Vive les Arts! Paris-Inspired Music, Art & Literature
ON-SITE GUIDE 2013

EUROPE
STUDY ABROAD

LEARNING ABROAD CENTER
University of Minnesota
Important Names and Addresses

To assist you with your study abroad planning, the Learning Abroad Center provides a full range of services from preliminary program advising to assistance with re-entry. As you read through this handbook, do not hesitate to contact the Learning Abroad Center with any questions.

In the United States

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*Sarah is the primary student contact person, and participants who have questions should contact her. Her email and telephone number are listed above.

In case of emergency, you or your friends and family members should feel free to contact the Learning Abroad Center at 612.626.9000. After business hours, there will be a recording giving a pager number to call for emergencies. The Learning Abroad Center has someone on-call 24 hours per day to deal with emergencies. This person will contact the on-site staff as needed.

Adriana Zabala, Program Leader
School of Music
azabala@umn.edu

We encourage you to make a copy of this page to give to your friends and family members.

Know Before You Go

Before you leave the country, make sure that you have read and understood the information in your Confirmation Checklist, Online Orientation, and the Learning Abroad Center’s policies (http://www.umabroad.umn.edu/students/policies/academic.php). These materials will guide you on a safe and successful learning abroad experience.

Friends and Family Resources

Valuable resources for your friends and family members can be found at www.UMabroad.umn.edu/parents. Topics such as health and safety, program prices, logistics, and travel are discussed.
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Introduction

“If you are lucky enough to have lived in Paris as a young man, then wherever you go for the rest of your life, it stays with you, for Paris is a moveable feast.”
- Ernest Hemingway

Welcome to Vive Les Arts, the 2013 Global Seminar in Paris! Treasures new, old, and as yet undiscovered await you in one of the world’s most fascinating and beautiful cities. Whether it is your first time or you are returning to the City of Lights, I am thrilled that you will be joining me for this very special adventure. Paris has inspired the western world’s most bold and intimate works of visual art, music and literature, and during our stay we will be exploring both famous icons and lesser known jewels of creativity, which permeate every quarter of the city.

This city and its environs will be our classroom, a grand example of which will be the incomparable array of museums of visual art that Paris has to offer. You will explore collections in the Louvre (which boast the Mona Lisa, among other great works of world art) the Musée d’Orsay (the quintessential collection of impressionist works), the Rodin Museum (housing Rodin’s definitive sculptures), the Pompidou Centre (Europe’s largest museum of modern art), and an excursion to Giverny, the extraordinary home and gardens which inspired many of Claude Monet’s most famous paintings. In each of these experiences you will be given the task to specifically observe certain works and to record your thoughts in an ongoing journal.

We will move beyond museum walls to take in public art such as the Tour Eiffel and its role in the dawning of modernity, and to learn about the design of Paris as we know it by Baron Haussmann in the 19th century. Walking tours of Montmartre, Montparnasse and the cemetery of Père Lachaise will also highlight the unique proximity of artists and the hotbed of innovation and creativity that was the Paris of the 19th and 20th centuries. There will be also opportunities to attend several concerts of French music by both emerging and established international artists.

We will highlight Paris-inspired literary history both through translations of great French poets such as Baudelaire and Verlaine, and take a look at the strong influence of France on American writers such as Ernest Hemingway and F. Scott Fitzgerald, visiting cafes and public parks that were their stomping grounds in the years after WWI.

As mentioned, you will keep a daily journal throughout your stay in Paris, and will share your record with me before returning to the U.S. Another feature of our exploration is that each of you will be assigned a topic to prepare for a talk to guide the rest of the group, seminar style; this assignment will be given before departure for France.

You will be staying at the Cité Internationale Universitaire de Paris (known as the “Cité U”), south of the Montparnasse Neighborhood, and convenient by bus and subway too all of Paris. Students, professors, scholars and artists from around the world have been staying there since WWI, when it was designated a student quarter to encourage wider global exchange and understanding. You are encouraged to make friends and spend time with students from other countries- discovering Paris with a different perspective is sure to be enlightening.

Though I will provide you with some basic courtesies and phrases for “getting by” in French, your experience will be even richer if you acquire even a modest number of words or phrase while you are there. All of your lectures and work will be in English, rest assured. Finally, thank you again for choosing Vive les Arts! I imagine we will all learn aspects of the truth of Thomas Jefferson’s reflections on the gifts Paris offers, and that these will stay with us for life.

