

WELLESLEY-in-AIX

GUIDE AIX-PARIS (G.A.P.)



Photo by Molly Mann



Photo by Lucy Norton



Photo by Theresa Morley-McLaughlin

SPRING 2020

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BIENVENUE à WELLESLEY-IN-AIX !

Your journey has begun! We look forward to helping you take advantage of the opportunities available through the WIA program and to sharing in your discoveries of Provence and France! This guide is a start, and we encourage you to share it with your parents or guardians.

Your objectives for your time in France are varied: developing a deeper understanding of France and Europe, gaining a new perspective on the U.S. and the world, studying alongside French peers, improving your French, making new friends, etc. Start thinking about strategies for how you plan to achieve your personal, academic and social goals during your time abroad.

Like past WIA students, you will find that a semester passes quickly, hence the importance of being proactive from Day 1 and gaining confidence in your French skills day by day.

A few general tips from WIA alumni and staff to make the most of your experience:

- **Take advantage of every opportunity to meet someone and speak French!** Don't be afraid to talk to other students in your classes, professors, your neighbors, shopkeepers and market vendors, etc. Communication is the key!
- **Join an activity or club at the university (or elsewhere) as soon as possible!** The best way to meet people is through a shared interest or passion: a sports team, musical group, hiking, cooking, volunteering, yoga, to cite just a few. French-English language exchanges also exist. Seek out a "language buddy"!
- **Try to monitor your time on Facebook or Skype with U.S. friends.** You are going abroad to have new experiences and encounters. This entails a certain willingness to « disconnect » at times and to interact with locals face-to-face in *their* spaces. To quote previous students: "Don't be afraid to put yourself out there!"
- **Try to overcome your shyness.** Asking questions is often a great way to get the conversational ball rolling and shows that you are curious and open. Invite a classmate for coffee or to a movie. Take the first step! And if someone invites you, say yes!
- **Work on your French skills every day.** Review and rewrite your class notes. Read the front page of *Le Monde* or buy a weekly magazine and read for pleasure. Watch the « 20 heures » news with your French hosts. Go to a French movie or event once a week. Listen to the radio. Remember, language acquisition is a *daily* process.
- **Speak French with other WIA participants, especially in public.** Speaking English will mark you as a tourist in Paris and Aix and may also discourage people from approaching you or addressing you in French. *Jouez le jeu!* You'll be glad you did !
- **Adopt a student lifestyle!** From movie and museum discounts to lunch in student cafeterias, do your best to live like a local student. Avoid creating a "U.S. bubble" by hanging out only with WIA friends at the Tavan center. Ask host siblings or French students in your classes about their favorite places or fun activities in Aix.

PRE-DEPARTURE INFO & ARRIVAL IN PARIS

1. PASSPORT, VISA & OTHER DOCUMENTS

Your passport must be valid for the duration of your stay, so be sure to check the expiration date and renew it asap if necessary. *All non-European citizens who stay more than three months in France must have a student visa.* The Office of International Study (OIS) at Wellesley provides all the necessary information and facilitates this process.

All visa-related questions should be addressed to Kristiana Graves at OIS: kgraves@wellesley.edu

Note: Late arrivals in France will not be allowed due to failure to secure a consular appointment and obtain the necessary student visa prior to the program start date.

Campus France and visa fees will be reimbursed to your U.S. bank accounts by Wellesley College. You should contact Kristiana if you have questions regarding stipends in US dollars.

1. If you received a simple VLS (visa de long séjour) for a stay of 4-5 months :
You will not be allowed to work in France. Only the VLS with TS (titre de séjour) gives non-European students the right to work. You can still babysit or give English lessons, though.

2. If you received a VLS-TS and OFII form at your consular appointment :
You must validate this visa once in France. This can be done online and WIA staff will assist you and WIA will pay the mandatory fee. This type of visa allows you to work part-time.

3. International Student i.d. card (ISIC):

You can order this card online and start using it in Paris for student discounts. We highly recommend it! Web site: <http://www.isic.fr>

You will also receive a student card from Aix-Marseille Université after two weeks or so.

2. INSURANCE

All WIA participants benefit from AIG Travel Assistance for medical emergencies, notably repatriation to the U.S. You can access the web site at www.aig.com/us/travelguardassistance

As for your regular health plan (e.g. parental insurance), you should review the policy and verify whether it covers the following and also be aware of reimbursement amounts.

- Medication, accidents or medical emergencies during personal travel.
- Mental health counseling services. (Note: Not all policies cover this abroad.)
- Loss or theft of jewelry and other expensive personal valuables.

Note: In the event of loss or theft of valuables such as jewelry, cameras, laptops and other electronic devices, you may be asked to produce original receipts in order to be reimbursed by your insurance company. *The WIA program does not handle insurance claims.*

3. TRAVEL ARRANGEMENTS

From the U.S to France

You must purchase your own airline ticket and be sure to arrive in Paris by 5 p.m. on the program start date. A travel stipend in dollars will be deposited to your U.S. bank account from Wellesley College to cover the following:

- A round-trip ticket to and from France from whatever city you choose.
 - Transportation from the airport to the hotel in Paris. Flat rate by taxi from CDG: 50 €.
 - Transportation to the train or bus station and airport on your departure day from Aix.
- Note: Departure dates may vary. The program officially ends two days after the last possible date of final exams in Aix. Students must book their own tickets.*

One-way tickets are often more expensive than round-trip fares unless you choose a low-cost airline involving layovers. *Advice: Inquire about the change fee if you purchase a R/T ticket and may wish to advance your departure date and leave Aix after your final exams.*

Luggage limits: In general, one checked suitcase weighing 23 kilos (50 lbs) and 2 carry-ons (e.g., purse and computer) are allowed. Double check size and weight limits for specific airlines. A second checked suitcase can be costly depending on the airline.

A backpack or small carry-on suitcase will come in handy for the train journey from Paris to Aix. Your larger suitcases will be picked up in Paris prior to the group departure for Aix.

Advice: If you take medication daily, be sure to pack it in your carry-on luggage.

How to get from Paris CDG-Roissy airport to the Citadines-Saint Germain des Prés

- **Via taxi:** fixed rate of 50 euros. If you're traveling with another WIA student, share a taxi! Proceed to the taxi stand. Don't accept a ride from someone claiming to be a taxi driver at the arrival gate; you may be overcharged.

- **Via Le bus direct, then taxi.** Line 4 goes to the Gare Montparnasse and line 2 to Etoile (Arc de Triomphe). You can then take a taxi to the Citadines (around 15-20 €). Bus fare: 19 euros for a 1-way ticket. Info & online tickets available at: <http://www.lebusdirect.com>

Advice: Do NOT take the RER B (suburban metro) from CDG airport to central Paris if you have luggage. Theft is rampant on this airport line and tourists are an easy target.

Reminder: If your flight is delayed and you expect to arrive later than 5 p.m., be sure to send an email or SMS to the RD or call the Citadines to relay the message.

<p style="text-align: center;">Citadines - Saint-Germain-des-Prés 53ter, Quai des Grands Augustins (en face du Pont-Neuf) 75006 Paris Tél : 01 44 07 70 00</p>
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4. WHAT TO PACK: SOME TIPS

Weather & clothing

Don't overpack! January can be cold and often damp and rainy in Paris. As for Provence, January and February are the coldest months, but snow is rare. When **le mistral** (northern wind) blows, it can get quite cold, so bring sweaters and warm clothing that you can layer. You will also need clothing for warmer spring weather, generally from April to early June.

Good walking shoes are a must! A rain jacket or light raincoat will also come in handy.

Bring a swimsuit and outdoor clothing, especially decent walking shoes with good treads for hikes to the Sainte Victoire mountain and elsewhere in Provence!

French students tend to dress casually: jeans, t-shirts, etc. They generally do *not* go to class wearing shorts, gym gear, or anything resembling beachwear or pajamas, however. Women, especially in the south, often wear dresses and skirts and tend to be a bit more fashion-conscious than students on a typical U.S. campus.

In France, you'll find stores such as Monoprix, Zara, H&M, or C&A where you can buy reasonably-priced clothing. Chain stores like Go Sport or Decathlon specialize in sportswear and gear. There are also used clothing stores, called *dépôts-vente*, and markets where you can easily pick up inexpensive items like gloves, hats, scarves, etc.

Essential items to bring:

- ✓ **One good photocopy of your passport (photo page) and your student visa.** The hotel will ask for a copy of your passport upon your arrival in Paris.
- ✓ Student card (from your home university and/or an ISIC).
- ✓ Insurance cards and information. (Claim forms are usually available online.)
- ✓ ***All prescription medication you are taking, ideally for the entire semester.***
- ✓ An electrical adaptor plug for your laptop, camera, etc. ***Electrical outlets are not the same in the U.S. and France.*** Adaptors are easily found in the U.S. and airport shops.
- ✓ Your U.S. bank debit card to withdraw cash. Advice: Inquire about ATM fees.
- ✓ ***If*** you have a preferred and not-too-heavy grammar book, it might come in handy, as will a pocket-size phrase book for practical situations.
- ✓ If you like to cook or bake, a few favorite recipes to share with your French hosts.
- ✓ If you opted for a homestay, a book of photos or a calendar of your city or region is always a nice gift and makes for conversation topics in the early days.
- ✓ Contact lens solution or any other health or beauty product that you use on a regular basis. You'll find these products in France, but brands may not be identical.
- ✓ If you come with an iPhone or other U.S. smartphone, it must be "unlocked" in order for you to insert a French SIM card for use in France and Europe.
- ✓ An open mind and a positive attitude!

5. PARIS PRE-SESSION

The Paris pre-session will enable you to

- ... get to know other WIA program participants.
- ... prepare for certain practical and cultural aspects of living in France.
- ... meet individually with the Director about your housing placement.
- ... discover museums and neighborhoods in Paris with an art historian/guide.

Pré-session à Paris : 3 au 8 janvier 2020 (au 15 déc, sujet à modification)		
Vendredi 3 janvier	Journée	Arrivée et installation aux Citadines.
	17h	Réunion de groupe aux Citadines St Germain. Présentations de l'équipe WIA, pot de bienvenue & introduction à Paris Apportez vos pochettes de bienvenue !
Samedi 4 janvier	10 – 11h15 11h30 – 12h30	Session avec Monsieur Lydgate Session avec Monique FECTEAU – <i>Vivre avec des hôtes français</i>
	RV 14h30 Sortie M° Saint-Paul	Visite du Marais et du Musée Picasso avec Lucile STELLAKIS Pensez à apporter vos écouteurs pour ces visites !
	17h – 19h	RV individuels (x 4) avec Monique aux Citadines (Cf. planning)
	RV 19h aux Citadines ou 19h30 au restaurant	Dîner de groupe au restaurant marocain de la Grande Mosquée de Paris Adresse : 39, rue Geoffroy St-Hilaire, 5 ^e M° Place Monge ou Censier-Daubenton
Dimanche 5 janvier	10h – 13h	RV individuels (x 6) avec Monique aux Citadines (Cf. planning)
	15h – 17h	RV individuels avec Monique (x 4) aux Citadines (Cf. planning)
		Concert Sainte Chapelle ?
Lundi 6 janvier	8h – 8h30	Descendre vos gros bagages pour transport à Aix (près de la porte d'entrée des Citadines)
	10h – 12h	Session avec Monsieur LYDGATE
	RV Citadines 13h – 14h30 15h – 16h30	Rendez-vous 15 minutes avant l'heure de la visite (pour y aller à pied) Visite guidée du Musée Cluny (groupe 1). RV à 12h45 Visite du Musée Cluny (groupe 2). RV à 14h45
	17h30	Réunion avec Monique : 5 étudiants logés au Rossini
Mardi 7 janvier	9h – 11h 11h – 13h	Test de français (TCF) – au FIAP situé 30 rue Cabanis, 75013 M° Glacière Groupe 9h – BAROWSKY à KESSLER Groupe 11h – NICHOSON à YOUNG
	RV entrée rue Auber M° Opéra	Visite guidée de l'Opéra Garnier avec Corine JAGER 13h – 14h30 Groupe 1 (voir gr 1 TCF) 15h – 16h30 Groupe 2 (voir gr 2 TCF)
	17h30 – 19h 19h-19h30	Séance avec Monsieur LYDGATE aux Citadines Réunion avec Monique concernant voyage et arrivée à Aix
Mercredi 8 janvier	8h30-9h45	Petit déjeuner de groupe aux Citadines
	10h	Départ des Citadines, transfert en autocar à la Gare de Lyon
	11h39	Départ du TGV pour Aix-en-Provence (Durée du voyage : 3 heures)
	15h30	Arrivée au centre WIA et réunion avant l'arrivée des hôtes à partir de 17h

ACCOMMODATIONS IN PARIS

You will stay at the Citadines-St German-des-Prés, a residence-hotel ideally located on the left bank of the Seine, very near Notre-Dame. Your rooms will be ready upon your arrival.

Unless there is an odd number of students, you will share a room with another program participant. You will be expected to keep your space tidy. All linens are provided. Rooms are cleaned by housekeeping staff only once during a stay of one week or less.

All rooms have twin beds; a kitchenette with a micro-wave, small fridge and dishwasher; full bathroom; and free wireless access. There is a laundry room and a small exercise room in the basement. Web site: <http://www.citadines.com>

Breakfast is not included. We suggest you take advantage of your kitchenettes and buy groceries and snacks at local supermarkets.

The following extra costs are not included and you will have to pay them yourself:

- Any phone calls made from the landline in the room.
- Laundry. (You can purchase tokens at the reception.)
- Breakfast (app 16 euros)

MEALS & TRANSPORTATION IN PARIS

If you sent your bank information to Wellesley College, you will receive the equivalent of **48 euros per day** in your U.S. bank accounts prior to your departure for the duration of the Paris stay. This amount covers food, local transportation costs and small personal expenses.

See addresses of cafés and restaurants in the St Germain neighborhood below and consult La Fourchette to explore other restaurants all over Paris. There will be one group meal in Paris. All other meals are your responsibility. The per diem is more than ample for your needs.

You will receive a few tickets in your welcome packet for the bus and metro in Paris. The public transportation system will be explained in Paris. Be prepared to walk, especially if there are transportation strikes!

6. SAFETY & SECURITY

As with any major metropolis, one must be on one's guard in certain areas and on public transportation in Paris. The greatest risk is theft and pickpocketing, especially on the metro and in tourist areas (e.g., Eiffel Tower, Sacré Cœur, the Louvre). This topic will be addressed at the first group meeting.

We urge you to consult the U.S. State Department's web site which provides details and advice on safety issues and common scams in various countries and major cities, including Paris: <http://www.travel.state.gov>

Advice: Enroll in the **Smart Traveler Enrollment Program (STEP)** on the U.S. State Department web site. <https://step.state.gov>

Basic safety precautions:

- ❖ At the Citadines and in all hotels, always close and lock your door. Place any valuable items (e.g., jewelry, passport) in the small safe usually located in the closet.
- ❖ Be careful when using an ATM (*DAB ou distributeur automatique de billets*) to withdraw cash. Don't withdraw the maximum amount (usually 300-400 euros) and never carry too much cash on you, especially in Paris.
- ❖ Always be aware of your surroundings and people crowding you, especially in public spaces. In Paris, you may be approached by groups of adolescents (usually female) asking you to sign a petition of some sort. Make it clear that you're not interested. Pickpockets easily recognize and prey on tourists.
- ❖ If you have a backpack, always carry it in front of you on the metro, for example. Or use a bag with a strap that you can wear across your body. *Never* put a wallet or card holder in your back pocket. *Never* place a bag or backpack on the ground or a cell phone on a table where they can be easily grabbed.
- ❖ When checking a map, step away from the middle of the sidewalk in order to be less conspicuous. If you look as if you know where you're going, you'll be less of a target.
- ❖ Note to women: Observe Parisian and local women and try to adopt their behaviors and facial expressions, especially in public. Saying hello, smiling or making eye contact with someone you don't know may be interpreted as an invitation and result in unwanted attention. If that happens, it's often best to change seats or metro cars.

