

Hollins University  
International Programs

**Hollins Abroad - Paris Pre-Departure Guide**



# *Welcome to Hollins Abroad—Paris!*

You are about to embark on a unique academic and personal adventure that will change the way you think about yourself and the world around you. You will get the most out of the experience if you are flexible, open-minded, and willing to leave your preconceptions behind when you get on the plane.

We hope that your stay in France will be a valuable and enjoyable one, as it has been for many students before you. You will be in one of the most exciting cities in the world, offering a wealth of cultural, social, and historic resources. How much you gain from your stay will depend on how much of yourself you put into your experience and how well you seek to adjust to a different culture. Be ready to experience what Paris and France have to offer.

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## Addresses, Phone Numbers, and Websites

### **Hollins Abroad–Paris**

Reid Hall  
4, rue de Chevreuse  
75006 Paris France (Métro: Vavin)  
Phone: 011 33 1 45 38 68 75 (from U.S.)  
Fax: 011 33 1 45 38 68 11 (from U.S.)

### **American Embassy**

2, avenue Gabriel  
75008, Paris (Métro: Concorde)  
01 43 12 22 22

### **Director**

Mme Audrey Stavrévitch  
16, rue Chaudron  
75010 Paris  
Cell phone on arrival day and for  
emergencies: 00 336 99 34 52 78

### **Hollins Abroad-Roanoke**

P.O. Box 9597  
Roanoke, VA 24020  
Phone: 540-362-6214  
Fax: 540-362-6693  
Emergencies: 540-429-6517

### **Medical Emergencies**

- dial 18 for the fire squad/paramedics\*
- dial 15 for emergency hospitalization by SAMU\*

**\*Please have someone call Audrey Stavrévitch on her cell or at the office to notify her of your situation.**

### **Useful websites**

For students and parents: the State  
Department website provides GO! Guides and  
Tips to Go wallet cards

[www.studentsabroad.state.gov](http://www.studentsabroad.state.gov)

For information on conditions in your host  
country, travel warnings and tips for  
Americans traveling and living abroad from  
the U.S. Department of State

[www.travel.state.gov](http://www.travel.state.gov)

For bulletins on health conditions around the  
world from the U.S. Centers for Disease  
Control

[www.cdc.gov/travel](http://www.cdc.gov/travel)

For information on air travel from the  
Federal Aviation Administration

[www.faa.gov](http://www.faa.gov)

For health information for traveler's: "Travel  
Health On-line"

[www.tripprep.com](http://www.tripprep.com)

For an introduction to culture and cultural  
differences: "What's Up With Culture"

<http://www2.pacific.edu/sis/culture/>

# 2018-2019: ACADEMIC CALENDAR

## Fall, 2018

Friday, September 7	Arrival in Paris and orientation trip
Sunday, September 9	End of orientation trip, return to Paris, and host family pick-up in Paris
Monday, September 10-Friday, September 14	Orientation & some classes begin
Monday, September 17	Reid Hall classes start
Oct. 26- Nov.4	<b>Reid Hall classes only: fall break</b>
Thursday, December 13	Last day of Reid Hall classes
Saturday, December 15	Departure – End of the program

2 optional trips (free of charge) will be scheduled.

## Spring, 2019

Sunday, January 27	Arrival in Paris
Monday, January 28 – Friday, February 1	Orientation in Paris & some classes begin
Monday, February 4	Reid Hall classes begin
Friday, February 22 – Sunday, February 24	Field trip to Provence
Friday, April 19 – Sunday, May 5 (included)	<b>Reid Hall classes only: spring break</b>
Thursday, May 9	Last day of classes
Saturday, May 11	Departure and end of the program

2 optional trips (free of charge) will be scheduled.

Please note that classes at our partner institutions may not follow the exact same calendar as Reid Hall classes (they usually do not have a fall break, and have a one-week break in the spring). Their academic calendars will be published as soon as possible.

**T**his Pre-departure Guide provides important information to help you prepare for and make the most of your time in Paris and France. It is imperative that you read it now because there are things you will need to do long in advance of departure, such as applying for your passport and visa. You should also take this guide with you to Paris as it contains important names, phone numbers, and other information you will need upon arrival and during your stay.

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**Read this guide now because there are things you will need to do long in advance of departure.**

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## **The Program**

### **Track Options: Full Immersion and Dual Language**

**T**he Hollins Abroad Program in Paris is pleased to offer two different tracks to better serve a wider variety of students.

As always, our Full Immersion track will remain for students who are familiar with the French language (having taken two years of college level French, or an equivalent) who are interested in studying the culture, history, literature, art and art history, political science in French as well as the French language. Additionally, students who have not studied French extensively, or who have demanding majors outside of the course areas we offer, have the additional option of taking advantage of our new dual language track. Typically, a person selecting the dual language track will take core classes with Hollins, a French language and also a culture course, and then select one or two additional courses from one of our partner institutions in Paris. These additional courses will be taught in English and at this time consist mostly of Business, International Studies, Art History, Fine Arts and Fashion.

### **The Hollins Academic Program**

The core of Hollins Abroad–Paris is the academic program. All courses are taught by

native French and French-fluent faculty members and are directly related to Paris, France, or Europe. Most courses incorporate field trips to museums, galleries, theatre productions, or to architectural, historic, or other culturally important sites. Classes taught by Hollins are held Monday through Thursday and each course meets for three hours per week. Attendance is required at every session and missing class will impact your grade.

Most courses require the purchase of coursepacks, more rarely of textbooks. Coursepacks for each class generally cost 15€. Tickets for theatre students average 120€ (6 plays). Coursepacks will be billed to your Hollins account in advance and will appear on your comprehensive fee bill. Theatre tickets will be billed after you have enrolled in Paris. Students in art classes will be required to purchase museum passes. Museum passes for the Musée d'Orsay are 15€ and for the Contemporary Art Museum 22 €.

**All Hollins classes are taught in French, including all of our full immersion track courses and the core courses for the dual language track.** Our faculty in Paris are experienced in teaching U.S. students and all class sessions are designed for non-native speakers who are actively learning French. If you have chosen your courses in accordance with the information on the course pre-registration form you should not have any difficulty understanding your instructors and you will find that your French skills will improve at a much faster rate by engaging in course work in French in an immersive environment. Additionally, students on the dual language track have the option to take course work in English at local universities; as such language should not present a problem for native English speakers, but students should be flexible as classes may be taught and assessed differently than in the U.S.

Prior to departure, each student decides upon a tentative program of four courses and one or two alternates. **Final course schedules are**

**determined during orientation in Paris in consultation with the program director.**

Because levels of French vary among campuses, your placement in a French language class is based not only on your background in French but also on your performance on a placement test given during orientation in Paris.

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**Final course schedules are determined during orientation in Paris in consultation with the program director.**

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Students enrolling in the **dual language track** who have only taken two semesters of college level French will enroll in Accelerated Intermediate French and French Culture and Society. These courses will be taught in French, but will be tailored to meet the students at their current level of French acquisition. Students in the dual language track will then also take two courses at our partner institutions. Additionally, students at a much higher level of French language acquisition who are interested in the dual language track solely for the possibility of taking additional outside courses towards their academic major may be able to take a more advanced level language and grammar course. Students should advise International Programs if this is the case.

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**Hollins Abroad-Paris has a strict attendance policy and unexcused absences will automatically result in a lower grade.**

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Students enrolling in the French immersion track who have completed four, or in some cases five, semesters of college-level French or the equivalent register for **French 303: French Written Expression** and **French 304: French Oral Expression**, taken simultaneously. These students also choose two other courses except the French literature and theatre courses.

**Contemporary France, Introduction to European International Relations, Impressionism, 20th Century French Art, Architecture of Paris, France/Africa: Between History and Memory and Paris as**

**the Stage in Films** are recommended for students at this level.

More advanced students take **French 311: Advanced Written and Oral Expression** or **French 321: Advanced French Composition**, and three other courses of their choice. The French Theatre and literature courses are particularly appropriate for students at this level. Students with superior French skills may place out of all of the language courses and take any course offered. Very advanced students of French who do exceptionally well on the placement test and who have at least a 3.0 GPA can register for a course at a French university, with permission of the director. They then undertake a supervised independent study in conjunction with a lecture class at the University of Paris. This is strongly encouraged as part of the unique Parisian college experience. Audit fees may apply. Beware that course offerings at French universities are not published in advance and can only be ascertained shortly before the start of each term so the specific choice of course can only be made once the student is in Paris. As the quality of the courses varies tremendously, we recommend that students “visit” a course during the first week to make sure it meets their expectations. Attendance at all lectures as well as substantial independent reading and writing in French are required. Lecture notes and written work are reviewed weekly by a Hollins Abroad faculty member.