“A walk about Paris will provide lessons in history, beauty, and in the point of Life.”
- Thomas Jefferson

About This Guide

This handbook provides information about the academics and housing of your Global Seminar. It also begins to familiarize you with some cultural specifics of your host country. The information is intended to begin preparing you for your upcoming experience. It offers an overview on certain topics, but not comprehensive information. You are encouraged to read other sources of information about your destination city and country in preparation for your stay. You will find a resource list at the end of this handbook. You may also want to check your local library for additional resources. The better prepared you are prior to your departure, the more quickly you will adjust and be able to function effectively in your host country.

As you read through this handbook, do not hesitate to contact the Learning Abroad Center at the University of Minnesota with any questions.
About Global Seminars

Global Seminars are an amazing way to learn about a subject in another country. You not only learn in the classroom and from a professor, but also from the culture and people around you. All of your senses will be stimulated and this experience can feel overwhelming at times.

Your classmates, program leader, and on-site partner can all be a source of support as you adjust to your new environment. However, the ultimate success of this unique opportunity depends on your ability and commitment to make the most of the experience and to adjust effectively to the changes you will encounter.

Global Seminars are an academic experience. As is expected when you are on campus, on the Global Seminar you are expected to attend classes and fulfill all of the course requirements. Remember, since this is a three-week condensed course, missing one day of class can mean missing a lot of material. You are also encouraged to take advantage of being in such a unique location by experiencing the culture you are visiting. Be prepared to manage your time so you can achieve both academic success and cultural exploration. It is best to plan most independent travel after the program.

Preparation and Planning

Documents

For information on obtaining a passport, contact the Learning Abroad Center. You may also want to purchase an International Student Identity Card (ISIC), which can get you additional discounts if you plan to travel independently after the program. Applications are available online. You can find more information on both documents at [www.UMabroad.umn.edu/students/travel/isic.php](http://www.UMabroad.umn.edu/students/travel/isic.php)

US citizens do not need a visa to travel to France.

If you are not a US citizen, it is your responsibility to check with your own consulate and the French consulate or embassy for special travel document requirements (re-entry permits, etc.). This process may also take time to complete, so it is very important to take care of this immediately.

Your passport and other vital travel documents should be kept safe. If your passport is lost or stolen, you should contact the local police and the American Consulate or Embassy immediately.

Money Matters

Personal spending habits vary too greatly to state exactly how much it will cost to live abroad. The amount depends on your personal spending habits, the amount of traveling you plan to do, and the value of the dollar. Please take these into consideration when planning. You may want to refer to the budget estimate for this program, which can be found at: [http://www.umabroad.umn.edu/assets/files/Fees%20Pages/GlobalSeminars/Vive%20les%20Arts_May%202013.pdf](http://www.umabroad.umn.edu/assets/files/Fees%20Pages/GlobalSeminars/Vive%20les%20Arts_May%202013.pdf)

Currency

France uses the Euro. You can check the current exchange rate [http://www.xe.com/ucc/](http://www.xe.com/ucc/). Be certain to do so before you travel since the value fluctuates daily.

Debit Card

One of the easiest and least expensive means of obtaining money is at an ATM. If you have debit card, it takes money directly out of your account and does not incur interest or a cash advance fee. A debit card works exactly like a credit card but you must have the money available in your account. This is very convenient because you do not have to worry about bank hours or pay the commission for converting your money. The drawback is that if you have a problem with your magnetic strip, as frequently happens, or your card is lost, you will have to wait for another card to be sent to you. This problem can be avoided by having a back-up method. If you chose to get a debit card it should be on the Cirrus or Plus networks and you will need a 4-digit personal identification number.
Credit Card
A credit card is also a good resource for emergency situations. Visa and MasterCard are widely accepted, though many smaller establishments like budget hotels, markets and some smaller or more remote shops take cash only. Don’t assume that you can pay for a meal or a budget hotel with a credit card – inquire first.

Lost or Stolen Debit/Credit Cards
Carry phone numbers of the debit/credit card company with you on your Global Seminar (make sure you have numbers that can be accessed from abroad), and keep them separate from your cards. This way you can report the missing cards without delay.