7. GROUP ACTIVITIES & MUSEUM VISITS

Professional guides and specialists in art history will conduct all museum and neighborhood tours in French. These visits are an important part of your linguistic immersion and historical/cultural knowledge of France. It's a good idea to look up the sites in advance – and in French! - so that you can better understand and appreciate the tours.

The Paris pre-session is designed to facilitate your transition to France and get you accustomed to communicating in French, including with one another. You will have some free time to explore Paris and make your own discoveries, but the primary goal is *not* tourism. You will have opportunities to return to Paris later in the semester if you wish.

Aside from the organized group tours, past WIA students have enjoyed the following:

- *Le Musée de Cluny (Musée du Moyen-âge, with the Lady & Unicorn tapestries)*
- *L'Orangerie (where Monet's water lily series is housed)*
- *Le Musée Rodin (sculptures, including in the garden)*
- *Le Petit Palais et le Grand Palais (major temporary art exhibits)*
- *Le Musée d'Art Moderne (peinture, photos)*
- *Le Musée de la Mode et du Design*
- *Les Catacombes*
- *Père Lachaise & Montparnasse cemeteries*
- *Luxembourg Gardens, Tuileries garden near the Louvre, le jardin des Plantes*
- *Le Parc et la Cité des Sciences de la Villette (along the Canal Saint-Martin)*

Detailed information on museums, markets and cultural performances (i.e., movies, concerts) is available in the weekly *Officiel des Spectacles* which you can purchase at any newspaper kiosk for **1 euro**. It is available every Wednesday.

8. PRATICAL INFORMATION - PARIS

Academics

Even though you won't be studying in Paris, you may want to stroll over to Sciences-Po, within easy walking distance of the Citadines. The original Sorbonne (U. of Paris IV) and the beautiful Sainte-Geneviève library are also located in the Latin Quarter (near the Panthéon) while the Bibliothèque Nationale de France is in the Bercy area. The Sorbonne-Nouvelle (U of Paris III), created just after May 1968, is located next to the colorful, lively rue Mouffetard and the Grande Mosquée de Paris. *A découvrir!*

Bookstores

You'll find all types of literary and academic books, textbooks, dictionaries, and used books at **Gibert Jeune and Gibert Joseph**, around the place Saint-Michel near the Citadines.

FNAC is a French chain where you can purchase books, electronic devices, adaptors and also buy tickets to concerts and cultural events. The closest ones to the Citadines are:

- 136, rue de Rennes (Métro : Montparnasse-Bienvenue)
- Forum des Halles (Métro : Les Halles)

Consulate /U.S. Embassy in Paris

<http://france.usembassy.gov>

2, avenue Gabriel, 75008

Tel: 01 43 12 22 22

See web site for services available to U.S. citizens, including how to replace a passport.

Emergency numbers and medical facilities in Paris

If you have minor ailments that don't require prescription medication, you should go first to a pharmacy, marked with a big neon green cross. Pharmacists in France can advise you on the most appropriate over-the-counter medication for your symptoms.

If you need to see a doctor in Paris, the following medical center is close to the Citadines and you can go without an appointment, but you will have to wait your turn.

Institut Arthur Vernes

<http://www.institut-vernes.fr>

42, rue d'Assas M° St-Placide ou Rennes

If you need assistance at the Citadines, you can call S.O.S. Médecins. 01 47 07 77 77

Equivalent of « 911 » in France: dial 15 from a landline or 112 from a cell phone.

Reminder: In case of an accident or medical emergency, contact the WIA Director immediately.

American Hospital of Paris

<http://www.american-hospital.org>

53, blvd Victor Hugo, 92200 Neuilly-sur-Seine

Mobile phones

The least costly way to communicate with friends and family is via Skype, Face Time, etc. You will undoubtedly have U.S. cell phone plans that facilitate communication. If you intend to use a U.S. smartphone or iPhone, make sure to inquire about “unlocking” it for use abroad.

You will nevertheless need a French phone number, as WIA staff and French callers will not call a U.S. number. This entails purchasing a SIM card for 10 euros. ***You can do this at the Free store when you arrive in Aix.*** Some students prefer to use their U.S. phones for Internet and an inexpensive French mobile for local calls and text messaging.

Free is recommended by previous WIA students. Web site: <https://www.free.fr>

Restaurants in Paris recommended by previous WIA students

- Salon de Thé de la Mosquée de Paris (also a Moroccan restaurant)
39, rue Geoffrey St. Hilaire (75005) Métro : Place Monge
- Little Breizh (*Excellent crêpes, including organic!*) 11, rue Grégoire de Tours (75006)
- Chez Angelina (for its famous hot chocolate!) 226, rue de Rivoli, near Louvre
- La Palette Opposite the Ecole des Beaux-Arts. 43, rue de Seine (75006). A 5-min walk from the Citadines !
- La Crêperie des Canettes 10, rue des Canettes (75006) – Also close to Citadines
- Chez Fernand 9, rue Christine, 75006 Classic French dishes in a bistrot setting.
- L’As du Falafel (favorite in the Marais/Jewish quarter) 34, rue des Rosiers, 75003

The rue Saint-André-des-Arts and rue des Canettes located between the Citadines and Odéon have numerous crêperies and restaurants of all kinds.

Advice: Explore the smaller side streets rather than go to cafés on the larger boulevards (Saint-Michel & Saint-Germain) which are more expensive and frequented by tourists.

Tip : Consult La Fourchette <http://www.lafourchette.com> to find affordable restaurants in specific areas of Paris (or other cities in France) and make an online reservation.

Supermarkets near the Citadines St. Germain:

- **Carrefour Market:** rue de Buci ou rue de Seine (closed on Sunday)
- **Monoprix** 24, boulevard Saint-Michel
- **Carrefour Express :** boulevard St. Germain – Open on Sunday

You will receive a neighborhood map from the Citadines with these places marked.

Taxis

In theory, taxi drivers must go to the nearest taxi stand and wait their turn for customers. Look for the nearest stand (often near a bus or metro stop), indicated by a Taxi sign or call a taxi.

- **Taxis G7 : 01 47 39 47 39**
- **Les Taxis Bleus : 01 49 36 10 10**

Transportation: RATP (metro & bus)

You will receive a few metro tickets in your welcome packet to start you off. You can subsequently purchase a rechargeable metro card. Cost: around 15 euros for 10 rides.

The metro doesn't operate 24 hours a day. It runs later on weekends, but on weekdays it stops shortly after midnight: Check operating times on <http://www.ratp.fr>

Le Noctilien (night bus) operates late at night but only on major arteries, i.e., it doesn't stop everywhere. **If you're out late at night, we strongly advise you to take a taxi home.**

Be prepared to do a lot of walking in Paris. It's also the best way to discover the city!

You will receive daily emails from the Director while in Paris with updates, schedule changes and other information. Be sure to check your emails daily!

II. PRACTICAL INFORMATION – FRANCE

1. CALENDARS & HOLIDAYS

Keep in mind that school and university calendars, as well as holidays, differ in the U.S. and France. Note academic dates and encourage visitors to avoid coming during orientation, exam periods or at times when you will be busy with academic work or studying for exams.

Note: If you are taking classes at both Sciences Po and Aix-Marseille Université, keep in mind that vacation and exam dates differ. (See calendar.)

Public holidays in France are often linked to a historical event or key date in the Catholic religion. If the actual date falls on a Thursday or a Tuesday, schools and businesses may be closed on Friday or Monday in order to offer an extended weekend (*faire le pont*).

French public holidays include the following:

- November 1 All Saints Day (la Toussaint)
- November 11 World War I Armistice
- December 25 Noël
- January 1 le Nouvel an
- April 13 (2020) Easter Monday (lundi de Pâques)
- May 1 Fête du Travail (Labor Day)
- May 8 World War II Armistice (Fête de la Victoire)

Restaurants and small shops or grocery stores may be open on these days, but businesses, schools and public buildings are closed.

2. TELLING TIME

In France, time is usually indicated using the 24-hour « military system» as opposed to a.m. versus p.m., as in the U.S. In fact, these abbreviations don't exist in French.

- 1 a.m. = une heure (1h00) *ou* une heure du matin (less common)
- 1 p.m. = treize heures (13h00) *ou* une heure de l'après-midi (less common)
- 2 p.m. = quatorze heures (14h00)
- 3 p.m. = quinze heures (15h00)
- 4 p.m. = seize heures (16h00)
- 5:30 pm = dix-sept heures trente
- 9 p.m. = vingt-et-une heures

Watch your pronunciation and listen carefully, especially when making appointments!

- 16h (seize) vs. 6h (six) heures
- 10h (dix) vs. 2h (deux) heures

3. HEALTH MATTERS : GENERAL INFORMATION

IMPORTANT: Wellesley College and Wellesley-in-Aix do not offer free health services or facilities abroad and cannot assure medical care or counseling. As legal adults, students are responsible for their health and well-being while abroad. Only a parent or legal guardian can make a decision in the event of a medical emergency. On-site WIA staff cannot give medical advice, make health-related decisions or handle insurance claims. Students with specific health needs must consult local health care professionals and be prepared to pay for all services up front and submit claims for reimbursement in the U.S.

The health care system in France is very good and more affordable than in the U.S. It is also possible to call *SOS Médecins* at all hours if you are unable to get yourself to a doctor or hospital; a 2-person team of practitioners will make an emergency house call.

The confidential medical forms you submitted to Wellesley are kept on file in Aix in case you need them. Staff can assist students in making medical appointments and act as translators, if necessary, but only with permission of the student and physician.

Information on hospitals and medical centers is provided in the Aix section. *WIA cannot guarantee immediate consultations or quality of care by specific health care professionals.*

Reminder: It is your responsibility to know what is and isn't covered in your health insurance plans and to contact the insurance company directly if you have questions.

A visit to a general practitioner costs around 25 euros in France. Specialists may charge 50 to 60 euros. All health services, including counseling, must be paid at the time of consultation.

Advice: If you have any chronic illnesses or conditions (e.g., allergies) that require prescription medication or regular shots, you should bring a detailed medical file with you. If you are taking prescription medication, bring enough to last for your entire stay if possible.

Note: French pharmacies will not fill a U.S. prescription. If you run out of medication, you will need to make an appointment with a physician in France and obtain a new prescription. A doctor's note from the U.S. specifying the kind or brand of medication you are taking and reasons for it will be useful but not sufficient.

Keep in mind that brands differ from country to country, and you may not find the exact same medication in France. For example, Ritalin is available in France but not Adderall. Similarly, contraceptive brands may differ.

Advice: Do online research or ask your physician about availability of certain medications in Europe, especially if you plan to travel to different countries.

See <https://www.cdc.gov/travel/>. Enter France and click on Extended Stay/Study Abroad.

Note: Medication should never be mailed and may be confiscated by customs officials. It's best to have a visitor from the U.S. bring additional medication if you need it.

If you see a French doctor for any reason, he/she will give you a form (*une feuille de soins*) that you will need to submit directly to your insurance company in the U.S. for reimbursement.

For details about Wellesley's non-U.S. insurance policy, consult Wellesley Health Service, <http://www.wellesley.edu/healthservice/insurance>

A word on French medical coverage or “la sécu”:

The term “*sécurité sociale*” in French refers to medical insurance, not retirement pensions! As enrolled students in France, you are theoretically entitled to medical coverage although it is not free. In practice, processing time is so long that short-term residents rarely receive reimbursements. You will nevertheless benefit from reasonable French medical fees.

Useful vocabulary:

▪ un docteur/un médecin	doctor
▪ une ordonnance	prescription
▪ un médicament	medication
▪ la pilule (du lendemain)	birth control pill (morning after)
▪ un cachet (d’aspirine)	pill, tablet
▪ un préservatif	condom (familier : une capote)
▪ les règles	(menstrual) period
▪ une consultation libre	walk-in visit
▪ une consultation à domicile	house call
▪ consultation sur rendez-vous	by appointment

4. PERSONAL SAFETY & WELL-BEING

Unpredictable terrorist acts aside, there is no reason to feel less safe in France or Europe than in the U.S. In fact, incidents of violent or handgun-related crime are less frequent than in the U.S. The main risks, especially in large cities, are petty theft or pickpocketing.

The national French anti-terrorist plan known as *Vigipirate* was already in effect before the terrorist attacks of the last few years; it was reinforced and security was tightened afterwards. Expect your bags to be systematically checked in museums and also to see military-looking patrols in public sites, such as airports, train stations or even major tourist areas.

While in France, stay informed of world events and consult the U.S. State Department's travel and worldwide alerts at <https://travel.state.gov> WIA staff also send updates.

Note: *Wellesley College and WIA strongly discourage students from renting motorized vehicles or driving in France, especially in the south.* Car theft is particularly rampant in southern France, and students have sometimes been victims of scams. Individual cultural allowances cannot be used for activities deemed high-risk and strongly discouraged per Wellesley and WIA policy.

Women, including French women, often report feeling “hassled” by men, notably on public transportation. This is known as *harcèlement de rue* in French, and it is punishable. Men may also seek women's attention by making explicit remarks about their appearance or approaching them in public spaces, such as parks, bars, or outdoor cafés.

All students must inform the WIA Director via e-mail whenever they leave Aix and provide details (e.g., dates, destinations). If anything occurs in France or elsewhere, you should contact the Director immediately to let her know you're okay.

As the two largest cities in France, Paris and Marseille combine the positive and negative traits of many world cities: sketchy neighborhoods, pickpockets, assorted trafficking, tourist scams, etc. *The main precaution is to always remain vigilant and avoid taking unnecessary risks.*

Common-sense precautions to take no matter where you are:

- ✓ Tell someone where you're going if you travel or go out alone, especially at night.
- ✓ Avoid taking the metro or a night bus very late. After 11 p.m., take a taxi.
- ✓ Avoid walking home alone or in deserted streets and neighborhoods at night.
- ✓ Don't rent a car or other motorized vehicles. Lack of familiarity with driving laws and behaviors, coupled with car theft in southern France, are a recipe for disaster.
- ✓ *Never* hitch-hike in France, even if you're with someone else or are told it's safe.
- ✓ Always hold your bag or backpack close to your body and don't set it on the ground.
- ✓ Always ask where you are going if someone offers to take you somewhere outside of town or to places you don't usually frequent (e.g., clubs), especially at night.
- ✓ Walk confidently and look straight ahead of you, as if you know where you're going.
- ✓ Be sure to know how to call the police if necessary and explain a problem in French.
Number to call: 17 from a landline or 112 from a cell phone.
- ✓ Don't get distracted by your cell phone (text messages, conversations) in public transportation or when walking on the street. It makes you an easier target.
- ✓ If you don't want to attract unwanted attention in public spaces, speak French!

Sexually-transmitted diseases : le SIDA et les MST

As in other countries, there are people living with HIV (*le VIH*) or AIDS (*le SIDA*) in France. Information is available at: <http://www.sida-info-service.org>

Sexually-transmitted diseases are called *MST* (*maladie sexuellement transmissible*) in French.