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**Course offerings at French universities are not published in advance, and specific choices cannot be made until the student arrives in Paris.**

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Independent studies in studio art, applied music, and dance can be arranged at institutes in Paris for students majoring in those areas. Additional fees may apply for some independent studies. The Hollins Abroad office in Virginia can provide details. **Students taking studio art are responsible for any materials fees.**

Juniors and seniors (sophomores with the director's permission) with a specific professional project related to their major may apply for an internship during their second term in Paris only.

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**Students who cancel their internship experience or decline their placement will be responsible for any fees incurred.**

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They must have the approval of the director and an excellent level of French (311 and above). Please note that internships and independent studies are not guaranteed and require advanced planning and preparation before arrival in Paris. **Approval for any independent studies or internships must be obtained from your home campus before the term begins.**

Students who participate in a second-semester internship will not be charged any additional fees. **However, students who cancel their internship experience or decline their placement will be responsible for any fees incurred to that point.**

We generally recommend against students enrolling for more than 16 credits (four courses). Students wishing to do so must have a cumulative GPA of 3.0 and permission of the program director and of their home institution. Students enrolling for two terms must achieve at least a 3.0 GPA in their first term in Paris to remain for a second term.

Hollins Abroad-Paris does not require students to sign a formal language pledge because pledges are difficult to enforce. However, **we ask that students speak only French in our facilities and strongly encourage all participants in the program to speak French at all times with the director, the faculty, and each other.** The more French you speak, the more your French will improve.

### **The Hollins Partner Institutions in Paris**

Hollins has arranged partnerships with several universities in Paris which offer

upper level course work taught in English. Students may enroll in courses offered by the Sorbonne, American Business School, l'Institut Catholique or Mod'Art in areas that complement their majors/fields of study and/or enrich their abroad experience. Possibilities include courses in fashion, studio arts, dance, theatre, film, creative writing, business/international business, political Science, European literature, international relations, and French/European history.

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**Some of our partner institutions use a different academic calendar for their spring or fall breaks. If you take courses outside our site center, you may need to plan to remain in Paris during a portion of the break.**

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As courses offered each semester change, during the application process students will indicate the academic area in which they would like to take courses. After acceptance we will assist students in finding out which courses are available in that subject area. If students are interested in course information in advance of their acceptance to the program, students should feel free to contact the Hollins Abroad office, and we will do our best to help you to identify which courses may be available for your term abroad – however, students should be advised that these courses can change (as is true at any university) and so students, especially those seeking course approval from their home university, should review and seek approval for more classes than necessary in anticipation of the fact that changes may occur. Being overly cautious will make your time abroad less stressful and offer you greater flexibility.

### **January Short Term**

The January Short Term is available at no additional cost to all students attending Hollins Abroad-Paris for the full academic year. Students participating in a single-semester of study in Paris can elect to attend the Tours program for an additional fee.



The most popular Short Term option is a four-week intensive French language program at the Institut de Touraine. The Institut is affiliated with l'Université de Tours and enrolls students from all over the world. Classes meet for about 20 hours per week and include grammar, phonetics, oral expression and culture classes. Housing is with homestays arranged by the Institut. The Institut is located in Tours, one of the principal cities in the Loire Valley. This program is also open to one-term students at an additional fee. For more information, contact the Hollins Abroad office.

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**Developing the skills to function successfully in your new environment will be an important part of your study abroad experience.**

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Other options for the Short Term include internships and independent studies in Paris and, for Hollins University students, any Short Term academic experience listed in the Hollins catalog.

### **The Extracurricular Program**

In addition to the extended trips to Normandy (fall) and southern France (spring) which are part of the curriculum, Hollins Abroad works along with Parisian student clubs that organize for European exchange students (Erasmus) and French students overnight excursions to many parts of France (the Loire Valley, Burgundy or Lyon, etc.) with guided visits to important historic and cultural sites and time to explore on your own. The cost is included in the Hollins Abroad comprehensive fee.

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**A Taste of France focuses on the role of food and wine in French culture.**

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*A Taste of France*, is an optional, non-credit series of events which focuses on the role of food and wine in French culture. It includes a French cooking class, an introduction to wine and wine tasting, a visit to a world-famous bakery, and a cheese tasting with an introduction to some of the many varieties of

French cheeses. There is a fee for this series and you must register for the series in its entirety.

### **Meeting Students**

Hollins Abroad purchases a membership for each student in *the Club International des Jeunes*, an association of French and international students where our students can meet others at weekly *ateliers de conversation*, *ateliers de théâtre*, and on inexpensive weekend trips. Other social events, including receptions with French students who are studying English at the Sorbonne, are arranged with Parismus.

The Hollins Abroad director is happy to assist any student who wishes to pursue an extracurricular interest (music, dance, a sport, etc.) while in Paris. We strongly recommend students become involved in extracurricular activities such as sports, and participate in volunteer opportunities. This is a great way to meet people who are not in the program.

### **Transcripts**

Hollins University issues official transcripts to participants and their home institutions within two weeks of completion of the term **unless there is an outstanding balance on the student's account**. Be sure to complete and submit the Release of Transcript form included in your online post-decision materials.

### **The Staff**

The Director, Mme Audrey Stavrévitch, holds Masters degrees in comparative literature from Nanterre University and French as a second language from Sorbonne-Nouvelle University. She has also done graduate work and taught at the college level in the U.S. Mme Stavrévitch teaches a class each term and is available to help with any problems that may come up.

The program assistant, Dahbia Yousfi, holds an M.A. in French as a Second Language from the University of Paris VIII. She was born and raised in Paris, and is trilingual, speaking

French, German and English. Dahbia also teaches one class for the Hollins Abroad – Paris program.

Both the director and assistant are available to assist students with questions and concerns.

Developing an understanding of French habits and customs, and the skills to function successfully in your new environment will be an important part of your study abroad experience. The director and her assistant will explain cultural misunderstandings and help you find culturally appropriate ways to solve problems but will not resolve every problem for you. If necessary, they will intervene on your behalf, but in most cases, they will advise you and then ask that you make an effort to solve the problem yourself first. The result is almost always more satisfactory for you in the long run.

### **The Facilities**

The Hollins Abroad–Paris offices and classrooms are located in Reid Hall, a charming eighteenth-century building in the Montparnasse area, the center of artistic and literary life in Paris. Reid Hall is owned by Columbia University and houses several other respected study abroad programs. It is in an excellent location, within easy walking distance of restaurants, shops, cinemas, the Luxembourg Gardens, the Latin Quarter, and the Sorbonne.

In addition to offices and classrooms, Reid Hall has a small library used by students for quiet study and two gardens with benches and chairs for reading or socializing. The building's bulletin boards are filled with announcements of upcoming social events and club activities, names and phone numbers of French students looking for conversation partners, families looking for babysitters, etc.

The program maintains its own small computer/reading room with three computers that are available for student use from 8:30 a.m. through 10 p.m. Monday through Saturday, and from 10:00 a.m. to

9:00 p.m. on holidays. All have high-speed internet access and can be used for research, typing papers, or email. Reid Hall is wired for Wi-Fi so laptops can be used for email and internet throughout the building and in the two gardens.

Wi-Fi sign-on information will be available at your on-site Paris orientation.

## **Preparing for your Term Abroad**

### **Passport**

**T**o travel abroad, you must have a valid passport. To avoid difficulties at customs in some countries, you should have a passport that is valid at least six months beyond your intended date of return to the U.S. If you need to apply for a new or renewed passport, you should begin the process early. Normal processing time is four to six weeks but it can take longer prior to peak travel seasons. You will need a valid passport to apply for your French student visa.

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**We strongly advise you to begin the process of applying for your passport and visa at least 3-4 months prior to the start of your term abroad.**

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Passport applications are accepted at designated post offices and, in a few cases, at other government offices. For forms, fees, and information on the application process and required documentation, go to [www.travel.state.gov](http://www.travel.state.gov)

**U.S. passports are not issued outside the U.S. except in emergencies. Once you are abroad, keep your passport in a safe place and do not lose it.**

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**Carry your passport and immigration documents with you on the plane. Do not pack them in the luggage you check with the airline.**

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## Visa

Due to ever-changing immigration and visa regulations, students will be provided with instructions upon acceptance to the program. However, in general students studying in France for more than 90 days will require a student visa. The director of International Programs will provide detailed instructions after acceptance to the program (for Hollins students, this will be during pre-departure orientation).

Students must verify that the dates on their visa correspond to the duration of their stay in Paris prior to departure. Any problems must be addressed immediately and directly with the consulate in the U.S.