Safeguarding Your Money and Documents
Be careful with your money. Pickpockets do exist and generally strike when you are in a crowd. Another common place to lose money to thieves is on trains when traveling at night. A money belt is a good idea to have when traveling. If your money is lost or stolen, your international insurance can assist you in obtaining emergency cash.

Health and Safety
Refer to these sites for health and travel information:

- Consular Information Sheet
  http://www.travel.state.gov/
- Health Information for Travelers to France
- AIDS/HIV Prevention
- Food & Water Precautions

Health Insurance
Every student will be provided with CISI international health insurance while participating on a Global Seminar. Be sure to pay attention to the Online Health & Safety orientation to get more information about your insurance coverage and health and safety issues.

You will receive an email from enrollments@culturalinsurance.com prior to your departure. This email will provide information about your insurance plan as well as a card that you can print out and carry with you.

Immunizations and Vaccinations
We recommend that you consult with a travel physician or travel nurse prior to departure to discuss your travel plans and what immunizations or vaccinations may be required.

Safety Precautions
It is important to consider safety issues and use common sense while traveling. No students should travel alone at night, and you should always keep your personal belongings hidden. Use caution when giving out your address or phone number.

You should consult the US State Department Travel advisories for up-to-date information on travel precautions for the country where you will be studying. Travel advisories are available for reference in the Learning Abroad Center or at www.travel.state.gov.

Arrival Logistics
1. May 21: Depart MINNEAPOLIS/STPAUL 7:30 P.M.
   ICELAND AIR #656
2. May 22: Arrive REYKJAVIK 6:30 A.M.
3. May 22: Depart REYKJAVIK 7:40 A.M.
   ICELAND AIR #542
4. May 22: Arrive PARIS-DE GAULLE 1:00 P.M.

When you arrive in Paris, you will have to go through customs & immigration and baggage claim. Adriana and an ACCENT representative will meet you at the airport. You will then be transported from the airport to your housing accommodations.

Practical and Program Information

Group Dynamics
Global Seminars are unique within study abroad programs because of the strong emphasis on the group. Studying abroad in a group can be a very rewarding experience. It is common to form strong bonds with people and make life long friends. Working together and relying on each other has led to positive and successful study abroad experiences. Many Global Seminar groups organize reunions long after the program has ended.
In order to make the most of the group experience it is important to maintain some basic principles of living and studying together. Respect for each other’s differences is intrinsic to living and studying in a group successfully. Some differences can be obvious such as gender, religion, disabilities, or national origin, while others are less obvious such as learning disabilities or social class. As you are preparing to be open-minded and respectful to the differences of another culture, also prepare to be open-minded and respectful to your fellow classmates.

Another characteristic of a successful group can be seen in the interaction of its members. Finding the strength in each person and letting them do what they are good at is useful to the group. Likewise, supporting each other in moments that are difficult is also important. In this way the group can use the different skills of each member to surpass any challenge.

On-Site Support

On-site support is provided by the ACCENT staff. They will provide a cultural orientation, survival French language instruction, and 24-hour emergency support. The program center is also home to staff offices, a computer lab, classroom space, a TV lounge and kitchen facilities that are available to students.

Housing and Meals

You will live in double occupancy rooms in the Cité Universitaire, which is located in the 14th arrondissement. The Cité Universitaire was created after World War I in an effort to promote peace by bringing together students from all over the world. Accommodations tend to be simple, and rooms contain two beds, a desk, storage for clothing, a refrigerator, and internet access. There is a communal kitchen on each floor, which is equipped with stovetops, microwaves, and oven. Students must provide their own utensils, plates, and kitchenware.

Since you have access to a kitchen, you will be able to prepare your own meals. There is also a cafeteria at the Cité Universitaire, which is open to all students staying there. A typical meal costs approximately 6 euros and includes a main course, bread, and vegetable.

A welcome reception at the beginning of the program and a farewell meal at the end of the program are both included. Lunch will be included on the two excursion days.