You may be surprised to see vending machines selling condoms in public places, including restrooms, metro stations, cinemas, etc. In France, this is viewed as a public health service; it is not intended to encourage certain behaviors but seen as a preventive measure.

Although it may be tempting to seek new experiences while abroad, it's important not to take unnecessary health risks. As a rule, if you wouldn't do something in the U.S., it's not a good idea to do it abroad either.

5. DRUGS, ALCOHOL & FRENCH LAWS

As legal adults in France (age 18), you are responsible for your actions and must respect local laws. WIA staff can assist you in medical emergencies but cannot make decisions, obtain confidential information or take any kind of legal action on your behalf.

Wellesley College's honor code also emphasizes students' responsibility and concern for fellow students' well-being. Moderation and safety go hand-in-hand, especially when traveling abroad. *It is crucial to exercise common sense and good judgment at all times.*

You are free to purchase and consume alcoholic beverages in Europe and you won't be asked for i.d. in a restaurant or bar. There is a French law against public drunkenness and rowdiness, however, and the police are authorized to detain offenders in a police station until they are sober. Once again, this is a public health and safety issue in France.

Be aware that France has some of the toughest drug laws in Europe. You are subject to French laws, and neither the U.S. Consulate nor Wellesley College can provide legal counsel. ***Any willful violation of French laws or drug-related incidents will result in expulsion from the program.***

If you are the victim of a crime while in France (e.g., theft, assault), you should immediately report it to the WIA Director who will assist you in reporting it to local authorities. In keeping with the U.S. Clery Act, all such incidents must also be reported to Wellesley College, but they are recorded anonymously, and confidentiality is respected.

6. ELECTRICAL OUTLETS & MISCELLANEOUS

Voltage in France is 220. This means you will need an adaptor plug (*un adaptateur*) for your laptop and any U.S. appliances or electrical or electronic devices (e.g., laptop, camera). You can buy one at the airport.

All homes and businesses in France must be equipped with smoke detectors. Whether you opt for a homestay or a room at the Rossini, there should be one in or very near your room. If there isn't, you should notify WIA staff immediately.

In theory, smoking is prohibited inside restaurants and in public buildings and spaces, and restaurant patrons can only smoke outdoors. You will find that smoking remains less "stigmatized" in France than in the U.S., however, and that many young people smoke. If you're allergic to smoke, you should not hesitate to say so.

7. MEDIA & NEWSPAPERS

We urge all students to adopt the French habit of watching the nightly news ("*le 20 heures*") and keeping up with current events, even if you only read the front page of a major French newspaper online, such as *Le Monde*. It's important to have a French perspective on events.

Ask your homestay hosts which magazines and newspapers they read ... and why!

8. TIPPING (*le pourboire*)

- **Taxi:** it is customary to give a tip of 1 or 2 euros for a short ride and a bit more for a larger fare or longer distance (for example, to go to an airport). No fixed percentage.
- **Restaurant, bistro or café:** a 15% tip is automatically included in France (and should be indicated on the menu), but many people leave small change or a few coins on the table or slightly more in a nice restaurant, especially if the service is especially attentive or friendly.

9. WORK & INTERNSHIPS

As in the U.S., internships are highly competitive in France and may be mandatory in business or professional schools. French students usually have to find their own internships, often via family friends or personal contacts. The WIA program does not have a list of pre-existing internships but staff can provide assistance and advice with résumés, cover letters, and offer interviewing tips.

There are regulations and laws regarding student internships in France, notably the following:

- All internships require a signed contract (*une convention de stage*) which defines the terms and specifies the link with academic goals or course of study. This contract is signed by the organization or company offering the internship; the student's home institution (France or U.S.); the student; and, in some cases, an internship provider.
- By law, unpaid internships cannot exceed eight weeks. For longer periods, interns must receive some sort of compensation (*une gratification*), such as a meal or transportation stipend. No stipend is required if the duration is less than 8 weeks.
- To apply for an internship, you must submit a French-style résumé (*un curriculum vitae*) along with a cover letter (*une lettre de motivation*). The WIA tutor can assist you with this and provide model letters.

Tips on finding an internship in France:

- Talk to everyone you know: homestay hosts, professors, French friends, WIA staff. The more people who are aware, the better your chances of finding something.
- Seek feedback and advice on your CV and cover letter to someone familiar with internships in France. This is culture-specific, and U.S. tactics may not be effective.
- Don't delay! If you want a summer internship, you need to start looking in February.
- Take advantage of all available resources, starting with the web sites below. The *L'Etudiant* site allows you to search by type of internship, city, dates, etc.

<http://www.letudiant.fr/jobsstages.html>

<http://www.jobaviz.fr/>

<http://www.topannonces.fr/annonces-offres-emploi-u299.html>

For Paris, you can also check the job ads in the FUSAC. www.fusac.fr

Students or dual nationals who hold an EU passport are allowed to work in France part-time (18 hours per week) without a work permit. Non-EU nationals must have authorization.

Employers must declare student workers and produce a contract. A business that offers to hire and pay you in cash is engaging in illegal behavior and taking a major risk. So are you.

Any student may earn extra money by babysitting, picking up French children after school, or giving private English lessons. Rates vary from 10 to 15 euros per hour. In Aix, **Book-in-Bar**, the local English bookstore, has a bulletin board where people post ads. Check it out!

10. RECOMMENDED READING

This guide can't possibly cover every topic or address every question you may have. You will find many resources on France, including student blogs, YouTube videos, etc. *A vos claviers!*

One of the best resources to help prepare for the experience is *What's Up With Culture?* online cultural training program developed by Dr. Bruce LaBrack and colleagues at the University of Pacific. <http://www.2.pacific.edu/sis/culture>

The following oft-cited intercultural books or personal memoirs are readily available on amazon.com. Polly Platt was a Wellesley alumna, and her numerous books are generally amusing and well-known in the expatriate community in France.

If you only have time to read one book on France, we highly recommend Barlow & Nadeau's

The Bonjour Effect: The Secret Codes of French Conversation Revealed (2016) by Canadian authors Julie Barlow & Jean-Benoît Nadeau

Other authors & titles:

- Geraldine Smith. (2018) Vu en Amérique, bientôt en France.
- Polly Platt. French or Foe? Getting the Most out of Living & Working in France
Savoir Flair: 211 Tips For Enjoying France & the French.

- Pamela Druckerman (2012). Bringing Up Bébé. www.pameladruckerman.com
- Pamela Druckerman (2013). French Children Don't Throw Food.
- Gilles Assoulin & Ruth Mastron. (2010). Au Contraire: Figuring Out the French !
- J-B Nadeau & Julie Barlow. (2008). Sixty Million Frenchmen Can't Be Wrong.
French title: Ils sont fous, ces Français!
- Raymonde Carroll. Evidences invisibles : Américains et Français au quotidien.
English title: Cultural Misunderstandings: French-American Experience
- Adam Gopnick. (2001) Paris to the Moon
- Sarah Turnbull. (2005) Almost French: A New Life in Paris

MOST FREQUENTLY-ASKED QUESTIONS ... AND RESPONSES!

1) How can I best prepare myself for my experience in France and Aix?

Read the GAP carefully, and work on your French as much as possible! Try to read, watch or listen to something in French at least a few times a week via Internet, e.g., front page of *Le Monde* or *TV5*, so that you'll be informed of current events and major issues in France. The more you practice your French before arriving, the easier it will be to adapt and converse.

2) How much money should I bring?

Have about 100 euros in cash upon arrival for expenses in the first couple of days. A taxi to the Citadines from the airport will cost 50 euros. You can use an ATM thereafter to withdraw money. There are ATMs all over Paris. Check with your U.S. bank about fees.

During the semester, Wellesley College will deposit in your U.S. bank account a monthly stipend, mainly for lunches. A Wifi connection and laundry are included in the homestay. Students at the Rossini receive more funds to pay for all food and also laundry expenses. The program provides *all* students with a local bus pass for the semester. (See *Finances*).

Your main expenses will be books and school supplies, cell phone, personal travel and entertainment. Note: No reimbursements are given if you miss meals in a homestay on account of travel or choose to stay elsewhere with visitors. ***All personal travel is at your own expense.***

3) What will the early weeks in Aix be like?

There will be an orientation in Aix; it is shorter in January on account of class start dates. Sessions with the Director focus mainly on academics and there will be visits of WIA's partner institutions, individual advising meetings with the RD, and some social activities with the two French students who serve as peer mentors and student life guides during the first three months.

The early days in Aix are a crucial time to get to know your French hosts, an essential part of your experience. For that reason, we strongly advise against friends or parents visiting you during that time. You will be busy settling in and being as "immersed" as much as possible in French. Keep in mind that this process is physically and mentally *tiring*, so it's important to also find time to relax and decompress!

4) What can I expect from my homestay hosts? What will they expect of me?

See the *Housing* section. A session will be devoted to this in Paris. Remember that adapting to a different lifestyle in another language is a *process*; don't expect to feel completely "at home" on Day 1. Your relationship with your hosts will evolve as you get to know one another; this takes time, effort and openness on everyone's part. Be patient! And be yourself!

All WIA hosts are carefully selected and genuinely interested in ***exchange and communication***. This is not a mere "business arrangement". The key to a positive experience is a willingness to interact and engage with host family members, respect their homes and show a genuine interest in their lives and in France. It's a 2-way street.

In Paris, you will receive a "checklist" of practical topics, e.g., meal times, keys, laundry, etc, to go over with your hosts in the first few days. Hosts also receive it, and the aim is to facilitate the conversation about "house rules" or daily routines and make sure everything is clear. Don't be afraid to say you don't understand something; no one expects you to know the word for every household appliance or kitchen utensil!

As a general rule, don't expect to be treated like an "adopted child", at least not right away. If you offer to help by setting the table or doing chores, and if you enjoy cooking or baking and offer to prepare a special dish, you are more likely to feel at home. *Ne soyez pas timide!*

All hosts have had prior experience with WIA or international students and understand students' desire to go out, spend time with friends, travel, etc. As the semester progresses and you become more independent, try to find a balance between spending quality time with your hosts and your other social activities. ***Communication is key!***

5) Is it possible to change housing?

If you have doubts about your initial housing choice, you should contact the WIA Director well in advance of your arrival to arrange a Skype conversation. Student housing is competitive in

Aix; residence halls fill quickly, and WIA does not have an unlimited supply of homestays. All contracts are signed months in advance, and any changes entail a process and take time.

No changes will be made in the first three weeks in Aix. Remember that it takes time to adapt and feel comfortable in a new environment, especially in another language. Miscommunication is normal and often linked to cultural differences that you may need help analyzing and interpreting. Look at it as a learning opportunity! Changes are made only if something cannot be resolved after speaking with hosts and WIA staff and trying to work it out.

Note: All housing is arranged by WIA and included in the program cost. Students are not permitted to make their own arrangements or change housing without the WIA Director's knowledge or approval. No reimbursements will be given.

6) When and how will I select and register for my classes?

This, too, is a *process* that takes time and perseverance! During the first week in Aix, you will have time to read course evaluations completed by previous WIA students and meet with the Director to discuss your academic goals. You will have two weeks to finalize classes.

You will need to make choices and attend all classes that interest you and *keep attending them until you have narrowed your choices to a 5-credit course schedule that works*. Starting out with five credits enables you to drop a problematic course within the first 5 weeks and maintain the required 4-unit load. Note: Sciences Po classes earn ½ credit.

The level (first-, second- or third-year) will depend on several factors: your prior background knowledge of the topic, your French level and your major. All advice is individualized.

All policies and procedures will be thoroughly explained during the first week in Aix. Course registration at AMU and Sciences Po will occur after the first two weeks. *Pas de panique!*

7) Is it possible to drop and add courses after registration?

It's not possible to add a course if you have not attended it during the first two weeks, notably at Sciences Po where some courses only meet five weeks. ***Per WIA policy***, you may drop a class within the first five weeks with no consequences *as long as you maintain a 4-credit load*. Thereafter, a W (withdrawal) will appear on your WIA transcript.

Note: All communication with administrators in WIA's partner institutions in Aix go through the WIA Director. Failure to comply with WIA policies or to keep the Director informed may result in negative consequences, including a final grade of F in a course.

If you have questions or difficulties, make an appointment with the WIA Director with whom you will meet monthly to discuss your progress. It's perfectly normal to be disconcerted by the French system which is very different from small U.S. liberal arts colleges on every level. If you need advice, just ask. We're here to listen and help if we can!

8) What else should I know about academics?

Key differences between French and U.S. higher education and essential French vocabulary are included in the GAP. Read these sections carefully and memorize the academic terms!

International students enrolled at AMU or Sciences Po don't receive "special treatment" and are expected to adhere to all dates and policies and do the same work as their French classmates. You should take this into consideration when planning visits from family and friends or traveling. Missing a final exam for such reasons will result in grade of zero and F for the course.

Keep in mind that taking classes in three different places – WIA, Sciences Po & AMU – means juggling different schedules, calendars and exam dates. It's about a 25-minute walk from AMU to Sciences Po or the WIA center. Scheduling conflicts must be avoided from the outset; no late arrivals or early departures will be allowed in a WIA class because of a course elsewhere. As in the U.S., you'll have to make choices. WIA classes are capped at 15 for space reasons.

9) What kind of assistance is available in Aix?

All kinds – that's why Wellesley has onsite staff! The Director is an academic advisor, primary emergency contact and a resource person in other areas. A part-time Assistant also provides assistance and practical advice and, as of Spring 2020, a Housing Coordinator will handle all housing-related issues.

Two students from AMU who spent a year in the U.S. will be key resources for student life, and there is also an experienced tutor who studied at AMU and spent a year at Wellesley so is familiar with both systems.

Another valuable resource person is a U.S.-trained bilingual therapist who has worked with numerous U.S. students in Aix; her contact information is provided in the section on health matters in Aix. You must be prepared to pay for all counseling services.

In the event of a medical or other crisis, confidentiality is respected, in keeping with the Family Educational Right to Privacy Act (FERPA) in the U.S. Your parents are only contacted in medical or safety emergencies or in the unlikely event of a legal problem.

10) What's the best way to meet people and make French friends?

Join a club or group of some kind: sports, music, volunteering, etc. Check out student groups and clubs at AMU and Sciences Po. *Make this effort within your first month in Aix.*

This guide contains tips and recommendations from previous WIA students. Highlight the ones that appeal to you and that you'd like to check out. It's important to have a strategy!

A final word: The more you travel on weekends, the harder it will be to make French friends. French students don't go away every weekend or travel outside of vacation periods; they tend to socialize with their friends or spend time with family on weekends. When in France...

III. LE « SAVOIR-VIVRE » IN FRANCE

This term is difficult to translate in English and combines notions of courtesy and politeness, cultural practices and implicit “codes” familiar to the French, as well as a certain “art of living” of which the French are proud. Certain aspects are also part of child-rearing practices in France.

You will no doubt notice that the French are proud of their history, traditions, culture and *patrimoine* or cultural heritage. Conversation is also considered an “art” in France and remains an essential part of daily life. Awareness of behaviors that characterize le savoir-vivre or *une bonne éducation* will help facilitate your integration. These will be discussed in Paris.

