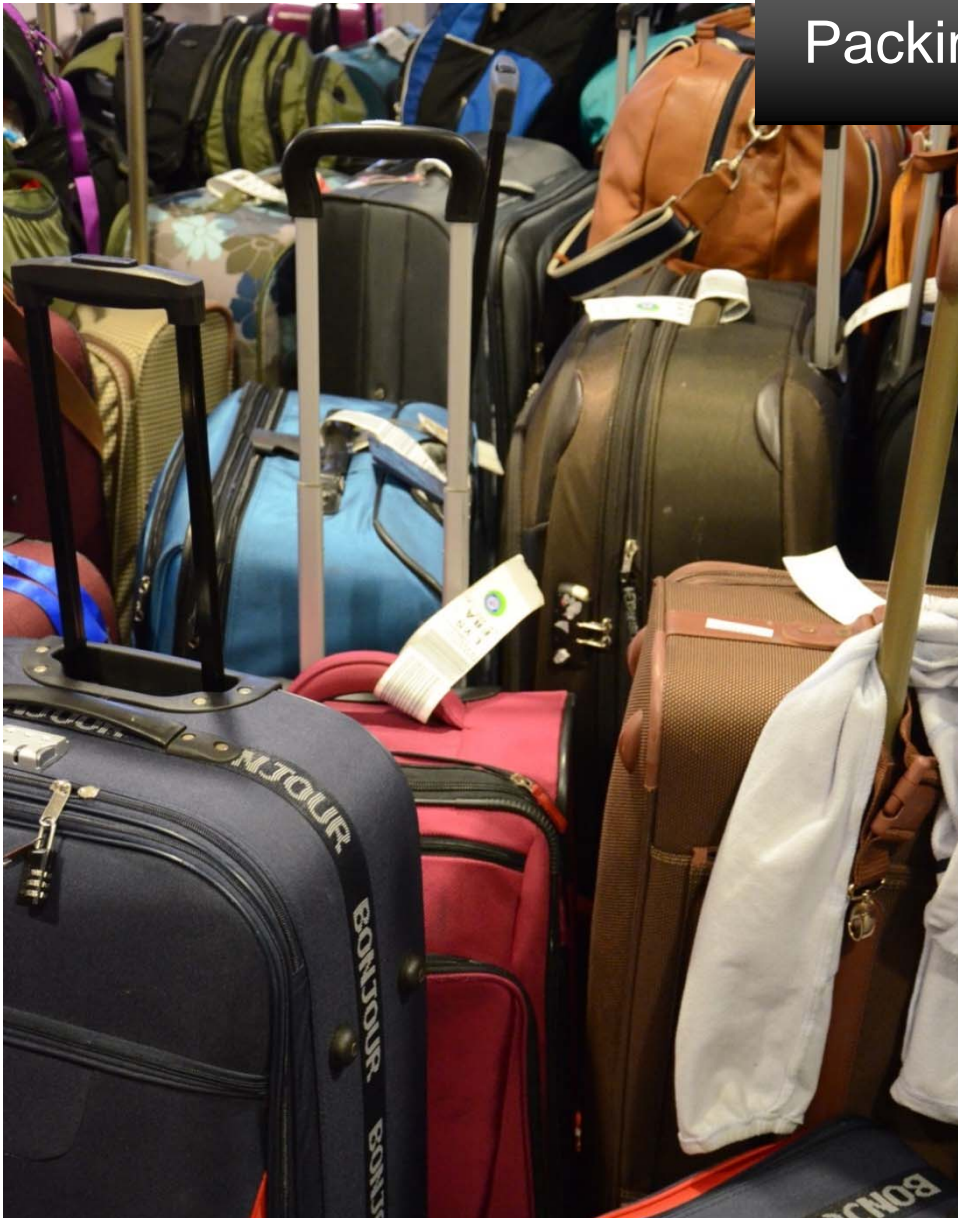


Packing List

- **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)