If you are an international student studying at an American university, we suggest you apply for your visa while in the U.S. before returning to your home country.

If you have a passport from a country in the European Union, you will not require a visa, but must enter France on that passport.

## Phone

While abroad, you are required to obtain a Parisian mobile number at which Hollins Abroad staff can reach you. You must carry your phone with you at all times.

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**Students in Paris cannot begin their classes until they have obtained a local, Parisian phone number and relayed that number to the Paris staff.**

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Once you have purchased a French SIM card or mobile phone, you will be asked to text the program with your new contact information so that we may reach you in case of an emergency. If you do not obtain and maintain this local number, or you do not communicate your number to the Paris staff, you will not be permitted to attend classes.

## Power of Attorney

We strongly suggest that you arrange to give a family member or trusted friend power of attorney for the period you are abroad,

especially if you expect to receive any checks or important documents that will require your signature (including financial aid payments or agreements), need to file income tax returns, or need to take care of other legal matters while you are away.

## Absentee Voting

If elections will take place while you are abroad, you can apply for an absentee ballot using a form called the Federal Postcard Application (FPCA), which is available on-line at <http://www.fvap.gov/>

## Quoi Emporter? (What to Take)

The most important advice about what to take is **pack light**. The biggest mistake most students make is taking too much with them. You will be responsible for what you bring and occasionally have to carry it all around with you, so the less you take the better. Lightweight luggage is a good idea, especially if you plan to travel during breaks and the summer before or after your time on Hollins Abroad. Backpacks are handy but not necessary.

**Remember that you will have very limited storage space in your room.** While you are abroad you will accumulate books, gifts, souvenirs, etc., all of which must be brought or sent back home. The cost for excess baggage and for parcel post is very high, so if possible leave some space in your luggage for things you will acquire. Airlines at the Paris airports and most U.S. airports are quite inflexible about baggage allowances. Most allow no more than two suitcases and one carry-on, all with weight and/or size restrictions. Extra luggage can cost \$100 or more. Your airline or travel agent can provide details about your luggage allowance. Also, remember to carry your passport and other arrival documents with you on the plane – don't pack them in the luggage you check with the airline. You will need them at both your departure and arrival airports.

Be sure your family has the numbers of your passport, a copy of your passport identification (photo) page, credit card(s),

and traveler's checks and a photocopy of your plane tickets. **Keep a scan of the identification page of your passport and visa accessible in an electronic device and in the cloud.** These measures will help if your documents, credit cards, or traveler's checks are lost or stolen.

### **Clothing**

The weather in Paris is often grey, chilly, and damp in the late fall, winter, and early spring. You'll need a warm winter coat or jacket, rain gear, sweaters, gloves and a scarf. Some families may keep their homes cooler than you are used to, so bring warm nightclothes, warm lounging clothes, and warm socks or slippers for the colder months. As our returning abroaders advise, learn to layer! You will also need comfortable walking shoes, including warm, weatherproof shoes or boots for colder weather, and one pair of dressier shoes.

Casual clothing is appropriate for class and daily living. Bring at least one dressier outfit for special occasions.

### **Miscellaneous**

For safety, women should have a shoulder bag with a strap that you can wear across your chest (as the Parisiennes do), so that it cannot be pulled from you. You may wish to keep cash and credit cards in an inside zipped pocket.

Handy items include a small flashlight for night trains and a small toiletries case for traveling. If you have extra passport photos, bring them with you in case you need to replace a museum pass or other ID.

You will not need a laptop as all assignments can be handwritten and the program's computer room is available for those who wish to use it. However, some students find it handy to have a laptop with them for completing class work. You will need a plug adaptor but most newer laptops have built-in converters, so you should not need a converter. If you bring a laptop, be sure to check with the manufacturer's customer service so you know what, if any, adapters

and converters are needed to use your computer in France safely. Laptops are popular targets of theft, so always keep your laptop with you when traveling.

### **Reading & Other Suggestions**

Reading French newspapers and books on French history, society, and culture, and viewing French films will help prepare you for your time in Paris. Most college libraries carry French newspapers and several are also available online. Your college's media center and local video outlets should carry films made in France. Here are some suggested readings:

*Tea with Sister Anna: A Paris Journal* by Susan Gilbert Harvey, a Hollins Abroad-Paris alumna (available in the Hollins bookstore and in the IP Resource Room on campus)

*Paris: The Collected Traveler* by Barrie Kerper, a Hollins Abroad-Paris alumna

*French or Foe: Getting the Most Out of Visiting, Living, and Working in France* by Polly Platt

*Paris Past and Present* by M. Ercole Pozzoli

*Paris to the Moon* by Adam Gopnik

*Culture Shock!: France* by Sally Adamson Taylor

*A Concise History of France* by Roger Price

*France Today* by John Ardagh

*Paris was Yesterday* by Janet Flanner

*A Moveable Feast* by Ernest Hemingway

*The Road from the Past: Traveling Through*

*History in France* by Ina Caro. This is a combination tour guide and history book that covers many of the regions visited on Hollins Abroad excursions.

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**Reading French newspapers and viewing French films will help you prepare for your time in Paris.**

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Good preparation will also make your personal exploration of Paris and France more valuable and enjoyable. Guidebooks that students have recommended include *Lonely Planet*, *Frommers*, *Rough Guide*, *Let's Go*, *Fodor's*, and *First-Time Europe*.

Useful websites include

[www.lonelyplanet.com](http://www.lonelyplanet.com), [www.frommers.com](http://www.frommers.com),

[www.ricksteves.com](http://www.ricksteves.com), [www.letsgo.com](http://www.letsgo.com), and [www.travel.roughguides.com](http://www.travel.roughguides.com).

## Travel and Arrival

**NOTE: If any of your contact information has changed since your original application, please notify the Roanoke Office. All of your pre-arrival information will be sent via email.**

### Transatlantic Travel

**H**ollins Abroad does not arrange for a group flight, as it is now generally less expensive and more convenient for students to book individually from their local airports or to use frequent flyer miles. **We recommend that you book a flight that arrives at Charles de Gaulle Airport no later than 10 a.m. on arrival day** (see the *Academic Calendar at the front of this guide*). You can book through a travel agency, airline website, or through a student travel site such as Student Universe ([www.studentuniverse.com](http://www.studentuniverse.com)) or STA Travel ([www.statravel.com](http://www.statravel.com))

**Students who arrive by the recommended time are met at the airport by Hollins Abroad staff. If you arrive after the suggested time, you will be responsible for making your own way from the airport to your accommodations. We will provide instructions.**

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**Students who arrive prior to the specified arrival day will need to find their own accommodations until the scheduled meet-up time and date.**

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Once you have booked your flight, you must forward your complete itinerary to the Hollins Abroad office in Virginia AND update Studio Abroad so we can provide detailed arrival instructions.

Because of increased security, it is important to pay careful attention to the information on check-in and baggage restrictions provided

by your airline including restrictions on liquids in carry-on luggage. The website of the Transportation Security Administration (<http://www.tsa.gov/>) has up-to-date information on what you can and cannot take on an airplane.

### Fall Field Trip

This destination varies from year to year, from Normandy to Nice or Lyons or Bordeaux. Students will depart from Charles de Gaulle at the start of the program, and will proceed directly to the train. **Be sure to pack a smaller, overnight bag to bring with you for this trip, as you will not want to bring all of your luggage.**

A typical itinerary might include:

**Day 1:** Bus ride to destination with lunch along the way. Arrival at hotel, walk around town, dinner.

**Day 2:** Visits to local attractions such as cathedrals, vineyards or beaches. Lunch included.

**Day 3:** Visits to local attractions such as cathedrals, vineyards or beaches. Lunch included.

**Day 4:** Return trip to Paris, with stops in picturesque towns and locations of interest which are typical of the local landscape and economy.

### Spring Field Trip to Southern France

Either during orientation or later in the term, the spring group takes a guided tour through parts of southern France. A typical itinerary includes:

**Day 1:** Train from Paris to Marseille. Visit of the cathedral and boat tour in *calanques*.

**Day 2:** Visit of La Cité Radieuse, by Le Corbusier architect and a gastronomical walking tour in the old part of the city.

**Day 3:** Nice and the Côte d'Azur. Visit to Chagall, Matisse and/or Modern Art



museums. Free time for strolls in the old Italian part of the city or on the beach.

**Day 4:** Visits to the picturesque towns of St-Paul-de-Vence, the Fondation Maeght (a renowned modern art museum with a splendid sculpture garden), Antibes and its Picasso Museum.