A few examples and some tips:

- When invited to dinner in someone else’s home (other than a homestay), it’s customary to bring a gift such as flowers or nice chocolates. This gesture will be much appreciated.
- Make it a habit to say « *Bonjour, Monsieur* » or « *Merci, Madame* » when speaking to a professor, employee, office worker or any adult, especially *before* making a request. This is one of the first “lessons” taught to French children, and it can make a huge difference in how the person reacts and how helpful he/she is.
- In a restaurant or café, one attracts a waiter’s attention by trying to make eye contact or raising one’s hand and waving slightly. If necessary, the appropriate verbal cue is *Madame* or *Monsieur* or *S’il vous plait*.
- Service in the U.S. is known for being quick, efficient, and friendly. This is not always the case in France where speed and efficiency may matter less than conversational exchange, talking about the quality of products, making suggestions, allowing a customer to taste something, etc. Remember, patience is a virtue! Moreover, you may come to appreciate such exchanges when you are on the receiving end.
- When encountering a situation or behavior that you don’t understand, try to keep a sense of humor and avoid being defensive, judgmental or critical. It’s normal to feel unsettled by attitudes or reactions that seem « *bizarre* ». Ask someone who knows French culture well to help you interpret or understand an incident that may have baffled or upset you.
- Male-female relations differ around the world, and gender identity is not discussed as much as in the U.S. Many North American women describe French and southern European men as “sexist” or “macho” and are surprised when approached or spoken to in public spaces (e.g., *Vous êtes très jolie, Mademoiselle.*). Non-Caucasian women sometimes report receiving more attention, especially in smaller, less diverse cities than Paris.

In most cases, the best tactic is to avoid eye contact, ignore comments and walk away. Responding (especially in English) may only encourage the behavior. If it persists, a very firm *Ça suffit!* or *Laissez-moi tranquille!* often does the trick.

- Political correctness is often viewed as an “American phenomenon” in France. Attitudes toward diversity and difference may be expressed more openly in France. You may hear comments about groups or individuals that might be deemed insensitive or even inappropriate in the U.S. How to react?

You should not be afraid to challenge such views or express your own opinion. How you react to what *you* may perceive as an offensive remark is a personal choice and may depend on the context and individuals involved. If you feel strongly about an issue, don't hesitate to disagree or explicitly say you don't find a joke or comment funny or to suggest changing the subject. If you need some "language coaching" in this area, just ask!

- Be aware that French people tend to be curious about people's origins, especially when they detect an accent. Asking a person where he/she comes from is not *necessarily* rude or offensive in France. Context and tone matter. There are also strong regional identities in France; French nationals may see themselves first and foremost as Breton, Corsican, Parisian, etc. You will find that many Aix residents don't come from Provence. In sum, don't be surprised if you are asked: "Where do you come from?" or "Where is your family from originally?" It may be asked out of mere interest or curiosity.

Keep in mind that your perspective will likely evolve over the course of your stay as you meet and interact with host nationals, French and other international students, etc. What may seem strange or difficult to understand in the beginning may end up being a source of real learning and personal enrichment, and even contributing to your future career. Stay open!

1. ON THE ROLE OF FOOD & MEALS IN FRANCE

Food, cooking and meals are central to life in France and a key conversation topic! If you're living with French hosts or are invited to someone's home, the following may be useful:

- Evening meals are an important part of family life: everyone talks about his or her day. In some cases, families watch the evening news together. It may take time to feel comfortable participating in conversations but try to make an effort. Asking questions is often an effective strategy.
- Differences in eating habits – meal times, number of courses, ways of using utensils or serving and eating certain foods may be the source of puzzlement but also amusement! Observe what your hosts or other guests do and follow their lead. Serve others, e.g., water, before you serve yourself.
- Meal times are generally later than in the U.S. Dinner may occur between 7:30 and 9:00 pm, and many restaurants open at 8 pm. If you are invited to dinner at someone's house, arriving more than 15 minutes late without letting the hosts know is considered rude.
- If you are in a homestay, you should be aware of dinner hours and *be on time*. Unless you have a class that ends late or have indicated you'll be late for whatever reason, your hosts will wait for you before starting to eat. Let them know if you're delayed.
- Don't hesitate to offer to help set or clear the table. *Je peux vous aider à mettre le couvert ? / à débarrasser ?* Complimenting the cook is always appreciated!
- During meals with family or friends, the French love to converse, interrupt each other, joke or tease, etc. The livelier the conversation, the better! Do your best to join in!
- The French don't eat or leave food in their bedrooms. Use the kitchen, and don't leave dirty dishes in other rooms. It will *not* be appreciated and may create tension.

2. POLITENESS, VERBAL & NON-VERBAL COMMUNICATION

Politeness is expressed differently depending on the language and culture. In France, it's important to pay attention to *register* - formal, colloquial or informal (i.e., slang or *argot*) - when talking to people. Factors like age, status, and length of relationship matter. For example, one does *not* use slang with professors in France; it's considered impolite. Social norms in France may seem formal to you, especially at the outset, but this will become easier and more natural with time and practice.

- In the U.S. it is common to say "Thank you very much." to thank someone, whereas in France people more likely will say "*Merci mille fois*" or "*C'est gentil*" or "*C'est très aimable à vous*". A simple « *merci* » might seem discourteous to some people.
- The French don't systematically respond "You're welcome" (*Je vous en prie.* ou *Il n'y a pas de quoi.*) but may instead smile or nod in thanks (non-verbal cue). People also tend to respond *Je vous en prie / Je t'en prie* more often than *De rien.* (informal register).
- Prior to a transaction or when entering an office, one generally says "*Bonjour Madame/ Monsieur*" before asking a question or explaining the reason for one's visit. If you already know the person somewhat, you may add: *Vous allez bien?*
- Never say « *Salut!* » or « *Ouais* » to a professor, office employee, storekeeper, etc. It is *not* "cool" and excessive familiarity may be considered disrespectful. Pay attention to such cues and try to use the appropriate register in more formal or official contexts.
- It is also **essential** to mind your language in emails to professors. You should address them as *Monsieur* or *Madame*, always be polite, refrain from asking for an immediate reply, and sign *Cordialement* or *Respectueusement*. Ask a French person to read your email before sending it to a professor or person of authority, especially if you are making a request.
- People don't smile as much in France as in the U.S., especially to strangers. A smile implies familiarity and may be interpreted as an invitation or sign of interest (especially between men and women). Don't be surprised if a smile or direct eye contact leads to an invitation.
- The French readily correct children and young people – and non-French speakers communicating in French! Waiters, storekeepers or others may correct your French or even respond in English, especially if they hear *you* speak English and assume that you're a tourist. ***Don't hesitate to say that you are a student or prefer to speak French.*** Most people will be pleased and switch to French if you ask.
- In general, the *tu* form is used to address people your own age and younger and *vous* with adults unless they suggest using *tu* (*Tu peux me dire tu.*) In the south of France, people tend to be less formal and suggest using *tu* more quickly. Some French hosts may invite students to call them by their first names right away, others not. Keep in mind that individual differences and preferences also exist. Rather than make assumptions, ask if you're unsure.

3. HOUSING IN AIX

The housing questionnaire you submitted included basic information about homestays and the Rossini residence hall in Aix. Key points are reiterated below:

Homestay placement process

Hosts may include a retired couple, a single hostess, a family with children still at home, etc. All are eager to interact with students and cite communication and exchange as their primary reason for hosting a WIA student. In sum, they are not doing this primarily for financial reasons, and the feedback from previous WIA participants confirms this.

WIA staff have visited all homes and briefed hosts on program goals and expectations. Most have prior experience with WIA students. Selected hosts also fill out a questionnaire and may have requests or preferences, especially with regard to meals. If you are a vegetarian or have only a few food allergies, you will be placed with hosts willing to accommodate you.

We cannot guarantee homestays for students with severe food allergies or highly specific needs, e.g., gluten-free, vegan, kosher diets. In these cases, the Rossini is more appropriate.

It is crucial to be *flexible* and remember that all requests cannot be satisfied. When determining preliminary placements, highest priority is given to health-related issues, notably allergies and dietary needs. Thus, if you are allergic to cats or dogs, you will not be placed in a home with pets, and that will take precedence over other requests, such as wishing to live with children.

All hosts do not live in the heart of Aix where space is more limited and apartments are the norm. You may live in an apartment or a house; in either case, you will have your own room and likely share a bathroom. You will receive a bus pass for the entire semester/year, and most students prefer to walk which is often faster than taking multiple buses.

As stated earlier, housing changes are not automatic, and you should be prepared to wait until a viable alternative is found. Once in Aix, all housing matters and requests will be handled by a Housing Coordinator. You will meet her in Paris during the session on living with hosts.

Additional Homestay Tips

The following suggestions are intended to facilitate the adjustment process and help you to maximize and enjoy the homestay experience - for both you and your hosts.

- ✓ A small gift or specialty from your home town or region, e.g., photo calendar, food item, is a nice gesture and conversation-starter when you arrive. They'll appreciate it!
- ✓ Try to avoid having preconceived ideas and comparing your hosts to your own family or to other homestay hosts. Each "family" has its own history, routine and interests, and while there may be some similarities, individual differences may also come into play.
- ✓ Use the WIA "checklist" to clarify points with your hosts in the first few days, especially with respect to daily routines, use of appliances and communication. What may seem "obvious" or "normal" may not be to the other party. That's why the list was created.

- ✓ Keep in mind that utilities are costly in France, hence “reflexes” like not leaving the TV on or turning off lights when no one is in the room, lowering the heat in bedrooms when leaving home in the morning, not taking long showers or leaving water running unnecessarily. French homes tend to be less heated than in the U.S., so have a sweater or sweatshirt handy if it feels chilly. In sum, try to be as energy-conscious as possible.
- ✓ Where food is concerned, remind your hosts as politely as possible of any allergies or food restrictions. They may not recall everything, and you will find that the French don’t like to waste food.
- ✓ Expect to eat breakfast on your own most days due to different schedules – but not beyond 10 a.m. Your hosts will likely ask you what you eat in the morning. In France, it’s usually bread with butter and jam or maybe cereal. Don’t expect a big breakfast or croissants every day. As for lunch, French students usually go to university cafeterias. This is why you receive a monthly stipend; your hosts are not obligated to invite you to lunch and it’s a bonus if they do. The main meal will be dinner, and hosts are expected to provide a balanced meal although you shouldn’t rule out an occasional “pizza night”, for example. In general, be prepared to eat what the rest of the family is served.
- ✓ Try not to take offense if your hosts correct your French; they’re trying to help you progress. If they don’t do it and you’d like them to, let them know. Similarly, asking you questions about your life and family generally means they want to get to know you.
- ✓ When in doubt, double-check and politely ask if you can use the kitchen to bake something, watch TV or invite a friend over, for example. ***Don’t expect to be able to invite weekend or overnight guests in your room.*** If your hosts tell you that you can have occasional guests, consider it a privilege and offer a small gift for their hospitality.
- ✓ Don’t let “minor issues” accumulate; if you feel uncomfortable or are puzzled by a reaction or incident that may have caused tension, you should discuss it with WIA staff. Sometimes a simple clarification or advice on how to address an issue with hosts can set things right and later become an amusing anecdote.

Rossini Residence Hall

This private student residence for students in the city center operates more like an apartment building than a dorm. The building is secure, and all residents must use a badge to enter the main gate and a code for the building. Two staff members live on site, and WIA staff have duplicate keys at Tavan in case of a problem.

The single rooms or “studios” consist of a twin bed, desk, small table, and also a private shower/toilet/sink and kitchen alcove with a small fridge, micro-wave and two burners for cooking simple meals. The WIA program pays for a wifi connection and provides all linens (sheets, towels ...), dishes and cooking utensils, and small appliances, e.g., coffee maker. There are coin-operated washing machines in the basement and a laundromat and supermarkets around the corner from the Rossini.

Nearly all residents of the Rossini are French students enrolled in various institutions in Aix, and many come from other cities or regions. There is an advantage to living alongside French peers, but keep in mind that this is not a U.S.-style dorm where students leave their doors open and friends wander in and out.

If you're interested in meeting fellow residents, it's up to you to make an effort. Do this early on! Check out the Facebook page. Occasional activities or events are organized in the common room downstairs. Join in! You can also talk to the Rossini staff and offer to plan an event.

Students housed at the Rossini are entirely responsible for their living space. Initial supplies (e.g., toilet paper, laundry & cleaning products) are provided by WIA, but you must replenish them yourself using your monthly allowance. ***In the event of a problem or emergency, such as a damaged lock, electrical malfunction, plumbing problem or water leaks, students must notify WIA staff immediately.***

Note: The Housing Coordinator does monthly inspections of Rossini studios for health and safety reasons and in keeping with an agreement with landlords. *If accommodations are not deemed sufficiently clean after an initial visit and follow-up visit, WIA reserves the right to send in a cleaning person and deduct a 30-euro fee from students' monthly allowance.*

IV. ACADEMICS : GENERAL INFORMATION

1. Academic calendar: 2019-2020

If you are registered at both Sciences-Po and AMU, you must adhere to both calendars.

	SCIENCES PO	AMU
Start date: 2nd semester	Week of January 20	Monday, January 13
Winter break	February 22 – March 1	Same as Sciences Po
Spring break	April 18 - 26 *	Same as Sciences Po
Final exams	Week 1: April 14 – 17* Week 2: May 11 - 29	April 27 – May 9 (2 weeks)

*Dates recently modified by Sc Po.

IMPORTANT! Exam schedules are not available until 2-3 weeks before exam dates indicated above. Dates are not negotiable and may include Saturdays. You must take the same exams under the same conditions as your French peers. Do not make travel plans during these periods. No make-up exams will be given without medical proof. Missing an exam without notifying anyone or providing a doctor's note will result in a grade of *Défaillant* which translates into a course grade of F on the WIA transcript.

2. HIGHER EDUCATION & CULTURAL DIFFERENCES

Adapting to a different university system and academic standards can be challenging. Teaching approaches vary across cultures, and, like previous WIA participants, you are likely to be disconcerted and baffled at times. Remember that you have many resource people to help you navigate the French university system. If you need assistance, just ask! Below are some cultural realities for which you should be prepared:

- Tuition costs (*frais de scolarité*) are much lower in France than in the U.S. and higher education may seem nearly free. In fact, higher education is heavily subsidized by the French Ministry of Education and taxpayers, thereby keeping costs rather low.
- As a result, French universities are not wealthy and offer fewer facilities and services than in the U.S. Don't expect fancy gyms or dining halls, libraries and computer facilities open 24/7. *Generally speaking, leave your U.S. expectations behind.* The point of direct enrollment is to experience a different philosophy and approach, not reproduce your U.S. experience. It's an essential aspect of *cultural* learning.

- The mission of universities in France is first and foremost *intellectual*. In general, French students don't expect a university to provide them with a social life or a plethora of services. Student groups and activities do exist and are usually managed by a *Bureau des Eleves* (BDE), often staffed by student volunteers.
- The teaching approach and relations with professors in France will no doubt seem very "traditional" or formal to you: lectures (*cours magistraux* or *CM*), with students listening and taking notes and less discussion than in the U.S. Even in smaller groups or sections (*travaux dirigés* or *TD*), there may be limited interaction or discussion, and the session may consist entirely of student oral presentations.
- Many AMU classes meet only once a week for 3 to 4 hours. This may well be the most difficult adjustment to make and quite tiring, especially at the outset. At the same time, it will allow you to measure your progress during the semester, notably your listening comprehension and note-taking skills.
- In France, undergraduates are expected to be autonomous, with minimal supervision, no weekly assignments or quizzes, etc. Don't expect a detailed syllabus; you may receive an outline of weekly topics and a bibliography. In most cases, it will be up to *you* to inquire about key books (if you lack background knowledge) and set up a reading schedule, review your notes weekly and fill in blanks. Ask French classmates for help!
- Professors may recommend books or make articles, readings and PowerPoint presentations available through the *Amétice* platform, but they won't check on your progress or comprehension of the material outside of exams or major assignments. ***In sum, you must take charge of your own learning and organize your time.***
- Ongoing assessment (*le contrôle continu*) is a misleading term for it doesn't refer to weekly graded assignments or more than three grades in a given course. The final grade may be based on only two assignments or exams, both of which may occur late in the semester. This means you may not know how you're doing before mid-semester, hence the importance of keeping up with the material and doing weekly readings on your own.