Communications

Telephone

France is six-seven hours ahead of Minneapolis (CST). International calls can be placed from phone booths using either a French phone card, which can be purchased from the post office or tabac stores, or you may use an AT&T or MCI calling card. Check with your phone company for dialing procedures. The advantage to a US calling card is that costs are billed according to US telephone call rates, which are much less expensive than French telephone call rates. Some US long distance companies also have special monthly international calling plans, which can save your friends and family members additional money if they plan to call you in France.

Keep in mind that you may not have the opportunity to call home immediately upon arrival in Paris. It may be several days before you can purchase a telephone card or access a phone, so warn loved ones back home not to expect a call immediately after you arrive.

Mail

Airmail between the United States and France takes seven to ten days. When sending postcards, place them in an envelope, as they will be processed much quicker, and this will ensure their delivery to the US. The rate, however, is cheaper if you send the postcard alone.

Email

The University of Minnesota program office has wireless internet and about ten computers for student use. These computers are strictly intended for academic use. Due to the limited number of computers and the volume of participants on the program, do not expect the office computers to be your main computer resource. Overall, it is important that you be prepared for limited access to computers and email.

Since you are only in France for a short time, we recommend that you spend your free time exploring the city rather than glued to the computer.

Social Media

Not all countries share the same laws about freedom of expression that we have in the US. Students should keep in mind that derogatory comments, especially on social media, can result in legal claims and have extended legal implications even after a student has returned to the United States.
Academics

Program Leader
Adriana Zabala from the School of Music will be your program leader. As the program leader, she will be in regular communication with the University of Minnesota administrative staff and should be your first contact for academic matters. For emergencies and logistical concerns while in France please contact the University of Minnesota staff.

Program Structure
Classes will be held at the ACCENT office. Instruction will consist of a combination of lectures, discussions, and field trips to significant sites. Excursions will take place throughout the duration of the program. The last two weekends are free for studying and exploring your surroundings.

The program is designed to be academically rigorous, but it is up to each individual student to maintain good study habits and complete assignments on time. It is also mandatory to be on time for group excursions.

If you have a personal emergency that requires you to return from the program early, you must speak with the program leader in advance to discuss the possibility of an incomplete.

Registration & Credit
Grades will be posted in the summer, three to four weeks after returning from the program. You will register yourself for the placeholder credits. The Learning Abroad Center will provide registration instructions via email.

Students who successfully complete the program will receive 3 credits for MUS 3950. The course has been approved for the following Liberal Education requirements: Arts/Humanities Core, Global Perspectives theme.

See the course syllabus for further details about program’s structure and coursework.

Books and Materials
You will be required to purchase textbooks before your departure, unless otherwise indicated by your program leader. You will need a notebook and pens/pencils during class. These can be brought from home or purchased abroad, although they are often more expensive than US products.

Life in France

From the Lonely Planet Guidebook

Geography and Climate
France covers approximately 547,030 square kilometers, or approximately twice the size of Colorado. It is centrally located in Western Europe, sharing borders with Spain, Italy, Switzerland, Germany, Luxembourg, and Belgium and is only a short ferry or channel ride from England. The border areas are heavily influenced by the neighboring countries, which add to the uniqueness of all the French regions. Each region has distinct cuisine, dialects, architectural styles, customs, and climate.

The average high temperature for Paris in May is typically in the mid-60’s, with lows in the upper 40’s.

Government and History
France became a republic as a result of the Revolution of 1789, which overturned the ancien régime (old regime) centered on an all-powerful king. But its republican history in the past two centuries has been anything but continuous. The present French Republic is the fifth, coming at the end of a long line of famous rulers: Napoleon, King Louis-Philippe, Louis-Napoleon (a nephew of Napoleon I), then came WW II and France’s occupation by the Germans.

In 1959 General de Gaulle founded the Fifth Republic, basing it on a new constitution. Under the present constitution, the French president is elected by direct, universal suffrage to a seven-year term. This position shares the executive function with a prime minister who is appointed and heads the National Assembly. The President is responsible only to the electorate and can dissolve the National Assembly, but the Assembly cannot dismiss the President.

Despite efforts to decentralize, Paris remains the administrative, political, and cultural capital of France. No other city of the world can rival it in the concentration of power it represents within one country. In many respects Paris is still the greatest world capital, the place where cultural and intellectual movements receive international sanction.

