

WELLESLEY-IN-AIX

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



Photo by Harith Khawaja, Fall 2017



Photo by Monique Fecteau

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BIENVENUE à WELLESLEY-IN-AIX !

Your journey has begun! We look forward to helping you take advantage of the many opportunities available through the WIA program and to guiding you in your own discoveries of Provence and France! This guide is designed to get you started, 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. We urge you to reflect on your personal, academic and social objectives and to keep them in mind throughout your time abroad. Achieving them will depend on *your* daily efforts and choices.

Like past WIA students, you will find that a semester passes quickly, hence the importance of being proactive from Day 1. Seize every opportunity to speak French, observe cultural patterns, participate in local groups and make friends outside of your WIA cohort.

Below are a few suggestions and general advice from WIA alumni and onsite staff:

- **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 to integration !
- **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 in Aix. Seek out a "language buddy"!
- **Try to monitor your time on Facebook or Skype with U.S. friends.** You are coming to France to have new experiences and encounters. This entails a willingness to « disconnect » and to interact with locals face-to-face and in *their* spaces. To quote previous students: "Don't be afraid to put yourself out there!"
- **Try to overcome your shyness.** Asking questions is always a good way to get the conversational ball rolling and shows you are curious and open. Invite a classmate for coffee or to a movie. Take the first step!
- **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 lecture 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 university clubs and student cafeterias, do your best to live like a local student. Avoid creating a "U.S. bubble" by hanging out only with program friends at the WIA center. Try to strike a balance between your desire to travel in Europe and your efforts to make local friends and get involved in the Aix community.

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. *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.

Your Campus France and visa fees will be reimbursed to your U.S. bank accounts by Wellesley College once you are in France and all visas have been verified.

All full-year students should request *un VLS-TS (Visa de long séjour valant titre de séjour)* and *an OFII form* (Office Français de l'Immigration et l'Intégration). **Bring this form with you.** If you didn't receive one, don't worry, but let the RD know in Paris.

1. If you receive a simple VLS (visa de long séjour) 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. Babysitting and English lessons are possible, however.

2. If you receive a VLS-TS and OFII form at your consular appointment :

There is no longer a medical exam in France, but you may have to go to the OFII office in Marseille to receive a visa stamp. WIA staff in Aix will explain the process on site.

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 once in Aix.

2. INSURANCE

All WIA participants benefit from Travel Assist and ACE/EuropAssist for medical emergencies. For detailed information: http://www.wellesley.edu/ois/emergency_info

It's also a good idea to double-check your own insurance policy and verify that it covers

- 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 have to produce original receipts in order to be reimbursed.

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. You will receive a pre-departure stipend of 1,500 USD deposited to your U.S. bank accounts from Wellesley College. This amount covers:

- A round-trip ticket from your home (or other city) to France and back to the U.S.
- Transportation from CDG-Roissy airport to the Citadines-St Germain hotel in Paris.
- Transportation from Aix to the airport (Marseille or Paris) on your departure day.

One-way tickets are *always* more expensive than round-trip tickets even if you have to pay to change your return date (i.e., in January or May). *Be sure to ask about the change fee.*

Luggage limits: In general, one checked suitcase weighing 23 kilos 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 cost an additional \$100 or more 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 our 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 of these buses goes to Gare Montparnasse and line 2 to Etoile (Arc de Triomphe). You can then take a taxi to the Citadines (around 15-20 €). Bus fare: 17 euros 1-way. Every 30 min or so from 6 a.m.

Information and 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: You must arrive at the Citadines for the first group meeting at 5 p.m. If your flight is delayed, send an email or SMS to the RD or leave a message at the Citadines.

Citadines - Saint-Germain-des-Prés
53ter, Quai des Grands Augustins (en face du Pont-Neuf)
75006 Paris
Tél : 01 44 07 70 00

4. WHAT TO PACK: SOME TIPS

Weather & clothing

Don't overpack! August can be quite hot in Paris whereas January is cold and often rainy. When **le mistral** (northern wind) blows in Provence, it can get quite cold. Snow is rare in Aix but not unheard of. Bring sweaters and warm clothing you can layer. Full-year students should pack clothing for all seasons unless they have visitors coming at some point.