Advice: Avoid taking courses at AMU in which the final grade is based entirely on a single comprehensive exam at the end of the semester.

- Most professors in France don't have an office or office hours (*heures de permanence*) and may not provide an email address. Student-professor relationships may seem more distant than in the U.S. This doesn't mean you can't approach them, however. In fact, many enjoy meeting and interacting with their international students and are familiar with WIA. Don't be afraid to introduce yourself and speak to them!
- Remember, help is available! Take advantage of all possible resources: the WIA tutor, individual professors who can recommend key reference works, your *French classmates* for class notes, the WIA Director who can also offer guidance and tips. Don't wait until the end of the semester if you're having difficulty or have received a disappointing grade during the semester. Set up an initial session with the WIA tutor, a former AMU student, who understands professors' expectations and can provide guidance.

ACADEMIC POLICIES & GUIDELINES

The following policies and rules are standard in French institutions, and failure to comply with them may have a negative impact on your grades and result in your not receiving academic credit for courses in Aix.

- You are required to take all exams in all your courses. If you miss a final exam at AMU or Sciences Po for no legitimate reason, you will be marked absent and receive a grade of *Défaillant* for the course, in which case you will not receive credit.
There are no make-up exams except in the case of a medical or family emergency.
- Do not make plans to leave Aix before the end of official exam periods. *Exam dates and conditions are generally set by the university administration, not faculty.* In theory, professors are not allowed to administer exams in advance.

Advice: Plan to return to Aix at least two days prior to your first scheduled exam.

- Always have your AMU student i.d. card with you on exam day. (Note: Part-time students at Sciences Po don't receive student i.d. cards.) You may not be allowed to take the exam if you have forgotten your card. If you lose your AMU student card during the semester, go to the *Scolarité* office to request a replacement card.
- Exam and program dates take precedence over an internship or job opportunity in the U.S., personal travel, etc. *No early departures from France are allowed other than for emergencies.* The WIA Director must be informed of any emergency and will notify AMU or Sciences Po, Wellesley College or students' home institutions.
- Per Wellesley's academic policies, you may withdraw from a course within the first five weeks without a transcript notation as long as you maintain 4 credits. No withdrawals are allowed after the course has ended or just before or during exam periods. All withdrawal requests must be made in writing (via email) to the WIA Director.

Note: You must obtain authorization from your home institution for a reduced course load (i.e., fewer than 4 credits) and submit documentation to the Director.

VOCABULARY OF HIGHER EDUCATION IN FRANCE

<p>un amphî l'assiduité la B.U. (<i>fam.</i>) un collègue un commentaire composé un commentaire de texte un contrat pédagogique le contrôle continu un cours magistral (CM) crédits ECTS</p>	<p><i>amphithéâtre</i> or lecture hall (large classes) attendance la bibliothèque universitaire (library) junior high school in France literary textual analysis/paper of 5-7 pages analysis of a historical doc or non-literary text official course registration grade based on 2-3 assignments (vs. a single exam) lecture class European credit system: 6 credits = full course in US</p>
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le C.R.O.U.S.	student services (cafeterias, dorms, etc.)
un cursus	set curriculum culminating in a degree
un <u>cycle</u> d'études (1er, 2e, 3e)	1er cycle = B.A.; 2 ^e cycle = M.A.; 3 ^e = Ph.D
un devoir en temps limité (ou sur table)	in-class test; timed exam
une dissertation	writing assignment of 6-8 pages (on specific topic)
un dossier	research paper (usually 10-15 pages in length)
un exposé oral	oral presentation
la "fac"	<i>faculté</i> = <i>université</i> (usually public)
une fiche de lecture	paper on an assigned book (summary/analysis)
une inscription <u>administrative</u>	university registration (to receive student i.d.)
une inscription <u>pédagogique</u>	course registration in a specific class
une Licence	undergraduate degree (3 years); <i>1er cycle</i>
un mémoire	Master's thesis (or honor's thesis)
un partiel	an exam (not necessarily a mid-term)
une plaquette / un polycopié	course catalogue or course pack
un relevé de notes	transcript
un « Resto U » ou RU	<i>Restaurant Universitaire</i> ; student cafeteria
une thèse (de doctorat)	doctoral dissertation ; culmination of 3 ^e cycle
un T.D.	<i>Travaux dirigés</i> ; smaller group (linked to a CM)
des T.P.	<i>Travaux pratiques</i> (mainly in the sciences)
une U.E.	Unité d'Enseignement (course unit)

NOTE ! un cours ≠ une course. Do not pronounce the final « s » in *cours*.

3. AIX-MARSEILLE UNIVERSITÉ (AMU):

In 2012, the various branches of the *Université de Provence* merged to become **Aix-Marseille Université**: the largest French-speaking university in the world, with over 70,000 students!

AMU also welcomes over 10,000 international students (and more than 60 nationalities) to its satellite campuses. The main ones for WIA students are:

- **Schuman**: Aix campus and home of the Faculté des Arts, Lettres, Langues et Sciences Humaines (ALLSH). Informally called the “Fac de Lettres” by most people.
- **Montperrin**: close to the Schuman campus, one of the Faculté des Sciences sites.
- **MMSH** : *Maison Méditerranéenne des Sciences de l'Homme*, located on the west side of Aix and accessible by bus. Site of many Anthropology and Ancient History courses.
- **Saint-Charles-Marseille**: located opposite the train/bus station. Mainly for sciences.

These are the only AMU divisions with which Wellesley has an agreement and where you may take classes and earn credit from Wellesley.

Note: You will visit the Schuman campus during the first few days in Aix.

Courses that do not earn academic or transfer credit for Wellesley College students

- **Studio arts** (*arts plastiques*): Non-credit courses in painting, drawing, pottery, etc. are available outside the university. They are considered an extracurricular activity for which you may be reimbursed from the individual cultural allowance offered by WIA.
- **Economics or Management courses** offered by AMU's *Faculté d'économie et gestion* with which WIA does not have an agreement. Check Sciences Po offerings in these domains.
- **English or American studies**, i.e., courses taught in English. Students may take Comparative Literature courses offered in *Lettres Modernes*, taught in French.
- **Foreign languages (other than French)**, *unless* this is a second major. Levels, classes and pedagogical approaches differ in France, which can lead to difficulties in transferring credits.

Prescribed curriculum vs. Taking courses « à la carte »

Unlike in the U.S., students in France choose their major in the first year and follow a set curriculum with many required courses and few electives. There are no “distribution” or “general education” requirements in France; this happens in high schools, and, in theory, the *baccalauréat* exam ensures general knowledge in many areas. In sum, university is synonymous with a specialization in France.

Contrary to degree-seeking French students, you will be able to choose courses in different disciplines and at different levels (1st, 2nd and 3rd year), that is, “à la carte”. Your choices will depend on your major(s), your previous knowledge of the subject, and your level of French. *Final course choices will be made in Aix with the guidance and approval of the WIA Director.*

Note: If you enroll in two classes in the same discipline and year (e.g., 2nd-year linguistics), you may well have the same French classmates in both which can be a plus on many levels.

Undergraduate degree in France : « Licence »

The undergraduate degree or *la licence* in France is generally obtained in three years. Course levels are similar to Grades I, II and III at Wellesley, or 100-, 200- and 300-level courses in many U.S. universities and colleges.

L1 = introductory courses

L2 = courses that assume some previous knowledge (basic pre-requisites)

L3 = advanced or more specialized courses that assume background knowledge

Many previous WIA participants have taken L3 classes and done well. They are more specialized and demanding in terms of workload but also have fewer students than L1 classes.

Note: *If you have never taken a course in English in a specific discipline and do not have a B2 level in French, it is not advisable to take L3 courses.*

Structure of « Licence » courses

Depending on the discipline or level, there may be either a single weekly class of 3- 4 hours or two separate mandatory sessions per week (on the same or different days):

- **Un cours magistral ou CM:** usually held in an *amphithéâtre* (lecture hall)
- **Travaux dirigés ou TD:** smaller group, may consist of student oral presentations related to course topics or analyses of documents, group size from 10 to 30 students.

Courses may be co-taught by two different professors who may work independently or teach one half of the semester, for example. In courses where there is a CM and TD, you must complete all work in order to receive credit. The TD professor often assigns grades.

Note: Certain psychology courses at AMU are taught by a “team” of guest lecturers that change frequently. This may be disconcerting and can prove problematic in terms of grading and evaluation. It is best to avoid courses taught by more than three instructors who rotate.

Credits: “ECTS” and U.S. equivalents

The European Credit Transfer System (ECTS) enables students from different European countries to transfer credits to their home institutions from another EU university. The number of ECTS granted is essentially based on the number of hours per course.

For courses at AMU: 6 ECTS = 1 Wellesley unit
3 ECTS = 1/2 Wellesley unit

For courses at Sciences Po: a 2-hour *cours magistral* (CM) = 1/2 Wellesley unit

All WIA students are required to maintain **4 units per semester**. This generally means four 1-unit courses or three 1-unit and two ½-credit lecture classes at Sciences Po, for example.

Course selection and registration at AMU

In Aix you will meet individually with the WIA Director to discuss your academic goals, pre-select courses and put together a schedule that enables you to attend 7-8 classes in the first two weeks (including WIA classes). By process of elimination, you will reduce the choices to five. You should also communicate with your academic advisors in the U.S. during that period. The WIA Director can assist with translating course outlines or descriptions in English.

Step 1: Administrative registration (*inscription administrative*)

All students must pre-register at AMU prior to arrival in France via the MoveOn platform. This is an administrative formality. Instructions are sent via email and students must send the PDF confirmation form to the WIA Director who then submits the group’s forms to AMU’s international programs office. There will be a second administrative registration in Aix.

Step 2: Course registration (*contrat pédagogique*)

Once you have finalized your AMU course choices, you will meet with the WIA Director to complete an online *contrat pédagogique*. **This is essential in order to be officially enrolled for exams and obtain grades in AMU classes.** The RD will then send all signed contracts to AMU’s international programs office.

Post-registration course changes / Adding & Dropping / Exams

- Course registration procedures are not the same as for degree-seeking French students.

When in doubt, always ask the WIA Director who acts as the intermediary with administrative services and international programs staff at AMU and Sciences Po.

- AMU does not have an Add/Drop policy, and French students are not allowed to make changes once registration is final. In this instance, WIA policy prevails and you may withdraw from a course up until the final week of classes if you have a 5-course load or if a reduced course load has been approved by your home institution.
- *All communication with AMU administration must go through the WIA Director.* Failure to keep the WIA Director informed or to comply with academic policies may result in grades of F on your transcript and no transfer credit.
- Per AMU and Sciences Po policy, unless you have a medical certificate, you will receive a zero if you miss a scheduled exam. *It is your responsibility to check the final exam schedule online and note all dates and times.*

Amétice / ENT (Espace numérique de travail)

This platform will enable you to access your AMU email account, course documents and information and databases. Some AMU faculty use it for all course information, others less so. It's up to you to inquire or verify at the first class session and to find out how to access information in a specific course.

Transcripts & Credit Transfer

Wellesley students: All courses related to language, French or Francophone literature or cultures and French linguistics generally fulfill requirements for the French major at Wellesley and transfer as *200-level courses*. You will still need to take two 300-level classes upon your return to Wellesley in order to complete the French major.

Non-Wellesley students: Check with your academic advisors to find out which specific courses may apply to a French major or minor or fulfill other requirements.

Note: You should avoid taking courses similar to classes taken in the U.S. for credit, especially in your major. If in doubt, contact your advisor, dean or head of department.

If you need to submit an English translation of a course description or outline to seek approval for credit transfer, speak to the WIA Director who will translate the document for you. If you are asked for this documentation upon your return to your home campus but have not provided the necessary information to the Director, you will have to create the syllabus from your class notes, hence the importance of saving all course-related documents and assignments.

4. FRENCH GRADING SYSTEM & CONVERSION SCALE

You will receive numerical French grades in all courses based on a system of 1 to 20. Grades of 17 and above are rare in the French system, which is essentially Pass/Fail. The minimum passing grade for French students is 10 which translates into a C+ per the conversion scale below, approved by Wellesley College.

A C is the minimum grade required for credit transfer at Wellesley. Other U.S. colleges and universities may award credit for a C-. A WIA transcript will be sent to your home institution with course titles translated into English and the French grade converted into a U.S. grade.

WIA grade equivalencies

<u>France</u>	<u>United States</u>	
18 à 20	A+	
15 à 17	A	
14	A-	
13	B+	
12	B	
11	B-	
10	C+	
9	C	Wellesley credit awarded
8	C-	No credit awarded
7	D+	
6	D	

Credit Transfer

You will not receive your final grades before leaving France. It generally takes four weeks or so after final exams for grades to arrive at the WIA office. The WIA Director then converts grades and sends WIA transcripts directly to the Office of International Study at Wellesley. OIS forwards them to non-Wellesley students' home institutions.

Transfer Credit Policy & Transcripts

The Wellesley College Registrar's Office handles credit earned in the Wellesley-in-Aix program like all other transfer work: Credit is granted for a grade of "C" or better and course work is recorded on the official transcript with a notation of "TR" or transfer credit. Units count toward the degree but have no effect on the GPA.

A Wellesley-in-Aix transcript indicating course titles and grades received is sent to Wellesley College and forwarded to external students' home institutions. Other U.S. sending institutions may acknowledge and record credit earned in the WIA program according to their own credit transfer policies. External students should check with their home schools.

5. INSTITUT D'ETUDES POLITIQUES (IEP) / SCIENCES PO-AIX

Created in 1956, the IEP or “Sciences Po” in Aix is one of nine Political Studies Institutes in France. IEP-Aix enrolls nearly 2,000 undergraduates, including over 200 international students.

International students have three options: 1) year-long certificate program (CEP) consisting of 7-8 courses per semester; 2) full-time 1-semester program (PEPS) of 7-8 courses; 3) part-time program (PEPS-*Choix libre*) that allows students to enroll in up to two *cours magistraux* (lecture courses). Most WIA students choose the latter and also take WIA and AMU courses.

The curriculum for degree-seeking French students is a five-year one and leads to a Master's. All French students are expected to go abroad during their third year, either to study or do an internship. Consequently, there are no 3rd-year classes at Sciences Po. You will be able to choose 2nd and 4th year courses depending on your French skills and prior area knowledge.

Some lecture classes or *CM* meet twice a week for a total of four hours over five weeks (20 hours total) whereas others meet two hours per week over 10 weeks. Twenty contact hours amount to ½ credit by U.S. standards. Thus, two classes are required to earn one full credit.

The Sciences Po curriculum, like the student body, has become more diversified over the years. There are courses in English and even in other languages. ***All WIA students are required to take all of their courses and do all work in French.***

Course offerings and registration at Sciences Po

Updated course offerings are generally not available until July and subject to last-minute changes. The WIA Director usually receives a preliminary course list and sends it via email to students as soon as it is available. In order to see class schedules, you will need to do a Google search by entering *Planning Sciences Po Aix*.