France belongs to the European Economic Community or Common Market (la CEE; Le Marché Commun). It withdrew from NATO (OTAN) in 1966. Frace has staked its future on advanced technology and atomic energy, rather than on the agriculture that used to be its mainstay. Yet France still possesses half the cultivable land of the Common Market. Making wine remains one of its most important industries, and, both ideologically and culturally, agriculture continues to play an important role in French life.
Life in Paris

Paris has all but exhausted the superlatives that can reasonably be applied to any city. Notre Dame and the Eiffel Tower have been described countless times, as have the Seine and the subtle (and not-so-subtle) differences between the Left and Right Banks. Yet, what writers have never been able to even slightly reflect is the grandness and magic.

Paris probably has more familiar landmarks than any other city in the world. As a result, first-time visitors often arrive in the French capital with all sorts of expectations: of grand vistas, of intellectuals discussing weighty matters in cafés, of romance along the Seine, of naughty nightclub revues, of rude people who won’t speak English. If you look hard enough, you can probably find all of those. But another approach is to set aside the preconceptions of Paris and to explore the city’s avenues and backstreets as if the tip of the Eiffel Tower or the spire of Notre Dame wasn’t about to pop into view at any moment.

The People

The unique characteristics of each region in France are also reflected in its inhabitants. Many French citizens not only have a strong national identity, but express a strong regional identity as well, often affectionately poking fun at other regions.

Language

Standard French is taught and spoken in France, but its various accents and sub-dialects are an important source of identity in certain regions. You will find that any attempt to communicate in French will be very much appreciated.

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<tbody>
<tr>
<td><strong>Hello</strong></td>
<td><strong>Bonjour</strong></td>
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<tr>
<td><strong>Goodbye</strong></td>
<td><strong>Au revoir</strong></td>
</tr>
<tr>
<td><strong>Please</strong></td>
<td><strong>S’il vous plaît</strong></td>
</tr>
<tr>
<td><strong>Thank you</strong></td>
<td><strong>Merci</strong></td>
</tr>
<tr>
<td><strong>Pardon</strong></td>
<td><strong>Excuse me</strong></td>
</tr>
<tr>
<td><strong>Madame/monsieur/mademoiselle</strong></td>
<td><strong>Madam/sir/miss</strong></td>
</tr>
<tr>
<td><strong>Parlez-vous anglais?</strong></td>
<td><strong>Do you speak English?</strong></td>
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We encourage you to consult a guidebook or dictionary for additional information about French language basics.

Solutions for Common Communication Difficulties

You can hear and decipher language better in context. If you know the subject matter, you will better anticipate what you will hear: For example, if you ask how much something costs, you will hear numbers. If you ask where the supermarket is, you will hear directions and distances.

Carry a small French-English dictionary or phrase book, such as the “Berlitz French Phrase Book and Dictionary.”

Practice French pronunciation. When you learn a new phrase or expression, use it as frequently as possible, to reinforce it in your memory.

Carry a small notepad and pen with you. If you are having trouble hearing names, prices, addresses, etc., ask the person to write them down for you.

Food and Meals

Breakfast, *le petit déjeuner*, is continental style including a croissant with jam, and either *chocolat chaud* or *café*. For a few euros you can go to a café and order a *café* (*café crème*, *café au lait*, or *express*; or a *chocolat chaud* and a croissant or a *tartine au beurre*).

Lunch, *déjeuner*, is usually served between 12:30 and 2 p.m. If you are living with a host family, you are responsible for providing your own lunch during the week. Businesses in smaller cities close from noon to 2 p.m., and sometimes until 3 p.m. Dinner is rarely served before 7:30 p.m. and is generally not as heavy as lunch. It may consist typically of soup, an omelet or quiche, followed by salad, fruit, and cheese. Fast food is available, but you may be happy to hear that bread and wine are considered staples by the French Government and are therefore subsidized, which makes them extremely affordable. Cheese and pâtés are also very affordable.

Be an adventurous eater! French cuisine is famous throughout the world and each part of France is justly proud of its own distinct regional specialties. In southern France, the Spanish and Italian influence often calls for cooking with olive oil and tomatoes. Herbs and flavorings used mainly in Provençal cooking are garlic and onion, rosemary, thyme, basil, sage, and saffron. Fish and seafood are regional specialties due to the proximity of the Mediterranean.