### **Fall and Spring Arrival Programs in Paris**

The arrival programs in Paris are designed to introduce you to your new surroundings and help you adjust to your new environment. There will be group sessions about academics, homestays, where to find what you need, etc., and you will also take the French placement test. Following the placement test, our Hollins Director will meet with each student individually to discuss course choices.

In both fall and spring, orientation includes guided tours of Paris, Giverny and Versailles, and visits to the Louvre, Notre-Dame, Sainte-Chapelle, and other important or secret Parisian sites. All these visits are conducted by a guide who specializes in art history and history.

### **Getting Along in Paris**

**Y**ou will find most French people polite and helpful, but you should expect a number of distinct differences between U.S. and French societies, quite apart from language. Remember that you are a guest in France and should try to adapt to French customs and habits.

**Always try to speak French.** If you address shopkeepers, waiters and others in English, they will think you scornful of them and their language and will pretend not to understand you. If, on the other hand, you speak French, they may try to answer you in English out of courtesy. Don't take this as an indication that your French is inadequate but rather as an indication that they appreciate your attempts to use their language and want to reciprocate by attempting to use yours.

Remember, too, that customs, expressions, body language, and ways of interacting with others may be different and, at first, a bit confusing. Sit back and observe. Don't make assumptions based on your own cultural context. Behaviors that seem inappropriate or even impolite in the U.S. may have a completely different meaning in France, just as some of your American behaviors will seem odd to the French. Expect to experience some frustration at first. As you observe and adapt you will become more and more able to understand and fit comfortably into your new surroundings.

### **Life in a French Family**

**E**ach Hollins Abroad student lives with French hosts. This provides the opportunity for a true immersion experience. While sitting around the dinner table discussing the latest movie, the government's new policies, or something funny that happened during the day, you'll develop conversational French skills and an understanding of the culture that you cannot gain through classroom study.

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**The homestay is an important part of your experience and we want you to be happy in your assignment.**

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You can be as involved with or independent of your French hosts as you choose. Most students choose to get to know their hosts well, but if you prefer to be very independent, please note that on your housing form. Be aware that less interaction with your hosts will mean less opportunity to improve your French and increase your understanding of daily life in France.

The Hollins Abroad staff in Paris maintains contact with the hosts on a regular basis to assure the students of the best possible living conditions.

### **Your Placement with a French Family**

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**Remember that you are a guest in France and should try to adapt to French customs and habits.**

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Your application included a housing form requesting information about yourself and your needs and preferences in your housing placement. While we are generally able to accommodate most preferences, it is not always possible to fill all requests. If you have unique requirements or medical concerns that require special housing considerations, please contact the International Programs office in Roanoke as soon as possible.

Most Hollins Abroad students prefer to be the only student in a homestay and this is the situation we recommend in most cases. While it may sound a bit overwhelming at first to be the only student in a home, most students find it a very rewarding experience with the greatest opportunity to improve French skills quickly. In most cases, there will be other Hollins Abroad-Paris students nearby. We do not encourage two students to stay together in a homestay and it is actually quite difficult to find host families that have two available rooms.

On rare occasions students may have compatibility problems with their assigned families. Our director does her best to place you in an appropriate family and Hollins prides itself in having a high success rate in this area. If you have any concerns about your placement, be sure to see our staff. They will work with you, including, if necessary, moving you to a different family. The homestay situation plays an important part in the success of your experience and we want you to be happy and satisfied in your assignment.

### **Things Provided by Your French Family**

**Linens:** You will get clean towels every week and clean sheets every two weeks.

**Keys to your apartment:** Be careful not to lose them because you will be responsible for the cost of changing the locks, which is very high.

**Breakfast:** Breakfast is provided by your hosts except during breaks and includes your choice of coffee, tea, or hot chocolate, *pain grillé* (toast), and *confiture* (jam). You should not expect your host family to provide orange juice, yogurt, or cereals, as these are not standard items in a French breakfast. If you want to buy your own, however, your hostess will reserve a space for you in her refrigerator. After a few days, if your daily schedule does not coincide with your family's, you can prepare your own breakfast. Always remember to leave a clean kitchen.

**Dinner:** Your family will provide dinner five days a week except during breaks. Fridays and Saturdays are the "off days," and you are given an allowance for these meals at the beginning of each month along with your lunch money. Please understand that while your hosts will accommodate your food preferences as much as possible, they will be serving typical French meals. If you are a picky eater you'll need to be more flexible than usual.

### **Things Not Provided by Your French Family**

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**If you wish to stay in Paris during spring or fall break (NOT winter break), your housing with your French hosts is covered by Hollins Abroad. No meals are provided by your hosts or Hollins Abroad during breaks.**

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**Lunch:** You will receive a monthly stipend from Hollins Abroad for lunches and Friday and Saturday dinners. Lunches are not provided by your hosts. Do not be offended if you are home during lunch hour (especially on weekends) and you are not invited to join them for lunch. Some students eat lunch in nearby cafés or take advantage of the many *boulangeries* near Reid Hall. Others pack a lunch to take to the Luxembourg Gardens. There are also several *Restaurants Universitaires* quite close to Reid Hall, where

you can get a complete meal for approximately 3€.

Dia is an inexpensive grocery chain which Hollins Abroaders have found to be a good place to stock up on snacks. The stores are located throughout Paris, with one just around the corner from Reid Hall, on rue Notre-Dame-des-Champs.

### **Rooming and Meals During Breaks**

Most students travel during breaks. If you wish to stay in Paris during a break, we ask that you **notify us and the family of your plans in advance**. No meals are provided by your hosts or Hollins Abroad during breaks. **No housing or meals are provided by Hollins Abroad during winter break.**

If you intend to remain in your homestay during the break, you will incur the following costs:

**10€/day just to stay with their host family**

**25€/day to stay and eat (Breakfasts and dinners)**

It is your responsibility to pay any fees incurred by remaining in the homestay **prior to your departure from Paris.**

Please be aware that some of our partner institutions use a different academic calendar for their spring or fall breaks. **If you take courses outside our site center, it is possible that those courses may still be in session during the Hollins Fall/Spring break.** Make sure to plan any independent travel accordingly.

Students who must remain in Paris for classes during a portion of the Spring break will be permitted to remain in their homestay for one week without additional cost during that time.

### **Guidelines for a Pleasant Stay in a French Home**

Be honest when completing your housing form. The more we know about the kind of experience you want to have, the more likely

we are to place you with hosts with whom you will be compatible.

When in doubt about anything—just ask! Not only will you get an answer, but it will initiate conversation, help your French, and show that you are genuinely interested. For example, ask about homework assignments, ask for suggestions for things to do and places to go, ask about your own *quartier* and what's interesting in the neighborhood.

Bring a small gift for your hosts. Something representative of your region of the U.S. is always appropriate. Also bring photographs of your family; your hosts will enjoy seeing them.

If you have culinary talents, prepare an occasional American dish or meal for your hosts.

Act responsibly when your family is away.

Most families will let you store food in the refrigerator and prepare lunch at home, etc. Just be sure to ask first.

You may do your laundry in your host family's apartment; however, some hosts prefer that the student not touch the washing machine. If that is the case, your host will do your laundry once per week for you. Try to keep your wash loads reasonable, i.e. once a week.

Be aware of the routine of the family members in terms of usage of the *salle de bain*. It's not polite to take baths too late at night, take long showers, keep the bathroom for hours for yourself, or use up all the hot water in the tank. Electricity and hot water are much more expensive in France than they are in the U.S., so restrict yourself to one shower or bath a day.

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**Always be courteous to your hosts, even if you do not wish to establish a friendship with them.**

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There are two options for telephone access:



(1) You can use the family's phone. You'll pay only for the calls you place (local and long distance, including, in some cases, a local call charge if you are using a calling card) but you will need to use the phone sparingly and respect French phone etiquette and the family's wishes. It is usually considered impolite to place or receive calls before 9 a.m. or after 10 p.m. or to tie up the family phone frequently or for long periods of time.

(2) You are required to use a local phone. There are many different ways you can arrange this. If the mobile phone you are using in the US contains a SIM card that you are able to remove, your easiest option would be to swap it out for a SIM card with a local number attached to a pre-paid plan. Additional calling time can be purchased via phone cards. You may also wish to purchase a cheap local phone. Note that cell phones are prime targets of theft throughout Europe so store your phone securely. At orientation, our staff will review local phone options and take students to a phone store where cell phones and minutes may be purchased at a reasonable cost.

Remember that homestays are neither hotels nor hostels. Please do not invite friends or relatives to stay with you without first checking with your host family.

If your family invites you to do things with them (e.g., day trips, weekend outings, etc.), accept with enthusiasm if you wish. Don't feel as though you are putting them out or they're just being nice.