Only the CM are open to part-time WIA students. The *conférences de méthode* and language classes are reserved for full-time students. You will have to attend all classes in which you are interested from Day 1 and make a decision very quickly.

A representative list can be found on the web site: **www.sciencespo-aix.fr**. Click on *International* (top of page), then on *Etudier à Sciences Po*. In the menu on the left, select *Cours* to see a list of 1st and 2nd semester classes. Titles in red indicate there is a description.

All registration procedures will be explained and occur in Aix. *Pas de panique!*

Instruction and grading methods at Sciences-Po

Some lecture courses (CM) may consist of note-taking only, with no discussion. Much depends on class size. In any case, all students at Sciences Po are expected to do a significant amount of outside research and independent reading and to essentially master course content on their own.

Final grades may be based on an individual oral exam administered at the end of the semester. Occasionally, a written exam or research paper may be required. Whether oral or written, ***this grade is generally the only one*** and will therefore determine the final course grade.

6. WIA COURSES

Each semester, WIA offers three courses reserved for program students. Enrollment is limited to 15 due to space issues and priority will be given to students according to their major.

Note: Students with a B2 level in French are expected to take at least two regular university courses at AMU and/or Sciences Po and no more than two WIA classes.

Spring 2020 WIA courses:

1) *Méthodologie & Expression française*

Professor: Madame Elodie Burle-Errecade

Schedule: Monday 11h -12h30 & Tuesday 14h -15h30, Tavan Center

This course reinforces advanced grammar and academic writing skills. Students practice writing *commentaire composé* (in literature), *commentaire de texte* (history, philosophy), *dissertation* (literature, social sciences) and also do an oral presentation on a topic of their choice.

It is required for students who score below a B2 level on the French test (TCF) administered during the first week in France. It is optional for other students.

2) *Traduction*

Professor: Madame Christelle Klein-Scholz

Schedule: Wednesday 8h30 – 11h30, Tavan Center

Focuses on translation of various kinds of texts, common idiomatic expressions and cultural concepts. It aims to reinforce stylistic and grammatical knowledge and enhance vocabulary, with an emphasis on common errors made by English speakers in French.

3) *Histoire de l'immigration en France*

Professor: Madame Céline Regnard

Schedule: Tuesday & Thursday 16h30 – 18h, Tavan Center

Overview of immigration in France from the Revolution to the present.

Attendance Policy in WIA Courses

Attendance is mandatory in all WIA classes and all absences must be justified, i.e., medical form or WIA Director's approval.

Unexcused absences, particularly due to weekend travel, extended vacations and visitors, will result in grade reductions. There are no make-up assignments or exams for unexcused absences.

7. OTHER ACADEMIC INFORMATION

Tutoring and academic support

French universities and specific academic departments increasingly offer support in the form of peer tutors, especially for first-year French students who also need assistance or advice.

WIA also hires a program tutor, who is available to help students with the methodology of French academic writing, oral presentations, exam strategies, grammar trouble-shooting, etc. You will meet her in Aix during the first week, and her contact information and schedule will be posted at the Center. All students are strongly encouraged to meet with her at least once in the first few weeks to learn more about the kind of individual help she can provide.

8. ENSURING YOUR ACADEMIC SUCCESS IN AIX

The advice below is intended to help you succeed and avoid unpleasant surprises at the end of the semester or after your return to the U.S. Much of it comes from past students!

- Review and rewrite or complete your class notes *after each class*. This will help you progress in French and force you to check facts and fill in any blanks (e.g., dates, names) that you didn't catch in lectures and are expected to know.
- Set up your own reading schedule from the outset, especially in the absence of a detailed syllabus, and **stick to it**. This is a *student* responsibility in France.
- Read at least two books cited in the bibliography or recommended by the professor. If you're not sure which ones are most useful, ask – at the start of the semester!
- Check the library at Tavan for books, especially if a class was taken by previous WIA students. There are also neighborhood libraries in addition to the AMU and IEP ones. You can also order books on amazon.fr and have them sent to the Tavan center.
- Organize study groups with classmates and invite French students to join. This is a great way to get to know your French peers as well.
- Students often assume that classes are "easy" because of the lack of weekly assignments and less feedback from instructors than in the U.S. This is often a false assumption. Remember that roles and responsibilities are different. Professors in France will expect *you* to learn the material and do outside reading on your own.
- If you are having trouble with classes or feeling frustrated or discouraged, make an appointment to talk to the WIA Director. Don't wait until the end of the semester!

Documenting your coursework: le dossier de cours

Academic departments or advisors in the U.S. may request more detailed information about your classes in France. In some cases, there may only be a one-page outline of weekly topics and a bibliography – at best. It is therefore essential that you document your work regularly.

The *dossier de cours* serves that purpose. You will receive a Word version via email and should revise it weekly. The WIA Director may ask to see it at your monthly individual check-in meeting. ***You will be expected to submit these for each non-WIA course in which you have not received a syllabus or course outline at the end of the semester.***

If you need a translation to request transfer credit once back in the U.S., you will have to contact the WIA Director to request a translation of your *dossiers de cours*. If you haven't submitted them and have no documentation of course content, transfer credit may be denied.

Dossier de Cours

Intitulé du cours : _____

Code ou n° du cours : _____ *Semestre*: 1 2

Professeurs et/ou responsable du cours : _____

PLAN DU COURS (“syllabus”)

Notez les principaux thèmes abordés en cours chaque semaine (en 2-3 phrases ou points)

Semaine 1 :

Semaine 2 :

Semaine 3 :

Semaine 4:

Etc.

CONTENU

- 1. Œuvres étudiées : Liste des livres ou articles lus ou des films vus*
- 2. La bibliographie : Liste des livres de référence pour le cours ou vos travaux (pièce jointe)*
- 3. Photocopies des documents clés distribués par les professeurs (à joindre au dossier)*

MODES D'ÉVALUATION

Précisez le type et la longueur des travaux notés

Exemples :

*Travail 1 : Commentaire de texte de 6 pages du début de *Madame Bovary*. Fait à la maison.*

*Travail 2 : Exposé oral de 20 minutes en classe. Sujet : *La crise financière de (date)**

Travail 3 : Examen final sur table – dissertation sur (sujet)

ACADEMIC ADVICE FROM PREVIOUS WIA STUDENTS

General

- *Forget all your expectations and start over with an open mind. It'll save you a lot of frustration.*
- *It's okay to be confused and not understand everything.*
- *Don't feel defeated because getting used to French classes will be difficult.*
- *Erase any expectations you have from your U.S. experiences and take really good notes.*
- *Don't be afraid to approach the teachers – they are really quite nice.*
- *Talk to students in your classes!*
- *It's less about the academic experience and more about the cultural one. Try not to stress too much.*
- *As long as you work hard and take advantage of all the resources WIA has to offer, you will be fine.*

On selecting courses:

- *Choose classes based on the books you'll read. Do all your reading.*
- *Be proactive. If you don't like a class at the beginning, try others until you find one that works.*
- *Take classes that actually interest you.*
- *Test upper-level classes and take them; first-year classes are a very low level sometimes.*
- *Start with five classes so you can drop one.*
- *Don't be afraid to take classes with no other Americans; it really forces you to reach out and make French friends or at least friendly acquaintances.*
- *Don't take classes because they seem easy because they WILL be too easy & uninteresting.*

On study strategies:

- *Rewrite or go through your notes each week. Take notes on your computer!*
- *To get the most out of your classes, you need to make a reading schedule and stick to it to feel purposeful.*
- *Make a list of key topics from each class and read more about them to acquire more info that would be very useful on exams.*
- *Figure out Amétice ASAP and make sure you're following in class.*
- *Start studying early. It takes so much longer to read notes/books in French.*
- *See if your classes have Facebook pages; those were so helpful!*
- *Be present in the class and talk to your professor if you didn't understand something.*
- *Don't stress out too much and try to find study partners, especially non-Americans!*
- *If you have to do an exposé with a French student, have confidence in yourself.*
- *Be active in class. Try your best to participate. If you can't, actively listen & take good notes.*
- *Talk to other students in your class!! They often have a better idea of what's going on or, if they don't, know what to read, what's on the exam, if there's a class next week – at least you're in the same boat! Plus, they might become a friend!*
- *Invest time in your classes. It's easy not to, but the classes I cared the most about were the ones I did the most work for, and the ones I ended up liking the most.*

9. EXTRA-CURRICULAR ACTIVITIES & STUDENT LIFE IN AIX

Athletics

AMU's *Service universitaire d'activités physiques et sportives* or SUAPS offers numerous and free classes and activities: tennis, swimming, fitness classes, hiking, climbing. There is a *Bureau des sports* at AMU and Sciences Po which also has many student associations and organizes outings and events. If you're looking to meet French students, start there! A list of student activities is available on both AMU and Sciences Po web sites.

How to sign up

Be proactive! Registration occurs at the start of the semester and it's possible you won't yet have your student i.d., card yet, but go anyway and explain that you are an exchange student and your card is pending. (You can use your AMU acceptance letter.) Even if the class is allegedly full, go back! If you're motivated and enthusiastic, chances are you'll get in.

You may be asked to provide a **medical certificate** before the first class depending on the sport. This requires a doctor's visit, but you can be reimbursed. Talk to WIA staff about it.

Student Groups & Organizations

Look under *Vie étudiante* on the web sites and go in person to the *Bureau de la Vie Etudiante* or *Bureau des Elèves* and make inquiries. Talk to the WIA tutor – a former AMU student - and French students in your classes to find out more. Your efforts will be rewarded!

Remember that French students don't rely exclusively or even mainly on the university to provide them with a social life. Many are involved in activities and socialize with friends in the city and in public spaces like cafés and pubs rather than on campus.

10. LIBRARIES

1) The « BU » (*Bibliothèque Universitaire*)

This brand new library on AMU's Schuman campus opened last year. Take advantage of it!

2) « BS » (*Bibliothèque de Section*)

Each academic department has its own library. You can consult books on site but also borrow them. Check with the department or your professors.

3) MMSH Library

The Maison Méditerranéenne des Sciences de l'Homme or MMSH houses the anthropology department. It is on the west side of Aix, not the Schuman campus and accessible by bus. You will find a wide selection of works in the humanities: anthropology, history, sociology, popular culture, as well as many works on the Mediterranean area. It is also a nice place to study.

4) Méjanes Library

“La Méjanes” is the largest public library in Aix and part of the Cité du Livre, located behind the main bus station and cultural area of Aix. www.citedulivre-aix.com

The Cité also includes a cinema that shows classic films and there are numerous lectures and other events throughout the year. It is a major cultural center in Aix. Check it out!

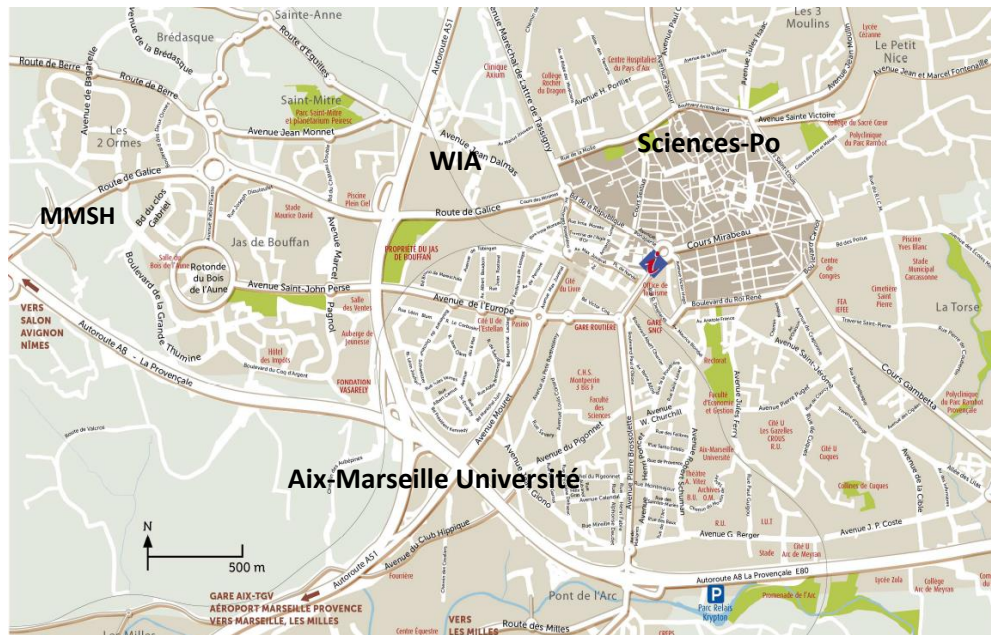
5) Sciences Po Library

For students enrolled at Sciences Po.

Don't forget to check out the WIA library at Tavan. Though small, it includes books used in previous courses or donated by students. If there are several students taking a course with required readings, the program may purchase a key reference book that will be put on reserve. *Otherwise, books are considered a personal expense.*

V. AIX-EN-PROVENCE

1. WELLESLEY-IN-AIX CENTER: TAVAN



The WIA Center (*Centre Tavan*) is located about a 10-minute walk from both the *Rotonde* (city center) and Sciences Po and approximately 20-25 minutes on foot from Aix-Marseille University. It is often faster to walk!

WIA Center hours: Monday - Friday, 10am to 6pm, closed on weekends and holidays.

Le Centre Tavan

The WIA Center includes staff offices, a large classroom/meeting space, a computer room and small library. A kitchen with a fridge and micro-wave is available to students, and you may also eat on the patio in nice weather.

In keeping with the WIA immersion goal, *Tavan is a French-speaking environment* and the use of French is strictly enforced. Tavan is not a recreational space for watching videos or U.S. series in English. Students who violate the language pledge will be asked to leave.

Upon your arrival in Aix, you will receive two keys to Tavan. **It is forbidden to lend or duplicate keys.** If you lose them, notify WIA staff who will explain how to replace them.

Uses of Tavan:

- You may keep food in the fridge but you must clean up and do the dishes. We ask that you eat in the kitchen or on the patio, not in the lounge or classroom area.
- You may receive mail and packages at the Center, using the address below.
- Two computers and printers are available as well as wifi indoors and on the patio.
- There is a small DVD collection of French films that you may watch or borrow.

If your parents or friends send you packages, tell them to write on the package

« *EFFETS PERSONNELS USAGES SANS VALEUR COMMERCIALE* »

(= Used personal items of no commercial value)

Otherwise you may have to pay a hefty customs tax.

**Your name
Wellesley in Aix
16 rue Emile Tavan
13100 Aix-en-Provence**

What is not allowed at Tavan:

- speaking English!

We expect you to take the language pledge seriously, for your benefit and that of other WIA participants. You will be asked to sign a “group pledge” which will be posted at Tavan.

- taking naps or using the center as you would your private space at home.
- consuming alcohol except when there is a reception or event organized by the program.

2. THE CITY

Aix has a population of about 145,000, including 40,000 students, mainly enrolled at AMU.

It is located inland, 30 minutes north of Marseille and the Mediterranean coast. The population is less diverse than in Marseille which has drawn many immigrants throughout history, especially from North Africa.