Tipping

Restaurant prices and the check for a meal include tips, so you need not add anything. The term *service compris* or *prix net* indicates that the tip has been included in the total cost. A better welcome next time you go will be encouraged by a little extra tip.
Electricity

Electrical current runs on a different system in France, so US electrical appliances will not work unless you bring an adapter. Many electronic devices (such as laptop computers) are engineered to adapt immediately to different currents. Check your devices before leaving. Adapters are NOT recommended for appliances such as hair dryers or curling irons as the current transition can cause them to spark or burn out. These appliances may be purchased inexpensively upon arrival if necessary, or may be on loan from the hotel.

Electricity in France is very expensive, so people tend to use it sparingly. People are careful to turn on only the lights they really need and always turn off the lights before leaving a room. Most French buildings have a limited supply of hot water (heated by expensive gas or electricity), so taking a long shower may mean that no one else will get a shower until the water heater has had a chance to refill.

French Culture

Females in France should be prepared for “cat calls” and some verbal harassment. It is strongly recommended that you ignore these gestures and realize that they are part of being a foreigner in France. If you are approached, clearly, confidently, and firmly tell the person to go away and leave the area yourself as well.

The following comments from former students studying in France illustrate some of the cultural differences you can expect to find, and the adjustments that you may have to make while in France:

• “I had to learn to wait. Everything (the supermarket lines, pedestrians, etc.) takes longer in France.”
• “Everything closes from noon to 2 p.m. and for the day at 7 p.m.”
• “Kisses. Kisses for gifts, saying hello and good-bye.”
• “Bathing less often.”
• “Wearing the same clothes over and over again.”
• “Eating later and longer, the meals are big, important and fancy.”
• “The meals are more organized, and lots of manners are used at the table.”
• “At lots and lots of baguettes.”
• “The French love to tell exaggerated stories.”
• “Relationships (friendly or romantic) work differently.”

Stereotyping behavior based on an individual’s actions is misguided; however, some generalizations can be useful, though may not necessarily provide answers. Where would you place yourself along this spectrum of values? Then consider where you think your host culture places its general values.

<table>
<thead>
<tr>
<th>Most Important</th>
<th>Most Important</th>
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<tbody>
<tr>
<td>Individual</td>
<td>Society</td>
</tr>
<tr>
<td>Time</td>
<td>People</td>
</tr>
<tr>
<td>Equality</td>
<td>Hierarchy</td>
</tr>
<tr>
<td>Merit</td>
<td>Family Heritage</td>
</tr>
<tr>
<td>Men &amp; Women equal</td>
<td>Men &amp; Women have clear roles</td>
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</tbody>
</table>

Generalizations about Americans are in the left column. An individual’s values will be at different locations on the continuum. Americans who have grown up outside of the US, or non-Americans studying in the US, may also hold different values. As you proceed through your study abroad experience, revisit this chart. Your values may or may not change resulting from your exposure to a different culture; however, you should be aware of the value differences.

Cultural Adjustment

Global Seminars are group oriented in nature. The group aspect and the length of the program together provide some interesting challenges to cultural integration. While you will be forming bonds with people in the Global Seminar group it is important to take advantage of the opportunities offered by the program and by being in another country to interact with the host people and culture.

Here is a list of some ways that you could take advantage of these opportunities:

• Frequent places like markets, local restaurants, or a bakery.
• Do what the locals do. Don’t spend a lot of time in touristy hangouts.
• Spark up conversations when possible with host-country nationals (such as with your restaurant server, shop owner)
• Venture out in smaller groups to make it easier to meet people.
• Make an effort to speak the language.

You can minimize the stress involved in adjusting to life in your host community and get maximum benefit from your experience abroad by preparing adequately. The cultural differences you encounter can enrich your life by presenting you with a different worldview and new approaches to solving problems.
Cultural Adjustment

The On-Site Experience

What happens when you suddenly lose clues and symbols that orient you to situations in everyday life? What happens when facial expressions, gestures, and words are unfamiliar? The psychological discomfort and adjustment period in a foreign country is commonly known as culture shock or cultural adjustment.

You will almost certainly experience some form of culture shock. It might hit you after two days, two weeks or two months—timing varies widely for different people. Six common phases of cultural adjustment are listed below. These may be out of order for you, one phase may last longer than another or you may skip a step entirely.