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

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

In Paris, Marseille and Aix, you'll find stores such as Monoprix, Zara, H&M, or C&A where you can find reasonably-priced clothing. Chain stores like Go Sport or Decathlon specialize in sports clothes 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.

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

Essential items to pack:

- ✓ **One good photocopy of your passport (photo page) and your student visa.** These will be collected 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 provides conversation topics in the early days and weeks.
- ✓ Contact lens solution or any other health or beauty product that you use on a regular basis. You'll find these products in France, of course, but brands may not be identical.
- ✓ If you come with an iPhone or other U.S. smartphone, it has to be "unlocked" in order for you to insert a French SIM card for use in France and Europe.
- ✓ An open mind and 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 with the Resident Director to confirm your housing in Aix.
- ... discover museums and neighborhoods in Paris with an art historian/guide.

All activities during the pre-session take place in French and are mandatory.

Pré-session à Paris : 18 au 26 août 2018		
Samedi 18 août	Journée	Arrivée et installation aux Citadines. Monique sera près de la réception avec vos « pochettes de bienvenue ».
	17h	Réunion de groupe aux Citadines St Germain. Présentations de l'équipe WIA, pot de bienvenue & introduction à Paris
Dimanche 19 août	9h30 & 11h	Visite pratique du quartier St Germain avec Monique (2 petits groupes).
	RV 14h30 Pont-Neuf	Visite de l'île de la Cité et du Quartier Latin avec Lucile STELLAKIS Rendez-vous devant la statue équestre d'Henri IV sur le Pont-Neuf
	19h30	Dîner de groupe (restaurant à confirmer)
Lundi 20 août	10h – 12h	Séance avec Madame Tranvouez (10h-11h) Séance avec Monique : <i>Vivre avec des hôtes français</i> (11h-12h)
	RV 14h30 M° Pont Marie	Visite du Marais, Place des Vosges & hôtels particuliers avec Lucile RV à la sortie du métro Pont-Marie
	17h – 19h	RV individuels avec Monique (4 étudiants)
Mardi 21 août	9h30 – 12h30	RV individuels avec Monique (6 étudiants)
	RV à 14h30 Au musée	Visite d'un hôtel particulier de la Belle Epoque RV devant le musée, situé au 63, rue de Monceau, 17 ^e arr., M° Villiers
	17h – 18h30	RV individuels avec Monique (3 étudiants)
	20h RV St Julien	Concert <i>Chopin & Gershwin</i> à l'église St Julien le Pauvre (St Michel)
Mercredi 22 août	9h30 – 12h	Séance avec Madame Tranvouez (9h30- 10h30) Exercice écrit diagnostique (10h30 – 12h)
	13h15 RV M° Bourse	Visite de l'Opéra Garnier et passages couverts (Paris du 19 ^e siècle) avec Lucile. RV à la sortie du métro Bourse
	17h – 18h30	RV individuels avec Monique (3 étudiants)
Jeudi 23 août	7h30 à 8h	Descendre vos gros bagages pour transport à Aix (près de porte d'entrée) N'oubliez pas de mettre l'étiquette avec votre nom et l'adresse de WIA !
	8h à 18h30	Départ en autocar pour journée à Giverny en compagnie de Lucile Visite de la maison et des jardins de Claude Monet, déjeuner de groupe au restaurant Baudy, visite du Musée de l'Impressionnisme et expo H-E Cross.
Vendredi 24 août	9h30 – 10h30	Séance avec Madame Tranvouez
	RV 11h30 M° Blanche	Montmartre et le Moulin Rouge. Visite du Moulin Rouge avec Lucile, montée à la butte Montmartre et au Sacré-Cœur. Pique-nique.
	RV 18h30 devant Louvre	<i>Visite optionnelle.</i> Découverte des chefs d'œuvre du Louvre avec Lucile.
Samedi 25 août	RV 18h Chez Katz	Réception de 18h à 20h avec Wellesley Club of France chez Sally KATZ 100, avenue de Flandre – 19 ^e arrondissement M° Riquet (ligne 5)
Dimanche 26 août	8h-9h15	Petit déjeuner de groupe aux Citadines.
	9h00	Départ des Citadines, transfert en autocar à la Gare de Lyon
	10h37	Départ du TGV pour Aix-en-Provence
	14h	Visite du Centre WIA et réunion de groupe avant l'arrivée des hôtes vers 16h.