Aix consists of many small streets in the city center, boutiques and shops, outdoor cafés and restaurants, a “cultural quarter”, and a few museums. It is also known for its colorful markets that attract many tourists, especially in the summer. It is a city rich in history and architecture and was the original capital of Provence, now known as the PACA (Provence, Alpes, Côte d’Azur) region. For a "virtual" tour, click on the Tourist office link: [Discover Aix](#)

Climate and weather in Aix

Provence has a temperate climate and is generally sunny in the fall and spring and very hot in summer. It can be cold in winter, albeit not as frigid as Boston or New England!

3. SAFETY & SECURITY

Aix is a safe city and students feel comfortable walking everywhere although you should always be aware of your surroundings late at night and avoid deserted areas or parks, for example. It’s always best to walk with someone or in groups at night and, after midnight, to take a taxi. There’s a taxi stand at the Rotonde or you can call one.

- WIA is one of several U.S. programs in Aix and during the tourist season, it also attracts many English speakers. Speaking English (or another language) in public draws attention and can make you a target. The more you speak French, the less likely you will be hassled or targeted – and the more likely you are to meet locals!
- Neighborhoods to avoid at night include public parks which may be deserted or attract unsavory characters, e.g., the *parc Jourdan*, *la Torse* and certain neighborhoods west and north of the city center. We will talk about this upon your arrival in Aix.

Important reminder: If you are a victim of theft, assault or have any concerns, you should contact the WIA Director and make an appointment to discuss the incident. Crimes should be reported to the local police and must also be reported to Wellesley College. It is also important to warn others of at-risk areas, incidents, possible scams, etc.

Your safety and the safety of others is *everyone's* concern, and Wellesley College and the WIA program take this matter seriously. Assistance and counseling are available in Aix.

Commissariat de police / Main Police Station 04 42 93 97 00

U.S. Consulate in Marseille 04 91 54 92 00

4. HEALTH & MEDICAL MATTERS

French universities don't provide free health services of the kind found on U.S. campuses. This is why students are required to have health insurance with overseas coverage and why Wellesley contracts with AIG Travel Assistance.

If you need to see a doctor, you can either go to a physician or *centre médical* during walk-in hours and wait your turn or make an appointment if it's less urgent. To see a specialist, you will need an appointment. Don't hesitate to ask for assistance.

All residents in France have a primary physician or *médecin traitant*. If you are in a homestay, your hosts can put you in touch with their doctor. WIA staff can also assist you, of course.

Reminder: A consultation with a *médecin généraliste* (GP) costs 25 euros, and a specialist at least 50 euros. *SOS Médecins*, for emergency "house calls" (i.e., late at night or on weekends when doctors' offices may be closed) costs approximately 100 euros.

EMERGENCY NUMBERS IN AIX	
<u>From a cell phone</u>	<u>112 for any kind of emergency</u>
SAMU (911 equivalent):	15
Firemen / EMT	18
SOS Médecins in Aix	04 42 26 24 00 (24/7)

HOSPITALS & MEDICAL CENTERS IN AIX

Centre Médical d'Aix-en-Provence 14, rue de la Fourane (near AMU)	Open 9am-9:30 pm daily, including weekends. Walk-in hours, 4 generalists, emergencies.
Centre Médical - Espace Forbin 8, rue Condorcet (off cours Gambetta)	Several GPs and some specialists. Walk-in hours or by appointment.
Polyclinique du Parc Rambot Renamed <i>Hôpital Privé de Provence</i> Emergencies: 235 av. Nicolas de Staël	24-hour emergency services www.clinique-du-parc-rambot.fr Directory of specialists on web site.
Clinique Axium 21, avenue Alfred Capus (near WIA)	Appointments can be made online. https://www.cliniqueaxium.fr
Hôpital d'Aix (public hospital) Avenue des Tamaris (near WIA)	Emergencies, including psychiatric. Multiple specialists.

There are laboratories all over Aix if you need a blood test or some other kind of test. If you need assistance, ask WIA staff – or your homestay hosts.

VACCINATIONS

If you need a yellow fever, typhoid, hepatitis A, or other vaccination, make an appointment at the vaccination center: 6 av. Pasteur, Monument Joseph Sec Tel: 04 42 91 94 87

COUNSELING & MENTAL HEALTH SERVICES

Living and studying abroad is a major transition and can prove stressful, especially for students leaving the U.S. for the first time or individuals prone to anxiety. Adjusting to a new culture, language and educational system is tiring, physically and mentally, particularly during the early weeks. This is perfectly normal.

Research on cultural adaptation suggests that most people experience highs and lows during an extended sojourn abroad; it is natural to feel homesick or frustrated at times. These feelings are usually short-lived, however. Remember that it's a *process*. Staying positive and using the relaxation strategies that work best for you during stressful moments will help you deal with the inevitable cultural challenges and misunderstandings that come with the territory.

If you feel overwhelmed or need additional support, professional counseling is available. Don't expect an immediate appointment, however; it may take a few days, and emergency consultations are not possible with private therapists. Their hourly rate may vary from 80 to 110 euros. A couple of English-speaking therapists in Aix are listed below.

If you have been seeing a therapist on a regular basis, you should discuss your needs with him/her and come up with a strategy for addressing them while abroad.

Advice: Ask your therapist to put something in writing in a sealed envelope that you can give to a counselor in France; this will save time and allow a new therapist to better assist you.

Chantal ZEDET-SAUNDERS

Licensed Family Therapist (California) / Bilingual English-French
66, avenue Maréchal de Lattre de Tassigny
Tél: 06 45 09 74 72
chantalzedet@msn.com

Valérie KHODARA

Member of French Association of Cognitive-Behavioral Therapists
30, rue Cardinale
Tél: 06 62 82 57 65
<https://www.psy-aix-en-provence.fr>

OTHER MENTAL HEALTH RESOURCES :

SOS Help: English-speaking listening line (3 – 11 pm every day) 01 46 21 46 46

SOS Amitié: French-speaking line

Aix-Marseille Université – Service Inter Universitaire de Médecine Préventive et de Promotion de la Santé (SIUMPPS)

Counseling, stress-reduction workshops, nutritional advice, students with disabilities.
2, rue Le Corbusier – Immeuble New Centraix – 2nd floor. Tel : 04 42 65 74 01 (or 02)

- **CAP 48** – Emergency psychological unit at Hôpital d’Aix, avenue des Tamaris (central Aix, near the WIA center)

Daily cost (for overnight stays): 800 - 850 euros per day, not including sessions with a psychologist.

Note: Students who require additional time to take exams on account of a medical condition must go through the aforementioned office at AMU. One-third additional time is given to students who show documented proof of the need for accommodations.

A final word on health matters:

We cannot overemphasize the importance of students’ personal responsibility for their health and well-being while abroad. On-site staff cannot give medical advice or make decisions for legal adults, but we can provide referrals and contact information and assist with appointments.

Students’ rights to privacy and confidentiality are respected, and no information shared with on-site staff is communicated to others without the express permission of students (outside of an emergency or hospitalization in which case parents are contacted).

WIA staff are obligated to report medical emergencies involving hospitalization to Wellesley College, and parents or legal guardians are also notified.

5. GROUP ACTIVITIES & TRIPS ORGANIZED BY WIA

The program organizes several one-day outings and one weekend trip each semester. Destinations may vary from one semester to the next, but we tend to choose places that might not be easily accessible for independent travelers or that are on the list of UNESCO's World Heritage sites in France. These events are an integral part of the program.

No refunds are given if you choose not to participate in WIA-organized group outings and cultural events.

Note: For insurance-related reasons, visiting friends or family cannot participate.

Confirmed Spring 2020 outings and dates are indicated in the table below. An email is sent prior to the event and you will have to confirm your participation. These trips are considered an integral part of WIA's cultural programming.

Activités WIA 2nd Semestre 2019-20	
Samedi 18 janvier	Journée à Marseille
Samedi 15 février	Journée à Nice pour le Carnaval (flower parade)
Samedi 14 mars	Destination à déterminer
Vendredi 3 au dimanche 5 avril	Week-end à Lyon
Mercredi 6 mai	Garden party à Tavan avec hôtes d'accueil et équipe WIA

Due to winter and spring break dates and numerous May holidays, a Saturday hike to the Sainte Victoire or on the island of Porquerolles has not yet been scheduled.

WIA ALUMNI SUGGESTIONS: PLACES TO VISIT IN FRANCE

Many students used either their SNCF Carte Jeune or Blablacar to travel in France.

In Provence

**Marseille
**Arles
**Avignon & les Baux de Provence
**Cassis (*les calanques*)
Orange
Sanary-sur-Mer
Bandol
Nîmes
Gordes
Le Pont du Gard
Martigues – the « Venice » of Provence
Isle-sur-la-Sorgue

On the Côte d'Azur

** Nice
Grasse
Cannes
Toulon
Saint-Paul-de-Vence
Hyères
Antibes
Saint-Tropez
Menton
Monaco

Other regions and cities to visit:

**Lyon – France's third largest city located 90 minutes from Aix by train
Carcassonne
Les Gorges du Verdon
The Loire Valley with its many châteaux
Strasbourg & Colmar (in Alsace, near the German border)
Grenoble
Toulouse
Montpellier
Bordeaux

VI. PRACTICAL INFORMATION - AIX

1. MONEY & FINANCES

How much money you spend will depend on your financial situation, habits and travel plans during the semester. The monthly allowance you receive from WIA/Wellesley in your US bank accounts is sufficient to cover your lunches and incidentals *if you try to live like a typical French student*, e.g., eating in student cafeterias, not traveling every weekend.

You can use your U.S. debit card anywhere in Europe to withdraw money. Make sure the Visa or Mastercard logo is shown on the ATM, called a DAB (*distributeur automatique de billets*) in France. Check with your bank about fees when using your debit card abroad.

If you lose your credit/bank card

- ✓ Call your bank's emergency number to stop payment immediately. *Only the card holder can do this*, so make sure you can access the bank's phone number quickly. For example you can send yourself an email entitled ICE (in case of emergency), or use Google Drive.
- ✓ Go to the nearest police station to report the theft or loss. You may need an official police report in order to get another credit card.

WIA STIPENDS

- 1) Monthly stipend: mainly for lunches and deposited directly into your U.S. accounts by Wellesley College via OIS.
 - **360€ per month** for students in homestays (with 7 evening meals per week)
 - **700€ per month** for students living at the Rossini (includes food and laundry expenses)
- 2) Individual **cultural reimbursement** of up to **€ 200 per semester** for activities of your choosing: dance, yoga or cooking classes, museum visits in France, a sports club membership, etc. You must provide a receipt (*un reçu*). This will be explained in Aix, but the basic principle is to encourage all students to engage in activities that involve meeting locals and interacting in French. No more than 100€ will be reimbursed for transportation expenses within France.

Note: Personal travel on weekends and during vacation periods are a personal choice and expense. No reimbursements are given for meals not taken with hosts who have committed to providing meals or food for the entire semester.

MONEY-SAVING TIPS

Always carry your **student card** and ask for a student discount (*une réduction étudiant*).

FOOD	OUTINGS	SHOPPING
A balanced meal in a university cafeteria le Resto U (RU) costs around 3€30. A great way to meet French students and save money!	Some museums are free for students (with a student i.d.). Make the most of your Cultural Allowance (see above) to visit monuments, exhibits, museums.	Look for good deals at outdoor markets for clothes & gifts.
Do as the locals: buy local fresh produce in the open-air markets for your lunch.	Buy a Carte Cinétoile (see cultural allowance) and see films for only 6€30 .	Think second-hand shops for buying clothes and accessories.
Download the 'Toogoodtogo' application on your phone to buy fresh produce at reduced prices at the end of the day.	Check 'La Fourchette' website for good deals on restaurants and specific cuisines.	Check 'Groupon' website for reduced prices of all kinds.
French students are often on a tight budget: ask them about their favorite eateries and cafés – and join them!	Remember that in restaurants, menus are cheaper at lunch time.	Check blogs and websites for 'les bons plans' (= good deals)

WIA student tips: Where to eat or hang out in Aix		
Cafés / Tea rooms Student-friendly / activities	Eateries Low budget (10€ or less)	
Anticafé Book In Bar La Petite Réserve Columbus Café Mana Espresso Meow Cats Café	Nooï Le Tuyau Crêpes à Gogo Aux Petits Oignons Pizza Capri Pittz Falafel Maison du Burger Le Garde Manger Lumberjack Maison Nosh	Bagelstein Simply Food Fresh Box Manlio's Istanbul Kebab Pita Pit Bigbrod Toasty Poke Piacere Kabbaz

2. VOLONTEER & COMMUNITY SERVICE OPPORTUNITIES

Volunteering (*le bénévolat*) on a regular basis is another great way to meet French people while feeling useful. If you're interested, talk to the program Assistant or student life mentors and ask for help if necessary. Don't delay, for the longer you wait, the less likely you are to make it happen.

There is no shortage of activities and opportunities to get involved in Aix, but you must be proactive and actively seek them out. Students who do so tend to make greater progress in French and have a more satisfying experience.

Speak to the Assistant if you are interested in the following opportunities:

➤ **EPHAD La Bastide du Figuier**

Activities, conversation, games with elderly and disabled persons.

➤ **Secours Populaire** www.secourspopulaire.fr/13/comite-de-aix-en-provence

Food and clothes distribution, tutoring, helping children with their school work.

➤ **Les Blouses roses** www.lesblousesroses.asso.fr

Visiting children at the hospital, elderly patients in retirement homes.

➤ **Secours Catholique** www.bdr-aixenprovence.secours-catholique.org

Varied activities, including after-school tutoring, social activities.

3. LEISURE ACTIVITIES, CLUBS, ETC.

How to find a club or organization

- ✓ See suggestions from past WIA participants.
- ✓ Look into student associations and groups at Sciences Po & AMU. Do this early on!
- ✓ A directory of associations of all kinds in Aix is available at the WIA center.
- ✓ Consult the *Petit Futé – Aix* guide for other suggestions and ideas.
- ✓ Talk to your French hosts and WIA student life staff and ask for advice!
- ✓ Check out websites and Facebook pages.
- ✓ Ask French students in your classes!
- ✓ Use the Meetup-Aix web site.

ACTIVITIES RECOMMENDED BY WIA STUDENTS

- **Maisons des jeunes et de la culture** www.mjc-aixenprovence.fr/
24, boulevard de la République (between the Rotonde and the WIA center)
All sorts of activities: hiking, climbing, music, theatre workshops, photography, etc.

Meetup-Aix: <https://www.meetup.com/fr-FR/>
Join a Meetup group to share in fun activities with kindred spirits!

TIPS FROM PREVIOUS WIA STUDENTS: HOW TO MEET FRENCH STUDENTS

N° 1 TIP: Don't be afraid to start a conversation! Join clubs and actually talk to people !