Mail from the U.S. should be sent to Reid Hall, c/o Hollins Abroad-Paris.

**Expenses for the repair or replacement of any damage you cause in the home will be charged to your Hollins account.**

**Respect the terms of the contract between Hollins University and the family and do not ask your hosts for special favors** (for example, to arrive before the scheduled date, to join the family for extra meals, etc.). If you have

special needs, request assistance from the Hollins Abroad offices in Virginia or Paris.

## Getting Around Paris

**H**ollins Abroad provides each student with a monthly transportation pass for the duration of the program. The pass entitles you to unlimited travel by bus, métro, and R.E.R., within the city of Paris.

## Finances

### Fees and Billing

**T**he Hollins Abroad comprehensive fee (as listed on the program page in Studio Abroad) covers your tuition, all course field trips except theatre and concert performances, your accommodations, all meals, your transportation pass, the four-day trip to Normandy in the fall or to southern France in the spring, two optional weekend excursions, and comprehensive overseas health insurance while on the program. **Bills for the fall term are mailed in July, with payment in full due within 30 days. Bills for the spring term are mailed in December, with payment in full due within 30 days.**

Students who are not degree-seeking students at Hollins University are not eligible to participate in extended payment plans through Hollins University for Hollins Abroad. If you will be unable to pay your Hollins Abroad comprehensive fee in full on the due date because you will receive financial aid from your home institution that cannot be released until the start of the term, please notify the Hollins Abroad office in Virginia. We will confirm the details of your situation and make arrangements so you can avoid late payment charges until after your funds are released.

Students whose home universities have special financial arrangements with Hollins may be billed by their home institutions rather than Hollins.

Full-time Hollins University students can apply all of their financial aid, except institutional work-study (IWS), toward the Hollins Abroad comprehensive fee. Students from other institutions should check with their financial aid offices to ascertain their schools' policies. In most cases, federally subsidized financial aid can be applied toward the Hollins Abroad comprehensive fee and in many cases other aid can be applied as well.

Virginia residents are eligible to apply for Virginia Tuition Assistance Grants for the Hollins Abroad program. The application deadline for students who received a VTAG award in the previous fiscal year is July 31. Students new to the VTAG program and enrolling in the fall can apply until September 14, but applications received by July 31 are given preference. Students new to the VTAG program and enrolling in the spring must apply by December 1. The Commonwealth of Virginia does not guarantee that all applicants will receive funding; returning VTAG students are given first priority, those attending in the fall second, and those attending spring only, third. VTAG applications can be downloaded at <http://www.schev.edu/schev/formsIndex.asp>. Completed applications should be mailed to the Hollins Abroad office before the deadline.

A Hollins University account will be established in your name and you will have the option of charging certain program-related expenses to your account. The bill for your comprehensive fee and monthly statements of your account will be sent to the permanent home address (or home institution in some cases) you provide us on your application form. We will not send duplicate statements to you in Paris. **If you want your monthly statements sent directly to you while you are in Paris, please notify the Hollins Abroad office in Virginia.**

Several weeks before the beginning of the term, we will begin to make financial commitments for all students enrolled in the program. **If you withdraw after June 1 for the fall term or after December 1 for the spring**

**term, you will be responsible for any expenses already incurred on your behalf.**

### Money

**Hollins Abroad-Paris opens a local bank account through our partner bank for students attending for the academic year.**

This account allows the Hollins Abroad-Paris staff to wire lunch money and any relevant payments. This will be discussed in detail during orientation in Paris.

These students should keep in mind that having a French debit card allows them to easily purchase transportation passes, train tickets, etc., and avoids incidental charges that may be incurred when using an American card in France. Most students have found this to be the best option.

Students attending for a single semester or J-term are encouraged to use credit or ATM cards that honor Cirrus, Honor, or Plus in ATMs in Paris for routine access to funds. You can also use credit cards (Visa, MasterCard) at ATMs. Be sure to investigate transaction fees; depending on your bank, there may be lower fees with one kind of card than the other. Before leaving the U.S., check with your bank to be sure your PIN is an international one. It can be useful to have two credit/ATM cards, in case the magnetic strip on one malfunctions.

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See <http://www.oanda.com/>  
for "currency converter" tool

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**Notify your bank in advance that you will be living abroad for several months so their security department won't put a hold on your account when you start to incur charges abroad.** Most businesses accept Visa and/or MasterCard. Fewer accept American Express. Please be sure to have the pins for all your credit, bank and check cards with you, but do not keep them with your cards.

Most students find traveler's checks inconvenient to use. However, you may wish to take along a few traveler's checks, just to have a second source of funds in case there is

a problem with your credit or ATM card, PIN, or the ATM itself.

## Employment

Some students earn pocket money in Paris by babysitting or giving English lessons for French families. Good places to find these opportunities include the Reid Hall bulletin board, the American churches and the FUSAC magazine. You can also earn a stipend of up to about \$300 per month as an “intern,” in certain positions which do not carry academic credit. If you are interested in this option, especially in your second term in Paris, see the Hollins Abroad director. Finally, through a fairly complicated and time-consuming procedure, you can apply for a permit which will entitle you to accept up to 20 hours per week of paid employment. We strongly discourage students from applying for this permit, as the application process is daunting, finding a job is difficult, and working 20 hours per week will detract significantly from your academic experience.

## Health and Medical Care

**L**iving and studying abroad may present significant physical and psychological challenges. Even mild problems may be exacerbated by the stress associated with adjusting to a new cultural environment. If you are not in good physical and emotional health, you should carefully consider your plans to study abroad at this time. If you have any questions about your situation, be sure to consult with your parents, your university’s health and counseling service, or your private physician and/or counselor.

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**Be sure to provide the Hollins Abroad office with accurate and complete physical and mental health information on the Health Report and Release form.**

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While you are abroad, as at home, you are more likely to stay healthy if you eat well, get enough sleep and exercise, and refrain from risky behaviors, including excessive drinking, drug use, and having unprotected sex.

The Hollins Abroad–Paris office has a list of recommended physicians, dentists, and counselors in Paris and can help students make appointments. There are many excellent specialists and hospitals in Paris.

If you need a particular type of medication, bring a sufficient supply with you for the duration of your time abroad. Remember that all prescription medication brought into another country should be accompanied by a copy of the prescription, preferably noting the generic name of the drug and must be in its original bottle/container, clearly marked, with the student’s name. If you cannot take a sufficient supply of a medication, ask the prescribing physician to provide a diagnosis prescription, describing the medication so a French physician can issue a prescription that can be filled in Paris. Occasionally this will require an examination to reconfirm the diagnosis. Having medication shipped over to France is extremely costly, because you have to pay high customs fees. Additionally, if you corrective lenses bring an extra pair of eyeglasses, contacts and/or sunglasses with you or bring a copy of your prescription with you.

If you have any physical condition that may require emergency care, you should purchase and carry an identification tag, bracelet, or card on you at all times, indicating the specific nature of your problem and what should be done in the event you are unable to communicate.

Be sure to provide the Hollins Abroad office with accurate and complete physical and mental health information on the Health Report and Release form. Having this information can make a great difference in our ability to meet your medical and psychological needs while abroad. Additional information is available under Health Issues at Tips for Traveling Abroad on [http://www.travel.state.gov/travel/tips/tips\\_1232.html#health](http://www.travel.state.gov/travel/tips/tips_1232.html#health) and at Travel Health Online at [www.tripprep.com](http://www.tripprep.com)

## CISI

**C**ultural Insurance Services International (CISI) policies are included as part of the comprehensive fee for all students participating in the Paris program. Students will be enrolled in the policy by the International Programs office, using information provided on your application. This comprehensive coverage will be used for any claims made outside of the US during the program dates. You will receive your CISI policy number and schedule of benefits at the email address provided on your application. It is imperative that you save and/or print this information once you've received it.

In addition to health insurance, CISI also provides a variety of emergency services, including emergency medical and security evacuations, repatriation, some lost baggage insurance and 24/7 medical, technical and travel assistance.

## Americans Abroad

**J**ust as Americans stereotype people from other countries, people from other countries stereotype Americans, based on what they see in movies and other media and on the behavior of American tourists. Among the common negative stereotypes of Americans is that they are loud and demanding, have lots of money to spend, drink too much, are always in a hurry, expect all foreigners to speak English, make no effort to adapt to local customs, and think the U.S. is better than any other country. If you encounter negative stereotypes of Americans that you think are unfair or inaccurate, prove them wrong with your own positive behavior.