- **Initial Fascination:** On arrival your surroundings seem glamorous and exotic, you feel like the focus of attention and activity.
- **Initial Culture Shock:** The initial fascination and euphoria fade as you settle in and you enter an emotional decline.
- **Surface Adjustment:** After the initial “down” (a few days to a few weeks for most), you begin to truly adjust and settle into your surroundings. Language skills begin to improve, and you’ll feel less fatigued. Often you’ll be forming a small group of friends at this stage as well.
- **Feelings of Isolation:** Difficulties in your new culture seem to stubbornly remain and you grow frustrated with the process.
- **Integration/Acceptance:** After continued effort you find yourself more at ease with language, friends, professional, and academic interests. The culture you are living in is more easily examined. Differences between yourself and the society you live in become understandable and you come to accept both the situation and yourself in it, allowing you to relax and feel at home.
- **Return Anxiety:** Just when you feel at home in the new country it’s time to go. Thoughts of leaving new friends raise anxiety similar to those felt before departure. You sense that you’ve changed as a person and apprehension grows when you think about people at home that may not understand your new feelings and insights, yet you may feel guilty for wanting to stay.

When in any of the above phases you may experience: changes in sleeping habits, feelings of helplessness or hopelessness, loneliness, depression, unexplainable crying, placing blame for difficulties on the program or host culture, homesickness, getting angry easily, increase in physical ailments or pain, compulsive eating or lack of appetite.

Other symptoms may manifest themselves as well. It is important to understand these are part of a normal process of adjustment, however, if uncomfortable feelings persist for extended periods or seem unbearable, seek assistance from your programs onsite support staff.
Appendix

Packing

It is extremely important that you pack light, as you will be carrying your luggage yourself during the program, often for long stretches in airports, bus, and train stations. Take only as much as you can carry easily by yourself. One way to measure what is “easily carried” is to pack everything you would like to take, pick it all up, and walk around the block. If you are not comfortable doing so, you may want to re-evaluate what you have packed.

Important: Take clothing that needs a minimal amount of care. This is especially important if you plan to do any independent traveling. Rolling your garments reduces wrinkling and saves space. You might also want to pack your clothing in plastic bags inside your suitcase to prevent rainwater from leaking into your clothing.

The following is a suggested, basic packing list. Remember to bring only what you think you will really need.

Packing List

You should adjust according to your own personal tastes and style!

- 1 sweater or jacket for chilly days
- 3-4 pair jeans or pants (something lightweight would be good due to the weather)
- 1 skirt
- 1 nice outfit (for an evening out)
- 3-4 shirts
- 2 t-shirts
- 1 pair nice shoes
- comfortable walking shoes/sandals
- 1 pair pajamas
- 1 swimsuit
- beach towel
- raincoat or umbrella
- 7 or more sets underwear
- 7 or more pair socks
- course materials, textbooks, this student handbook
- photocopies of your passport

Other necessary items may include: toothpaste, toothbrush, shaving kit, deodorant, comb, washcloth and towel, a temporary supply of soap, shampoo (in unbreakable container), small packet of detergent, aspirin, supply of necessary prescription medicine, extra pair of eyeglasses or contact lenses, safety pins, and small flashlight. Most of the above personal items can be found abroad; however you may want to bring enough of your favorite brands to last you during your stay.

Resource List

- Centers for Disease Control travel information
  http://wwwnc.cdc.gov/travel/
- US State Department Travel Advisories and Consular Information
  http://www.travel.state.gov/
- Travel/study abroad information for GLBT students
  www.indiana.edu/~overseas/lesbigay/
- France Travel
  http://www.france.com/
  http://us.franceguide.com/
  http://www.culture.fr/fr/sections/
- French News Sources
  http://www.world-newspapers.com/france.html

Guidebooks

It is recommended that you purchase a travel guidebook before you leave. Guidebooks explore regions, countries, and cities and offer invaluable information such as maps, recommendations, background information, and travel tips. Some of the more popular guidebooks that are geared towards students include Lonely Planet, Let’s Go, Footprints, and Rough Guides. You can browse through guides in the travel library at the Learning Abroad Center in 230 Heller Hall. Lonely Planet Guides can be purchased there as well.