ACCOMMODATIONS IN PARIS

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

The Citadines chain is not a traditional hotel but more like a residence. You will share a room with another program participant (unless there is an odd number) and be expected to keep your space tidy every day. All linens are provided. Rooms are cleaned every four days.

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

Breakfast is not included, and we suggest you take advantage of your kitchenettes and buy snacks and groceries at local supermarkets. This will be part of the practical walking tour.

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

- Phone calls made from your room.
- Laundry. (You can purchase tokens at the reception.)
- Breakfast (15 euros)

The Director will provide more details at the first group meeting.

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 mainly covers food and local transportation costs.

See addresses of cafés and restaurants in the St Germain neighborhood below. There will be a group dinner in Paris and a group lunch in Giverny. Other meals are your responsibility.

You will receive a *Pass Découverte* for the metro and bus, valid from Monday to Sunday. You will have to activate the pass yourself; the cost is about 25 euros for the week. The public transportation system will be explained at the first group meeting.

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 pick-pocketing, 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>

Basic 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 in the closet of your room.
- ❖ 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.
- ❖ 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, whether on a phone or a paper version, step away from the middle of the sidewalk in order to be less conspicuous. If you walk straight ahead 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

Our professional art historian guide in Paris 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 guided 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. Rest assured, 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 if you wish.

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

- *Le Musée de Cluny (Musée du Moyen-âge, with the Lady & Unicorn tapestries)*
- *L'Orangerie (Monet's water lily series)*
- *Le Musée Rodin (sculptures, including in the garden)*
- *Le Petit Palais et le Grand Palais*
- *L'Institut du Monde Arabe*
- *Le Musée des Arts Décoratifs (design, decorative arts, fashion exhibits...)*
- *Le Musée d'Art Moderne (peinture, photos)*
- *Le Musée de la Mode et du Design*
- *Le Musée de l'Histoire de l'Immigration (M° Porte Dorée, near bois de Vincennes)*
- *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)*
- *Le Marché aux Puces (samedi, dimanche et lundi, 9h à 19h, Porte de Clignancourt)*
- *La Défense & the Arche de la Défense (superb view of the Champs-Élysées from top !)*
- *Classical music concerts at the Sainte-Chapelle or one of the many churches*

Detailed information is available in the weekly *Officiel des Spectacles* which you can purchase at any newspaper kiosk for **1 euro**. Available on Wednesday for following week;

8. PRATICAL INFORMATION - PARIS

Academics

Even though you won't be studying in Paris, you may want to see Sciences-Po, just off the boulevard St Germain and within walking distance of the Citadines. The original Sorbonne (U. of Paris IV) and the beautiful Sainte-Geneviève library are also in the nearby Latin Quarter (near the Panthéon) while the Bibliothèque Nationale de France is in the more recent 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)

U.S. 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.

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

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 cheapest way to communicate with friends and family is via Skype or Face Time.

You will need a French phone number, as callers in France will not make calls to a U.S. number. This entails purchasing a SIM card for 10 euros. Many students use their U.S. phones and calling plans for Internet and an inexpensive French cell phone for local calls and text messaging. If you intend to use a U.S. smartphone or iPhone, make sure to inquire about “unlocking” it for use abroad.

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

The only Free store in central Paris is near the Place de la Madeleine.

Address: 8, rue de la Ville l'Evêque, M° Madeleine. Hours: Mon – Sat from 9h to 19h30

There is also a Free boutique in central Aix on the cours Mirabeau.

Orange boutiques are located all over Paris. The closest to the Citadines: 9 blvd Saint-Michel

Web site: <https://boutique.orange.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 (5ème) Métro : Place Monge

- Little Breizh (*Excellent crêpes, including organic!*)

11, rue Grégoire de Tours (6ème) Métro : Odéon

- Chez Angelina (for its famous hot chocolate!)

226, Rue de Rivoli, près du Louvre (1er) Métro : Concorde

- La Palette

Opposite the Ecole des Beaux-Arts. 43, rue de Seine (6ème). A 5-min walk from Citadines !