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**People from other countries stereotype Americans, based on what they see in movies and other media.**

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There is considerable opposition in many countries to the U.S. foreign policy, particularly in the Middle East. Be prepared to encounter anti-American attitudes and, perhaps, the assumption that because you are American you support the U.S. government's

actions (regardless of whether you do or not). You should not feel compelled to defend U.S. foreign policy, but you should be prepared to defend your own personal views intelligently if you enter into political discussions.

Here are a few things to keep in mind:

- In most other countries, people tend to be well-informed about local, national, and world politics; engaging in political discussions is a way of life, as is criticizing their own and other governments.
- In many countries, people tend to be very direct in expressing their political views; it is not considered impolite to openly disagree with others. On the contrary, it is considered as being very sincere.
- Don't enter into heated discussions when you or those you are conversing with have been drinking heavily.
- Don't take criticism of the U.S. government, president, or foreign policy personally—you are not responsible for U.S. foreign policy, whether you support it or not.
- Don't make assumptions. If someone treats you disrespectfully, whether in a discussion or on the street, don't automatically assume it's because you are an American—maybe the person is having a bad day or maybe he's just rude to everyone.
- Be open-minded and remember that people with different life experiences and world views see things differently. An important part of the study abroad experience is seeing and evaluating different perspectives.

## Culture Shock

**C**ulture shock is the term used to describe the psychological disorientation most people experience

when they move for an extended period of time into a culture markedly different from their own. For most people the experience of culture shock is brief and hardly noticeable. For some, however, culture shock can bring considerable discomfort. Often it is the students who least expect it or refuse to recognize it that have the most difficulty.

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**Culture shock comes from the experience of encountering ways of doing, organizing, perceiving or valuing things which are different from yours.**

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Culture shock does not result from a specific event or series of events. It comes instead from the experience of encountering ways of doing, organizing, perceiving or valuing things which are different from yours and which question your basic, unconscious belief that your own customs, assumptions, values and behaviors are “right.” It tends to build up slowly from a series of small events which are difficult to identify. Simple examples include times when people don’t understand your sense of humor and you don’t understand theirs or when someone’s reaction to something you have done or said doesn’t make any sense to you.

Culture shock comes from:

- Being cut off from the cultural clues and patterns with which you are familiar.
- Having your own values brought into question.
- Being put into positions in which you are expected to function effectively, but where the rules are unclear to you or different from what you expect.

Culture shock can cause symptoms such as homesickness, frustration, or irritation with your host culture or its people. If you find yourself having difficulty adjusting to your new surroundings, try to remember that some degree of culture shock is natural and inevitable. If you are like most students,

within a short time you will be feeling comfortable and at home in your new surroundings. If you experience significant difficulties, the program staff can provide support and advice.

## Communications

Cell phones and email have made communication between abroad and home convenient and inexpensive. This has great advantages but unfortunately also has the disadvantage that students may spend a considerable amount of time while they are abroad calling or emailing friends and family in the U.S. to “stay connected.” As a result, they may not seek or make connections in Paris. While it is important to keep in touch with those in the U.S. who are important to you, Hollins Abroad encourages you to keep emails and phone calls (especially those in English) to a minimum. Immerse yourself in your new surroundings instead. You will have only a few months to experience all there is to see and learn about Paris and France—take advantage of them!

We also encourage you to be kind to your parents. It is natural to want to call them for support when you are having a problem, experiencing culture shock, or are homesick. But they often feel helpless because they are 4,000 miles away. Also, remember that the people who can best help you resolve problems are the on-site staff, not your parents or the Hollins Abroad office in Virginia. Always take your problems and concerns to the Paris staff—there’s nothing you can ask them that they haven’t been asked before!

## Returning Home

Even though you haven’t even departed yet and are certainly not thinking about what it will be like to return home after your time abroad, it is worth noting even now that coming home requires an adjustment that can be as difficult as or even more difficult than the adjustment you need to

make when going abroad. This is known as reverse culture shock or re-entry culture shock. When you leave your study abroad site, you will be leaving places, people, and a way of life which have become very important and familiar to you. You are likely to have changed as a person and may have new interests and values. You may be concerned about how you will adjust to being back at home and on your home campus and how your family and friends will adjust to the “new you.” If you have significant readjustment problems, you may wish to seek assistance from resource people on your home campus.



## Appendix

### Safety

Life in most European cities is as safe as, or much safer than, life in a large city in the U.S. Violent crime is rare, although petty theft is quite common. It is important that you use common sense and observe reasonable safety precautions while you are abroad, as you would at home.

- Register your trip on-line with the U.S. Department of State at <https://travelregistration.state.gov/ibrs/>. This will enable Department of State officials to communicate with and assist you in an emergency. You can register at this on-line site as soon as you have your Paris address.
- Do not leave your bags or belongings unattended at any time. Security staff at airports and train stations are instructed to destroy any unattended luggage. Do not agree to carry or look after letters, packages, or suitcases for anyone.
- Never keep all of your documents and money in one place or one suitcase. Once you arrive, keep your passport in a safe place. Don't carry your passport with you unless you need it. A U.S. passport is an enticing target for thieves; thousands are reported stolen overseas every year and passports can no longer be replaced at U.S. embassies and consulates overseas except in emergencies and only for travel home.
- Don't ever keep all your money and credit cards with you. Just take what you need for each day and leave the rest in a safe place.
- Remember that, at least at first, you will be unfamiliar with your surroundings, local customs, behavior, and body language. You won't know whom to trust. Be more cautious than you would at home, where you are better able to "read" a given situation.
- Avoid walking alone in poorly lit or deserted streets, parks, and other areas.
- Even when accompanied by others, stay away from areas of a city reputed to be dangerous.
- If you find yourself in uncomfortable surroundings, act as though you know what you are doing and where you are going.
- Know how to use public phones and how to contact the police. Have necessary coins or phone cards with you.
- Areas around public telephones and the metro are common places for pickpocket activity. Keep backpacks and purses in hand. Safeguard calling card numbers.
- Do not leave money, credit cards, IDs or valuables in a backpack that you carry behind you.
- If you don't want to or can't afford to lose something, don't take it with you. When traveling, don't show off cash or expensive jewelry or watches in stores or on the street. Keep your money in a money belt or bag that fits across your chest when you are on the street, on public transportation, and in public buildings.
- Be aware of the dangerous effect that alcohol consumption can have on your ability to use common sense and make good judgments, especially in unfamiliar situations. Don't accept drinks from or get drunk with strangers.
- Stay away from illegal drugs entirely. Use of illegal drugs is grounds for immediate dismissal from the program. Most foreign countries have extremely strict laws regarding even small quantities of drugs and there is very little that program staff or U.S. officials can do to help you if you are caught with illegal drugs. For more information, go to [http://travel.state.gov/travel/tips/tips\\_1232.html#drug\\_offenses](http://travel.state.gov/travel/tips/tips_1232.html#drug_offenses).

- Remember that you are subject to the laws of whatever country you are in, which may be much more restrictive than those in the U.S. U.S. standards of due process may not apply in overseas legal proceedings and Hollins cannot provide or pay for legal representation of program participants. Familiarize yourself with local laws and don't jeopardize your studies and your freedom by breaking them.
- Do not hitchhike or accept rides from strangers.
- Let your hosts, friends and/or the program director know of any travel plans and how they can reach you. Have the director's phone number with you at all times in case of emergency.
- When traveling, do not tell strangers where you are staying.
- Always have two sources of funds available to you – an ATM card and traveler's checks, for example. If for any reason you can't get money from one source, you'll still have access to cash.
- Go the opposite direction of any disturbance. Do not get involved. Avoid political demonstrations and protests. In the case of sudden political upheaval involving the U.S. or your host country, rely on instructions from the program director.
- Remember that any behavior that puts you or your fellow students in danger is grounds for dismissal from the program.

In the current world situation, some added precautions are advisable:

- Avoid places frequented by Americans—pubs, fast food restaurants, U.S. business and government offices.
- Avoid speaking loudly in English when in public with other Americans.
- Avoid dressing in ways that readily identify you as an American.
- Be cautious about how much you tell strangers or people you don't know well about your program, its location, your residence, or any travel plans.
- Do not invite strangers or recent acquaintances to your program building.
- Report any suspicious people or packages to the front desk staff.

The website of the U.S. Department of State ([www.travel.state.gov](http://www.travel.state.gov)) provides a wealth of information on safety and security in overseas travel. The "Consular Information Sheets" provide cultural, practical, and safety information on every country in the world. **We suggest you read these information sheets before traveling to any country.** Other worthwhile links can be found under "Tips for Traveling Abroad" and "Living Abroad Tips."