Future Communication

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



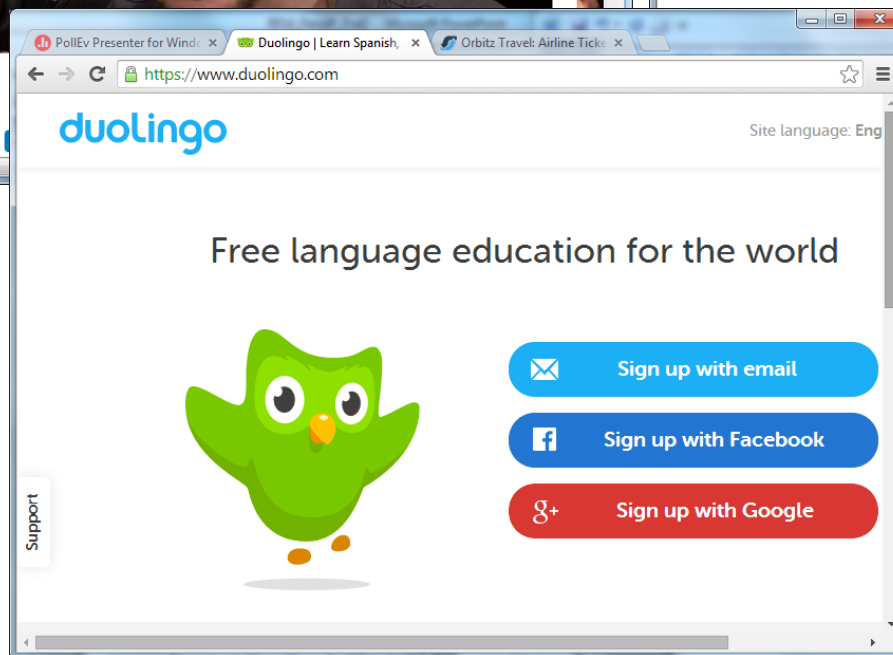
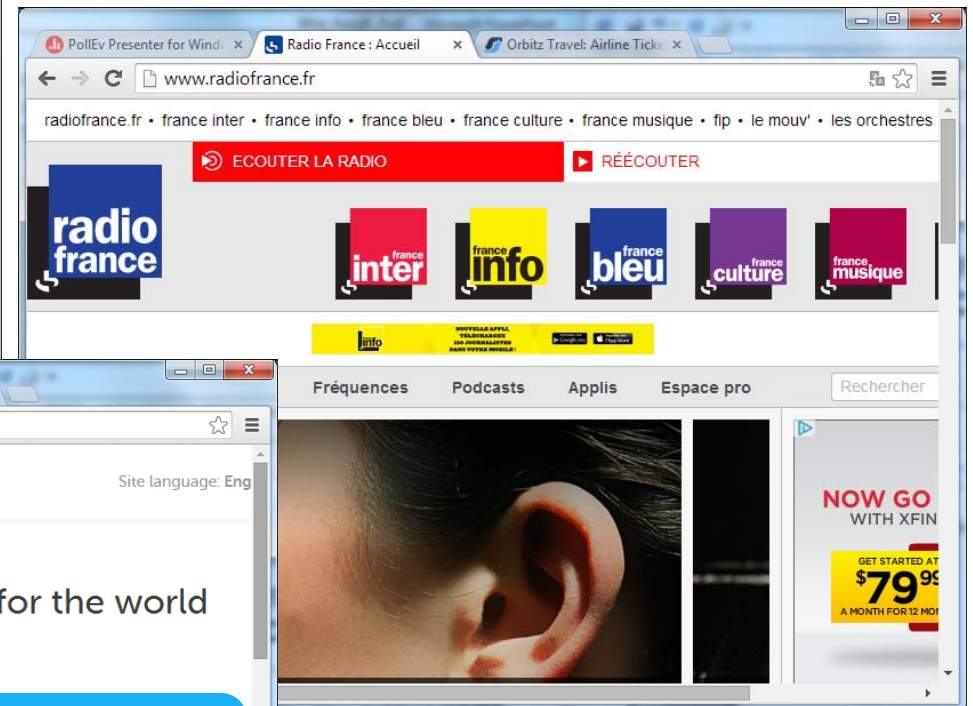
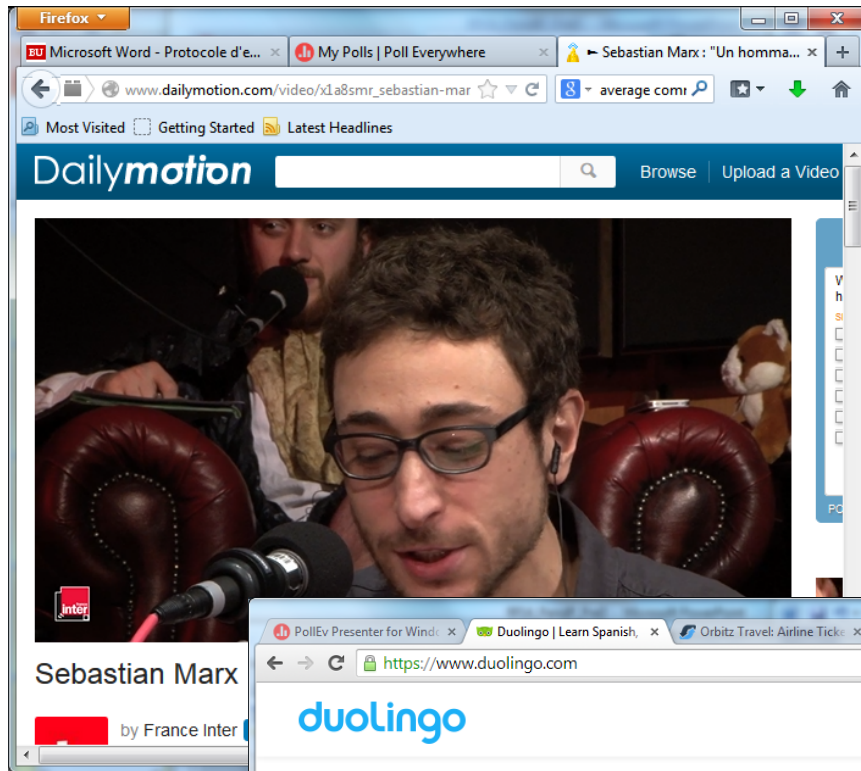
Join BUSA on Facebook and follow us on Twitter!

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 you receive your visa
- Watch the pre-departure roadmap (again!)



<http://www.bu.edu/paris/essentials/before-you-go/language-preparation/>



Paris vous attend !