- La Crêperie des Canettes

10, rue des Canettes (6ème)

- **Chez Fernand** (near Citadines)
9, rue Christine, 75006 Classic French dishes in a bistrot setting.
- **L'As du Falafel** (student favorite in the Marais & Jewish quarter)
34, rue des Rosiers, 75003 M° Saint-Paul

The rue Saint-André-des-Arts and rue des Canettes have numerous crêperies and restaurants of all kinds. Explore the smaller side streets rather than go to cafés on the larger boulevards which are generally more expensive and heavily frequented by tourists.

Tip : Use La Fourchette <http://www.lafourchette.com> to find affordable restaurants in specific areas of Paris 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 (6^{ème})
- **Carrefour Express** : boulevard St. Germain – Open on Sunday

You will receive a neighborhood map with these places marked and we will do a walking tour of the area on the second day so that you can locate them.

Taxis

In theory, taxi drivers must go to the nearest taxi stand and wait their turn for customers. If you're near a train station and try to hail a cab, for example, it may not stop even though the green light on top of the car indicates it's free.

Look for the nearest stand (often near a bus or metro stop), indicated by a Taxi sign or call

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

Transportation: RATP (metro & bus)

You will receive a *Découverte* pass in your welcome packet that you must activate (25 euros for the week) using a machine located in metro stations. It is valid from Monday to Sunday.

You can also purchase books of 10 metro tickets (*un carnet*) for around 15 euros. You would probably need at least two for the week, i.e., less economical than a *Découverte* weekly pass.

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!

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.

Note: If you are taking classes at both Sciences Po and Aix-Marseille Université, be aware that their calendars are *not* identical. Vacation and exam dates may differ.

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
- April 22 (2019) Easter Monday
- May 1 Fête du Travail (Labor Day)
- May 8 World War II Armistice

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, so get used to the 24-hour system!

- 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)
- 9 p.m. = vingt-et-une heures

Watch your pronunciation, especially when making appointments!

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

3. HEALTH MATTERS

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 an emergency. On-site WIA staff are not medical practitioners and cannot make health-related decisions. 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 WIA program and on-site staff do not handle medical costs or insurance claims.

The health care system in France is very good and much more affordable than in the U.S. It is also possible to call *SOS Médecins* at all hours; a 2-person team will make an emergency house call.

Confidential medical forms submitted to Wellesley are kept on file in Aix in case students need them. If necessary, staff can assist students in making medical appointments and act as translators but only with their permission and the physician's agreement. In the event of an emergency, an ambulance will take a student to the nearest hospital in Paris or Aix.

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 students' responsibility to be aware of their health insurance plans and know what is covered.

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.

French pharmacies will not fill a U.S. prescription. If you run out of prescribed medication, you will need to make an appointment with a physician in France and obtain a 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 in France.

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.

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

If you go to the doctor's 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 a reimbursement.

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

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.

French medical coverage: « la sécu »

The term “*sécurité sociale*” in French refers to health coverage and medical insurance, not retirement pensions! In order to be enrolled in a French university, you must have *la sécu*. WIA pays this fee of 218 euros at the same time as tuition fees.

In theory, this means you have French medical coverage; in practice, processing time is long and requires certified translations of your birth certificate that are costly. In fact, short-term residents and non-French students rarely benefit from reimbursements. You will nevertheless benefit from the normal medical fees paid by residents, e.g., 25 euros for a GP consultation.

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, statistics reveal less violent crime and fewer incidents involving handguns than in the U.S. Students generally report feeling safe on a day-to-day basis in Paris and in Aix. The main risks are petty theft or pick-pocketing. Women sometimes report feeling “hassled” by men who seek their attention by making explicit remarks or approaching them in public spaces, such as parks, bars, or outdoor cafés.

The national French anti-terrorist plan known as *Vigipirate* was already in effect before the terrorist attacks in recent years; it was reinforced and security was tightened afterwards. Expects 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, you should stay informed of world events and regularly consult the U.S. State Department's travel and worldwide alerts at <https://travel.state.gov> WIA staff send and post updates as they become available.

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. In turn, she communicates with Wellesley College officials and notifies them that all students are accounted for.