**We strongly recommend that you regularly monitor the Department of State's website for alerts issued for U.S. citizens abroad.** There are two kinds of alerts issued by the State Department. The first is a "public announcement," which notifies Americans of a potential threat and suggests measures they should take when traveling in a particular country or region. The second is a higher level of alert, called a "travel warning," which is generally a recommendation that Americans not travel to a particular country or region. We strongly suggest that you go to the website before departure and read examples of each of these types of warnings so you will be familiar with them and the reasons they are issued. While travel warnings are uncommon in Europe, public announcements are sometimes issued, especially when a controversial international meeting is scheduled and large demonstrations are expected. The Hollins Abroad office receives these bulletins as they are issued and immediately forwards them to the program directors and all students if they cover countries or cities to which you might travel.

In the unlikely event that a travel warning is issued for Paris or France while Hollins Abroad is in session, we will consult with the U.S. Department of State here and our director will consult with the U.S. embassy in Paris to determine the safest course of action. Hollins Abroad has emergency plans ready for implementation should the need arise.



***Hollins University cannot assume responsibility for actions or for events that are not part of the program or for those that are beyond our control or for situations that may arise due to the failure of a participant to disclose pertinent information.***

## **Independent Travel**

**I**t is easy and convenient to travel from Paris to many other parts of France and Europe. While we encourage you to explore other countries and, in particular, other parts of France during breaks and on occasional weekends, spending adequate time on your coursework and taking advantage of what Paris itself has to offer should be your top priorities. Long-distance traveling every weekend often leads to academic stress, physical exhaustion, and, at the end of the term, the realization that you've missed many experiences in Paris. Try not to be overly ambitious in your travel plans.

The National Tourist Office as well as tourist offices for most French provinces are located in Paris. The Hollins Abroad office in Paris can also advise students on transportation and accommodations in many parts of Europe.

Before traveling to any country, check the state department website for any travel warnings issued for your destination. <http://www.travel.state.gov/>

### **French Guidebooks**

*Plan de Paris*: an indispensable, pocket-sized book containing an alphabetical listing of all streets in Paris cross-referenced with maps of each "arrondissement," as well as métro maps and useful addresses.

*Guide Michelin Vert* (in French or English): a concise tourist guide to the sights of Paris and close suburbs. It includes historical, architectural, and sociological information and itineraries for walking tours. These guides are available for French regions and other European countries as well.

*Paris Pas Cher*: lists inexpensive restaurants, discount stores, free or inexpensive entertainment.

*Guide du Routard*: the French equivalent of Let's Go; volumes for various French regions and many countries all over the world. Excellent as a guidebook and as a way to meet French young people when traveling.

*Guide Bleu*: a bit expensive but a good guide, especially if you are interested in history and architecture.

Guidebooks in English that have been recommended by former abroaders are listed in *Reading and Other Suggestions* in this guide.

### **Train Travel**

European trains are fantastic. The National French Railroad Company, called SNCF, sells tickets for all over Europe at any train station or any of their "Tourisme SNCF" offices. The general information phone number is 36 35. Reservations can be made by telephone or on [www.voyages-sncf.com](http://www.voyages-sncf.com) and tickets picked up 30 minutes prior to train departure.

Depending on your travel plans, you may find a rail pass useful. Rates and ordering information for the various passes can be found at [www.statravel.com](http://www.statravel.com) or at any travel agency. Passes can be

purchased before leaving the United States. Even if you have a Eurail or other train pass you will have to pay a reservation fee for each trip.

### **Air Travel**

Inexpensive airfares from Paris to many European cities can be booked online with low-cost airlines such as EasyJet or RyanAir. Depending on your destination, it may be cheaper and faster to fly than to take the train.

### **Car Rentals**

You can rent a car in France if you are 21 or older and have an international driver's license (available at any AAA office). Some countries in Europe require drivers renting cars to be at least 25 years of age and have at least 12 months of driving experience. In most cases, a major credit card is also required.

Traffic laws vary tremendously from country to country and all are very different from those in the U.S. We strongly recommend against renting vehicles and instead suggest that you use the excellent public transportation system to get to your destinations.

### **Hotels**

In most European train stations there is a tourist information office that helps visitors find hotels in the city. In some stations, the employees will call the hotels for you. Free lists of hotels in France are available in the Paris Tourism Office on rue des Pyramides, near the Opera. The National Tourist Office can also provide information on hotels.

### **Travel with French Groups**

Students who wish to participate in organized French student trips can consult the following agencies:

Nouvelles Frontières  
66, bd St Michel  
Paris 6ème

C.R.O.U.S./O.T.U.  
39, ave Georges Bernanos  
Paris 5ème

UCPA  
rue de la Glacière  
Paris 13ème  
(and 17 other locations in Paris)

The Club International des Jeunes, of which all Hollins Abroad students are members, also organizes student trips.

### **Parisian Activities**

**H**ollins Abroaders have always enjoyed Paris nightlife; like them, you will soon discover the “in” places. For movies, concerts and shows, read either *Pariscope* or *l'Officiel des Spectacles*, two weekly guides to events in Paris. They list all the movies showing in Paris (about 250 at any time), exhibits, concerts, operas, and plays.

Tickets for both the old Opéra Garnier and the new Opéra Bastille go on sale at the Opéra one week in advance, by subscription, or in an agency like FNAC or Virgin. At the Opéra Garnier you can get “places sans visibilité” for 6-9€, you’ll see a smidgen of the stage, and all of the Chagall ceiling!

Many concerts are held in churches and often they are free. Rock and pop concerts are usually held at *Le Zénith*, *Porte de la Villette* and at the *Palais Omnisports de Bercy*.

Tickets for all sorts of concerts can be purchased at FNAC: 136, rue de Rennes, 6ème or Forum des Halles, 1er.

### **Lecture Tours**

Interesting lecture tours are listed every week in *Pariscope*: visits to the cemetery “le Père-Lachaise” (see the tombs of famous people from Chopin to Jim Morrison), or to Bohemian Montmartre, or the underground of the Halles with its gothic cellars, etc. Early in the term you may also enjoy the “Paris Walks” offered in English by the same company that created the famous “London Walks.”

### **Promenades**

*Les Catacombes*. 2, place et M° Denfert-Rochereau. 01 43 22 47 63. Du Mar. au Ven. de 14h à 16h. Sam. et Dim. de 9h à 11h et de 14h à 16h. Fermé jours fériés.

*Les Egouts de Paris*. Place de la Résistance. Extrémité rive gauche du Pont de l’Alma, angle du quai d’Orsay (M° Alma). 01 47 05 10 29. Tlj de 11h à 16h. Fermé Jeu. et Ven. Visits in English available.

*La Grande Arche*. 01 49 07 26 26. Parvis de La Défense (RER La Défense). Du Lun. au Sam. de 9h à 18h, Dim. de 9h30 à 22h. Beautiful view of all of Paris (for a fee).

*Marché Aux Puces de la Porte de Saint-Ouen*. (M° Pte de Clignancourt). Sam., Dim. et Lun. de 9h à 20h. Lots of fun but beware of pickpockets.

*Montmartre* and *Sacré-Cœur* on the weekends. Lively, colorful, artistic. Again, beware of pickpockets.

*The Marais* and *Place des Vosges*. Live jazz quartets on Saturday evenings.

### **Art Galleries**

About 50 art galleries near the Pompidou Center; the same number in Saint-Germain-des-Prés (rue Bonaparte, rue de Seine); and dozens in the Bastille area, near the new Opéra and in the BNF area. Major exhibits in museums are widely advertised. Keep your eyes open and ask your art teachers.

### **Concert Halls**

*Accueil Saint-Merri*. 76, rue de la Verrerie (M° Hôtel de ville). 01 42 76 93 93

*Eglise Saint-Julien le Pauvre*. rue Saint-Julien-le-Pauvre (M° Saint-Michel).

*Eglise Saint-Louis en L’Île*. 19 bis, rue Saint-Louis en l’Île (M° Pont-Marie).

*Maison de la Radio*. 116, avenue du Pdt Kennedy (M° Ranelagh). 01 42 30 23 08

*Notre-Dame*. place du parvis Notre-Dame (M° Cité). 01 43 26 07 39

*Opéra de Paris*. (M° Opéra). 01 47 42 53 71

*Opéra Bastille*. (M° Bastille). 01 47 42 53 71

*Salle Gaveau*. 46, rue de La Boétie (M° Miromesnil). 01 49 53 05 07

*Salle Pleyel*. 252, rue du Faubourg Saint-Honoré (M° Ternes). 01 45 63 88 73. Pour l’Orchestre de Paris:

01 45 63 07 96

*Theâtre Champs-Élysées.* (M° Alma-Marceau)

### **Department Stores**

*Monoprix* is the place to buy necessities. Stores are located all over Paris.