- *The easiest way to do it is in class! I exchanged phone numbers with people sitting next to me with the excuse of sharing notes.*
- *Join the Erasmus Facebook group, ask a student for notes, become friends with your host siblings and they will introduce you to their friends.*
- *I met most of mine through my church. But you have to be PROACTIVE!*
- *At the very least, make sure you go to at least some kind of group meet-up per week.*
- *Speak French in public! French students are more likely to approach you.*
- *Take advantage of the Erasmus Buddy Program!*
- *Don't be afraid to talk to people and just be yourself!*
- *Check out student clubs & sports teams at Sciences Po: rugby team, rowing, etc.*
- *Ultimate frisbee team – a great group of people! Everyone is so kind and welcoming.*
- *Mauvais Genre at Sciences Po : debating group (feminist and gender issues)*
- *Choramu – a choir with weekly rehearsals in Marseille. Great director, sweet people.*
- *You have to make the first move and really put yourself out there.*

SPORTS

Sports at the University	
<i>Centre Sportif Universitaire (CSU)</i> www.sport.univ-amu.fr	<i>Bureau des sports Sciences Po</i> www.sciencespo-aix.fr/content/bds/

Fitness Centers & Gyms		
Private gyms generally cost around 30€/month. Try to negotiate a 4-month membership at a student rate – it often works!		
<i>Bengym</i> www.facebook.com/bengym.aix	<i>L'Orange Bleue</i> www.lorangebleue.fr/clubs/aix-en-provence	<i>Keep Cool</i> www.keepcool.fr/salle-de-sport/aix-en-provence

Swimming Pools		
<i>Piscine Yves Blanc</i> http://www.agglo-paysdaix.fr/sports/piscines/etablisements/detail/p/piscine/detail/piscine_yves_blanc.html#&panel1-1	<i>Piscine Plein Ciel</i> www.agglo-paysdaixaysdaix.fr/sports	<i>Piscine du Centre Sportif Universitaire</i> https://www.guide-piscine.fr/bouches-du-rhone/piscine-du-centre-sportif-universitaire-a-aix-en-provence-452_P

Track & Field	Frisbee
<i>Aix Athle Provence</i> www.aix-athle.com/	<i>AUC Ultimate Frisbee</i> www.t-raix.com/

Squash	Fencing	Cycling
<i>Squash du Pays d'Aix</i> www.squashdupaysdaix.com	<i>Club d'Escrime du Pays d'Aix</i> www.escrime-paysdaix.fr/epa	<i>Amicale Vélo Club</i> www.acvcaix.com

Dance			
Swing, Hip Hop, flamenco, orientale	Zumba	Salsa	Salsa & Swing
<i>Espace Jeunesse</i> www.aixenprovence.fr/Guide-de-l-Espace-Jeunesse	<i>Shake-Up studio</i> shakeup-studio.fr	<i>Expresso Café</i> www.lexpressocafe.com	<i>Rock Caliente</i> www.rockcaliente.fr

Ballet	
Modern Dance	Classical & Modern Ballet
<i>Ecole Solange Savine</i> www.danse-moderne-aix.fr	<i>Aix Studio Ballet</i> www.aixstudioballet.com

Yoga	
<i>Abhy Yoga</i> www.yoga-aix.com	<i>L'Atelier de soi</i> www.atelierdesoi.fr

ARTISTIC ACTIVITIES

Drawing & Painting Classes	Choirs	Theater workshops
<i>Atelier Indigo</i> www.atelierindigo.fr	<i>Choramu</i> (AMU) www.mission-culture.univ-amu.fr	<i>Théâtre Ainsi de suite</i> www.ainsidesuite.com
<i>Lignes et Couleurs</i> www.lignesetcouleursaix.fr	<i>Sing IEP</i> (Sciences Po) www.sciencespo-aix.fr	<i>Espace Jeunesse</i> www.aixenprovence.fr/Guide-de-l-Espace-Jeunesse
<i>L'Atelier libre</i> www.latelierlibre.fr		<i>MJC Prévert</i> www.mjc-aixenprovence.fr

Cooking classes	
My lovely Cook (organized especially for WIA students) : cooking class and shared meal in a private home 25€ /person. Sign up in advance (maximum 5 per group). Reimbursed from your cultural stipend !	
<i>L'Atelier des Chefs</i> www.atelierdeschefs.fr/fr/cours/	<i>L'Atelier de cuisine de Mathilde</i> www.lateliercuisinedemathilde.com
<i>Puyricard Atelier Chocolat</i> www.puyricard.fr	<i>Le Jardin d'Oren à Rognes (BIO)</i> www.lejardindoren.fr

WIA students are strongly urged to sign up for at least one organized, regular activity involving interaction with French students or locals.

CULTURAL ACTIVITIES

Check *l'Agenda Culturel*: monthly events guide available at the Office du Tourisme

www.aixenprovence.fr

VENUES Music, theater, dance		
'Carte des Théâtres' (18-30 ans) : (15€) to get reduced-price theater, concert tickets		
<i>Conservatoire d'Aix</i> www.aixenprovence.fr/Conservatoire	<i>Grand Théâtre de Provence</i> www.lestheatres.net	<i>Pavillon Noir</i> www.preljocaj.org

MUSEUMS		
<i>Musée Granet & Collection Planque</i> www.museegranet-aixenprovence.fr	<i>Centre d'Art Caumont</i> www.caumont-centredart.com	<i>Fondation Vasarely</i> www.fondationvasarely.org

CINEMAS www.lescinemasaixois.com/			
'Cinétoile card' (26 euros) to get reduced-price movie tickets Buy online: www.lescinemasaixois.com/nos_offres#cinetoile			
<i>Le Cézanne</i> 9 screens, foreign films often dubbed in French	<i>Le Renoir</i> 3 screens, movies in original language with French subtitles	<i>Le Mazarin</i> 3 screens, movies with French subtitles	<i>Institut de l'Image</i> at the Cité du Livre shows classic films and holds festivals

4. MARKETS / CAFES / RESTAURANTS

Open air markets

<i>Every morning 8am - 1pm</i> Place Richelme Fruits and vegetables
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Every Tuesday / Thursday / Saturday morning		
<i>Place Richelme, Place des Prêcheurs, Place Verdun</i> 8am - 1 pm	<i>Place de la Mairie</i> 8am - 1 pm	<i>Cours Mirabeau</i> 8am - 2:30pm
Fresh produce, cheese, breads, fish, etc.	Flower market	Clothing and fabric market,...

Cafés, bars, clubs

As a major student town, Aix offers an active night life, particularly in good weather. Ask your French classmates!

Restaurants

Check out the *Petit Futé* and *La fourchette.com* for recommendations!

www.petitfute.com

www.lafourchette.com/ville/aix-en-provence

RESTAURANT RECOMMENDATIONS FROM WIA ALUMNI

Mana Espresso: local products, vegetarian, cakes & great coffees

Piacere Little Italy: Italian cuisine

Chez Charlotte: simple but good food. Outdoor seating in summer

Le Petit Bistrot: nice atmosphere & food, 'formule' 23€

Chez Jo: Pizzeria et Provençal specialties

Tapas Café: Spanish & South American tapas & cocktails

La Table marocaine: Moroccan cuisine

La Fromagerie du Passage, restaurant, wine & cheese shop

Green Bowl: Asian vegetarian cuisine, gluten free

Sushi Shop: dine-in, take-out & great lunch specials

Jacquou le Croquant : French country cuisine: duck, foie gras, etc.

Juste en Face, 6 rue de la Verrerie. Mediterranean specialities in a nice setting

La Chimère Café: sophisticated cuisine and ambiance

La Maison des Fondues: a bit expensive, but great food

5. RELIGIOUS SERVICES & GROUPS

Catholic

- Cathédrale St-Sauveur 34, Place des Martyrs de la Résistance
- Église du St Esprit 40, rue Espariat
Student Mass every Sunday at 7 pm
- Église St Jean de Malte Place St Jean de Malte

Protestant

- Église protestante unie de France 4, rue Villers
- Église réformée évangélique 15, rue de la Masse
- ICCP International Christian Community of Provence 15, rue de la Masse
Service for International students on Sunday evenings
- Église protestante évangélique Le Chemin Impasse Grassi
Sunday, 10 am

Other religious communities and groups

- Synagogue 3, rue de Jérusalem
- Mosques 5, rue des Gondraux / 3, rue Emile
Henriot
- GBU: Groupe Biblique Universitaire
Bible study group Tuesdays, 8pm 33, avenue J. Ferry
- FEU: Foyer Evangélique Universitaire 2a, rue Montmajour
Lieu d'accueil et de vie, café, animations (near AMU)

6. SHOPS & SHOPPING HOURS, BOOKSTORES

In Aix, most small shops close between 12:30pm and 2 or 3pm.

On Sundays and holidays, a few small grocery stores open in the town center (usually only in the mornings): Petit Casino, Vival, Cocci Market, Proxi Market.

Monoprix is a chain of supermarket/department stores throughout France.

Two locations in Aix: Cours Mirabeau and Allées Provençales. Open all day.

Monday-Saturday 8:30am to 9:00pm; Sunday 9 am to 1 pm.

Monop' (smaller version) several shops dotted around the town.

Monday-Saturday 8:30am to midnight; Sunday 9 am to 1 pm

Casino (near WIA) and its "satellites": Casino Géant and Le Petit Casino

Carrefour Market located near the Rossini residence hall.

Picard is a chain of high-quality frozen foods in France. Look for the blue snowflake!

Librairie Goulard is the main bookstore located on the Cours Mirabeau.

Book In Bar is the local English-language bookstore with a café and free wifi.

See *Le Petit Futé* for addresses of used bookstores in Aix.

7. POST OFFICE

Monday to Friday, 8:30am to 6pm and Saturday from 9am to 12pm.

- La Petite Poste, Place de la Mairie (closed between 12h -13h45)

- La Grande Poste, at the Rotonde

If you need to send a package or letter overnight:

FedEx: 0820 123 800

UPS: 0821 233 877

8. PUBLIC TRANSPORTATION

There is no metro in Aix; the only form of public transportation is buses.

Aix-en-Bus is a network of city buses operating within Aix and to villages nearby.

WIA provides all students with a "**Jeune Plus**" pass valid for the semester.

Note: Most buses stop operating around 9 or 9:30 pm on weekdays and 6 pm on weekends and some may not run at all on holidays. If there is a WIA group activity scheduled in the evening, students who live outside the center may be reimbursed for taxis.

➤ Inter-city buses

From the bus station, la **Gare Routière** (av.de l'Europe) you can catch buses to numerous destinations, including the Aix-Marseille daily buses to the TGV train station and airport.

There are also buses to Cassis, Arles and other coastal or mountain towns in the Provence-Alpes-Côte d'Azur (PACA) region; this is a great way to explore the region! Smaller towns and villages are not always accessible by train.

Note: A city bus is called "*un bus*". The term for buses between cities is "*un car*".

LER (Ligne Express Régionales): www.info-ler.fr/465-3C-Horaires-de-bus-et-cars-de-la-Region-Sud-96-Provence-Alpes-Cote-d92Azur-3E-LER.html

Cartreize : www.lepilote.com/fr/part10/le-reseau/80

The **L50 navettes** to Marseille leave every 5 minutes on weekdays during peak hours from the *gare routière* from 6am to 11:50pm. Travel time: 30-50 minutes. Cost: 2€ for a round-trip ticket valid for 24 hours with your Aix-en-Bus pass. Otherwise, cost is around 6 euros.
www.navetteaixmarseille.com

By train

- From the **Gare SNCF** (town-center), leave daily trains to Marseille and regional trains to towns north of Aix and in the Alps. <https://www.gares-sncf.com/fr/gare/frqxb/aix-provence>

Note: It's not a good idea to take late-night trains to or from Marseille.

- From the **Gare TGV** (located 18 km from the center of Aix) leave fast trains to Lyon, Paris, Lille, Nice.

The **L40 bus** leaves every 15 minutes from the gare routière. Travel time: 20 minutes.

<https://www.lepilote.com/fr/part10/navettes-aeroport/1062/aix-en-provence-aix-tgv/1071>

Travel time from Aix to Paris (Gare de Lyon) is 3 hours on the TGV.

TGV tickets are by reservation only and seats are assigned. You must pre-book.

The program provides all students with a **Carte Avantage Jeune** which enables you to buy discounted train tickets. The discount can be anywhere from 25% to 50%. The more in advance you book, the less expensive the ticket!

Carte ZOU (SNCF) : Reduced fares on trains and SNCF buses in the PACA (Provence-Alpes-Côtes d'Azur region). See : www.info-ler.fr/fr/

By plane

- **Aéroport Marseille-Provence**

The Marseille-Provence airport is 32 km from Aix, and accessible by taxi (app. 60 euros) or the L40 shuttle bus which leaves every 15-20 minutes between 5:30 am and 11:30. Cost of 1-way ticket: 8€20. If you buy a multi-trip ticket, the cost is lower.

Travel time, Marseille-Paris: 1 hour, 15 minutes

Regular airlines: www.marseille.aeroport.fr

Low cost airlines, such as Easy Jet or Ryan Air: www.mp2.aeroport.fr

Taxis in Aix and Marseille

Aix: 04 42 27 71 11 or go to the Rotonde, next to Cézanne's statue.

Marseille: 04 91 02 20 20

Marseille also has a subway. You can purchase tickets in subway stations.

Warning! If you go to Marseille at night for a soccer game, concert or other event that ends late, you may want to book an inexpensive hotel and spend the night, especially if you are alone. *The area near Saint-Charles train station is not safe at night and should be avoided.*

9. TRAVELING OUTSIDE AIX

All students are required to inform the WIA Director via email when they leave Aix for the weekend or during a school break and provide details on departure and return dates, destinations, etc. This is first and foremost a safety and security issue in the event of an emergency.

The WIA Director also notifies the group via email when she will be away from Aix and indicates who the emergency contact person is in her absence.

As your primary emergency contact person in Aix, the RD is responsible for communicating with Wellesley College or students' home institutions in case of a crisis or emergency.

We may need to contact you if you're away from Aix and we also may need to reassure both your home institutions and guardians that you're safe and accounted for. It's normal for parents and loved ones to worry, especially if they hear or read disturbing news accounts. Remember that they may be hearing a different perspective on events occurring outside the U.S.

Repeated failure to notify WIA staff of your absences from Aix and whereabouts may result in Wellesley College or your home university being notified.

WELLESLEY-IN-AIX CODE OF CONDUCT

The program rules below are intended to ensure compliance with French laws and your personal safety (and that of other program participants) as well as a rewarding academic experience. They reflect the program mission and goals and your commitment to them. They complement the "Wellesley College Honor Code" (<http://www.wellesley.edu/GeneralJudiciary/procedures.html>)

All program participants are expected to sign this document upon their arrival in France. Your signature indicates that you have read the G.A.P., understand the rules and expectation, and pledge to respect them. Repeated violations may result in a warning and your advisors in the U.S. may also be contacted. Students who put themselves and others at serious risk may be dismissed from the program.

I agree to

- 1) speak only in French with other WIA participants during group activities, at the WIA Center, in class, with homestay hosts and at all WIA events or gatherings where WIA is represented.
- 2) read and respond to all email requests from WIA staff, especially the Director, within 48 hours and confirm my participation in group events and activities.
- 3) inform the WIA Director by email of my absences from Aix (weekends, holidays ...) and provide relevant details in the event of a problem or emergency: departure and return dates, destination or itinerary, type of accommodation, solo travel.
- 4) be respectful of my homestay hosts and their home and make a genuine effort to interact and converse with them at mealtimes, participate in household tasks and generally be considerate of their needs and occasional desire for privacy.
- 5) immediately report to WIA staff any problem related to my housing and accommodations in Aix (e.g., theft, property damage, malfunctioning equipment, etc.)
- 6) abide by the rules at the Tavan Center pertaining to the use of common areas and equipment, language of communication and respect for others' rights, including WIA staff.
- 7) comply with all academic policies of WIA and its partner institutions, and meet with the WIA Director monthly to discuss my academic progress and courses and provide the necessary information to ensure transfer credit.
- 8) be an excellent ambassador of the WIA program and a "good citizen", i.e., showing consideration and respect for French hosts, WIA staff and fellow students, and understanding that my behavior and actions may impact other WIA participants and the WIA program in general.

Date:

Name:

Signature

USEFUL CONTACT INFORMATION

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AIX-EN-PROVENCE

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