As the two largest cities in France, Paris and Marseille combine the positive and negative traits evident in most world cities: sketchy neighborhoods, pickpockets, assorted trafficking, tourist scams, etc. ***The main precaution is to always be aware and vigilant and avoid taking unnecessary risks.*** By comparison, Aix will seem quiet and « safer », but it also has its share of pickpockets and unsavory characters.

Some 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.

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

5. DRUGS, ALCOHOL & FRENCH LAWS

As a legal adult in France (age 18), you are responsible for your actions. On-site staff can assist you in medical emergencies but cannot make decisions, obtain confidential information or take 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. A violator's nationality is a moot point; you are subject to French laws while in France. 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 immediate 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. In keeping with the U.S. Clery Act, all such incidents must 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., hair dryer, camera). You can buy one at most airports or at a FNAC in France if you forget to pack one.

All homes and businesses in France must be equipped with smoke detectors. Whether you opt for a homestay or a room in a student residence, there should be one in or very near your room. If there isn't, you should notify the Assistant Director.

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 what 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 coveted and competitive in France and even mandatory in certain 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, etc.

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 states the link with the student's major 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*). WIA staff 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 without a work permit. As for non-EU students, only those who received a *VLS-TS student visa* may legally work in France.

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, the local English bookstore has a bulletin board where people looking for weekly English conversation or someone help their children with schoolwork post ads. Check it out!

Book in Bar
4, rue Joseph Cabassol
(opposite the Caumont Museum)
www.bookinbar.com

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 and YouTube videos. *A vos claviers!*

One of the best resources to help prepare for the experience is the University of the Pacific's *What's Up With Culture?* online cultural training program developed by Dr. Bruce LaBrack and others. <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 books are generally amusing and very well-known in the expatriate community in France.

- Polly Platt. French or Foe? Getting the Most out of Living & Working in France, Distribooks.
- Polly Platt. (2007). 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 !
- Pascal Baudry. (2007). Français-Américains, l'autre rive. / French & Americans : The Other Shore. Downloadable for free at: www.pascalbaudry.com
- J-B Nadeau & Julie Barlow. (2008). Sixty Million Frenchmen Can't Be Wrong.
- 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! Start with the GAP. In particular, the section on academics, the French university system and relevant vocabulary will facilitate your comprehension during information sessions in Paris and Aix. Also, try to read or listen to something in French every day via Internet, e.g., front page of *Le Monde* or *TV5* so you'll be informed of current events and major topics in France. The more you practice your French before arriving, the easier it will be to adapt.

2) How much money should I bring and in what form?

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.

A cell phone will likely be your biggest personal expense during the semester. Plan on 30-40 euros/month. Compare costs on the following site: <http://www.meilleurple.fr>

During the semester, you will receive in your U.S. bank account a monthly stipend (mainly for lunches). A Wifi connection and laundry are included in the homestay. Students in independent housing receive more to pay for all food and laundry expenses. The program provides *all* students with a local bus pass for the semester. Your main expenses will be books and school supplies, cell phone, personal travel and entertainment.

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

There will be a brief orientation in Aix, mainly focusing on academics and including visits of WIA's partner institutions, sessions focusing on course selection and registration, individual advising meetings with the RD, and some social activities. You will also take a diagnostic French language test to determine your level according to the European Common Framework; this will also help determine course choices.

The first 2 to 3 weeks in Aix are also an important time to get to know your French homestay hosts, a crucial part of the cultural adaptation process. 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 possible in French. Keep in mind that this process is physically and mentally *tiring*, so it's important to find time to relax and decompress, too.

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

We will discuss this in greater detail 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!

You will receive a checklist of practical topics, e.g., meal times, keys, laundry, bus stops, etc, to go over with your hosts in the first couple of days. The aim is to facilitate the conversation about any “house rules” or daily routines and ensure that expectations are clear. Don’t be afraid to say you don’t understand something and to ask for clarification; no one expects you to know the word for every household appliance or kitchen utensil!

Remember, communication is key!

As a general rule, don’t expect to be treated like an “adopted child” by your hosts. Rather, think of yourself as a “privileged guest”, at least initially, and offer to help out. The more you engage with family members, the more likely your relations will evolve quickly. If you want them to take an interest in you, show interest in *their* lives and activities.