### **Book Stores**

*Joseph Gibert*

26, boulevard Saint Michel

75006 Paris

New & used books, also stationery

*FNAC* (also sells CDs, video equipment, film, cameras, etc.) at several locations:

136, rue de Rennes

*FNAC Étoile*

*Forum des Halles*

1, rue Pierre Lescot

75001 Paris

### **Book Stores--English**

*Galignani*

224, rue de Rivoli

75001 Paris (M° Tuileries)

Art and literature

*Shakespeare and Company*

37, rue de la Bûcherie, 75005 Paris (M° Saint-Michel)

Art and literature

*W. H. Smith*

248, rue de Rivoli

75001 Paris (M° Concorde)

Paperbacks, books on tape, magazines

*Gibert Jeune International*

10, pl. St. Michel

75006 Paris (M° St Michel)

Mostly academic literature

*Village Voice*

6, rue Princesse

75006 Paris (M° Mabillon)

Good selection of quality paperbacks and new publications; small, friendly atmosphere.

### **Libraries--General**

*Bibliothèque Sainte Geneviève*

10, place du Panthéon

75005 Paris (M° Cluny)

Hours: Monday through Saturday, 10 a.m. to 10 p.m.

*Bibliothèque Publique d'Information. Georges Pompidou*

(M° Rambuteau or Hôtel de Ville)

An excellent general library with documentary section on microfilm and audiovisual programs in many fields. Also language laboratory. Easy entry and use of books. Hours: Monday through Friday, Noon to 10 p.m.; Saturday and Sunday, 10 a.m. to 10 p.m. Closed on Tuesdays.

*Bibliothèque de l'Arsenal*

1, rue Sully

75004 Paris (M° St Paul)

Hours: Monday through Saturday, 10 a.m. to 5 p.m.

*Bibliothèque Nationale de France*

Quai François Mauriac (M° Quai de la Gare)

75013 Paris

Hours: Tuesday through Saturday, 10 a.m. to 7 p.m.; Sunday, noon to 6 p.m. Closed on Mondays.

Yearly entry fee 20€ or 5€ per individual visit

**Libraries--Art**

*Bibliothèque des Arts Décoratifs*

109, rue de Rivoli (M° Tuileries or Palais Royal)

75001 Paris

Hours: Monday, 1:45 p.m. to 5:30 p.m.; Tuesday through Saturday, 10 a.m. to 5:30 p.m.

*C.N.A.C.*

11, rue Berryer

75008 Paris

Hours: Monday through Saturday, 2 p.m. to 7 p.m.; closed Tuesdays

**Libraries--History**

*Bibliothèque Historique de la Ville de Paris*

24, rue Pavée

75004 Paris

Hours: Monday through Saturday, 9:30 a.m. to 6 p.m.

**Libraries--English**

*American Library*

10, rue du Général Camou

75007 Paris

Hours: Tuesday through Saturday, 10 a.m. to 7 p.m. Fairly high entry fee for non-members

*Bibliothèque du British Council*

9, rue Constantine

75007 Paris

Hours: Monday through Friday, 11 a.m. to 6 p.m.

For members only

**Museums**

*Archives Nationales.* 60, rue des Francs - Bourgeois (M° Rambuteau). Historical documents, manuscripts, texts, and engravings.

*Musée de l'Armée.* Invalides, Galeries de l'Occident et de l'Orient (M° Invalides). The world's largest collection of arms, uniforms, and military equipment with displays devoted to pre-15th century military gear up to WW II.

*Musée des Arts Décoratifs.* Pavillon de Marsan, 107-109 rue de Rivoli, (M° Palais Royal). Collections of furniture, china, tapestries, and all the decorative arts, predominantly French, from the Middle Ages to the present day.

*Musée d'Art Moderne de la Ville de Paris and Palais de Tokyo.* 11 and 13, avenue du Président Wilson M° Alma. Temporary exhibitions of 20th century artists and movements.

*Institut du Monde Arabe.* 1, rue des fossés St. Bernard (M° Jussieu). Library, art exhibits, restaurant, all devoted to the culture of Arab countries. Beautiful architecture.

*Musée de la Mode et du Costume.* Palais Galliera, 10, ave. Pierre Ier de Serbie (M° Iéna).

*Bibliothèque Nationale.* 58, rue de Richelieu (M° Bourse). Exhibits from their rich collection of manuscripts, paintings, and engravings. The library itself is not open to the general public.

*Musée Carnavalet.* 23, rue de Sévigné (M° Saint Paul). An extremely interesting museum which brings to life the history of the city of Paris. The museum is housed in a 16th-century mansion once the home of Madame de Sévigné and decorated by Goujon's "Four Seasons" panels.

*Centre National d'Art et de Culture Georges Pompidou* (M° Rambuteau or Hôtel de Ville). Musée National d'Art Moderne. Centre de Création Industrielle. Bibliothèque Publique d'Information. In addition to the permanent modern art collection, the Centre has many temporary exhibitions.

*Musée de Cluny.* 6, place Paul Painlevé (M° St. Michel). A superb collection of medieval tapestries, enamels, stained glass windows and sculpture. The Hôtel de Cluny, a fine example of 15th century Flamboyant Gothic style, is built on and around what was once the site of Roman baths.

*Musée de la Conciergerie.* 1, quai de l'Horloge (M° Cité). Visitors see the prison where Marie Antoinette was housed as well as various objects of interest from the time of the French Revolution.

*Musée du Cristal de Baccarat.* 11, place des Etats-Unis (M° Iéna or Kléber). Priceless one of a kind examples of Baccarat hand-blown crystal.

*Palais de la Découverte.* avenue Franklin Roosevelt (M° Champs-Élysées Clemenceau). Attached to the Université de Paris, a science museum with special exhibitions, demonstrations, documentary films, and a planetarium.

*Grand Palais.* avenue Winston Churchill (M° Champs-Élysées-Clemenceau). A distinctive exhibition hall built for the 1900 World's Fair, the Grand Palais is used principally for large temporary exhibitions.

*Petit Palais.* avenue Winston Churchill (M° Champs-Élysées-Clemenceau). A permanent collection devoted mostly to French artists of the 19th century and "objets d'art" from the Renaissance through the 18th century.

*Musée de l'Homme.* Palais de Chaillot (M° Trocadéro). A museum of natural history which assembles anthropological and paleontological exhibitions as well as examples of popular arts (costumes, tools, arms) of different civilizations.

*Musée Jacquemart-André*. 158, boulevard Haussmann (M° Miromesnil, Ste. Philippe du Roule). A small museum that is a well-kept secret and a favorite among our students. Open daily.

*Musée Picasso*. Hotel Salé, 5, rue de Thorigny (M° St. Paul). In a 17th C. «hôtel particulier» in the Marais, a superb collection of Picasso's works as well as works of others from his personal collection.

*Cité des Sciences et de l'Industrie*. Parc de la Villette (M° Porte de la Villette).

*Musée d'Orsay*. 1, rue de Bellechasse (M° Solférino). Art from 1848 to 1914, including some works formerly at Musée du Jeu de Paume. Closed Mondays.

*Musée du Louvre* (M° Palais-Royal or Louvre). The seemingly endless collections are divided into six major groups: painting, sculpture, Greek, Roman, Egyptian, and Oriental antiquities, and "objets d'art." Of as much interest is the building itself, first used as a fort for the protection of the island, then enlarged and renovated under successive kings as a dwelling.

*Musée de la Marine*. Palais de Chaillot, place du Trocadéro (M° Trocadéro). A collection of early ships, galleys, and sailboats, as well as interesting figureheads.

*Musée Marmottan*. 2, rue Louis Boilly (M° Muette). Claude Monet and his friends. A beautifully presented collection of the works of Claude Monet with photographs and memorabilia. Also an unexpected and surprisingly beautiful room filled with medieval miniatures.

*Orangerie des Tuileries*. Jardins des Tuileries, côté Seine (M° Concorde). Used for temporary exhibitions, the newly renovated Orangerie permanently houses Claude Monet's "Waterlilies" as well as many Impressionist and Post-Impressionist works.

*Musée Rodin*. Hôtel Biron, 77, rue de Varenne (M° Invalides). A collection which includes works from Rodin's earliest to his most famous: "The Gates of Hell," "The Thinker," and "The Kiss."

*Victor Hugo's House*. Pl. des Vosges, 4ème (M° Bastille or St. Paul). Amazing collection of his ink drawings, as well as manuscripts.

*Musée du Quai Branly*. 37, quai Branly (M° Iéna, Alma-Marceau). This brand new museum, constructed by renowned architect, Jean Nouvel, has a vast collection of art from various cultures of Africa, Asia, the Pacific Islands and the Americas.