All hosts have prior experience with WIA students and understand your desire to go out, spend time with friends, travel, etc. At the same time, their home is *not* a hotel, and they are not tour guides. Mutual respect and sensitivity will go a long way toward building a good relationship. Relax and enjoy the process!

5) Is it possible to change housing?

Yes, but there is a process and ***no changes will be made in the first two weeks***. Remember that it takes time to adapt to a new routine and feel comfortable in an unfamiliar environment, especially in another language. Miscommunication is normal and often linked to cultural differences that you may need help analyzing and interpreting. There is no need to feel embarrassed; rather, look at it as a learning opportunity. Discuss issues with WIA staff. If something can’t be resolved, a change can be arranged.

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 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 consult 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 attend all classes that interest you from Week 1 and *keep attending them until you have narrowed your choices to 4 or 5 classes and have a workable schedule*. You should start out with five classes so that you can drop one later in the event of an unexpected event. The level (first-, second- or third-year) will depend on your background knowledge of the topic, your French skills and your major. All advice is individualized.

All procedures will be thoroughly explained in Aix. *Pas de panique!*

7) Can I drop and add courses after the first two weeks?

Per Wellesley and WIA policy, you must maintain a 4-unit load all semester. It’s not possible to add a course if you have missed the first week or two, especially at Sciences Po. If you start out with five courses, you may drop a course up until the last week of classes.

Note: All communication with administrators in WIA partner institutions must go through the WIA Director. Students are not allowed to negotiate exam dates or make arrangements directly with professors; attempts to do so may have negative grade consequences.

If you have questions, make an appointment with the WIA Director with whom you will meet monthly to discuss your classes and progress. Remember that tutorial assistance is also available. It's normal to be disconcerted by the French system, so take advantage of all available resources and support early on!

8) What else should I know about academics?

The GAP outlines key differences between French and U.S. higher education and includes a useful vocabulary list in French. Read these sections carefully and learn the vocabulary!

International students directly enrolled at AMU or Sciences Po don't receive "special treatment" and are expected to do the same work as their French classmates and adhere to all calendars. Please take this into consideration when planning visits from family and friends or making travel arrangements. No make-up exams or assignments are given for unexcused absences, i.e., without medical proof. There is no "extra credit" work in France.

9) What kind of assistance is available in Aix?

All kinds – that's why Wellesley has onsite staff in Aix! The Director is an academic advisor, primary emergency contact and a resource person in other areas.

The Assistant Director, a native of Aix, handles housing and student life and can answer your practical questions about Aix and France.

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 commonly-heard term is difficult to translate in English and combines notions of courtesy and politeness, cultural practices and implicit “codes” familiar to the French, and a certain “art of living” of which the French are proud. Certain expectations or behaviors are also part of child-rearing practices, especially in more traditional French families.

You will no doubt notice that the French are proud of their history, traditions, culture and *patrimoine*. Conversation is also considered an “art” in France and remains an essential part of daily life. Awareness of appropriate behaviors that characterize *une bonne éducation* (i.e., proper upbringing) will help facilitate your integration. These will be addressed in France.

A few examples and helpful tips:

- ✚ If you are invited to dinner in someone else’s home, bring a gift such as flowers or nice chocolates. Your gesture will be noticed and 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 that French children learn, and it can make a 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, giving advice or suggestions, allowing a market customer to taste something, etc. Remember, patience is a virtue! Moreover, you will come to appreciate such exchanges when you are on the receiving end.
- ✚ When you encounter a situation or behavior that you don’t understand, try to keep a sense of humor and avoid being defensive, judgmental or critical. It is normal to feel unsettled by attitudes or reactions that seem « *bizarre* ». Ask someone who knows French culture well to help you interpret or understand what occurred.
- ✚ North American women often describe French and southern European men as “sexist” or “macho” and are surprised when men approach them in public spaces or comment on their appearance (e.g., *Vous êtes très jolie, Mademoiselle.*). In particular, non-Caucasian women may be perceived as “exotic” and attract unwanted attention.

In most cases, the best tactic is to avoid eye contact, ignore comments and walk away. Smiling or responding in any way may only encourage the behavior. If it persists, a firm response such as *Ca suffit!* or *Laissez-moi tranquille!* often does the trick.

- ✚ Political correctness is often described as an “American phenomenon” in France. Attitudes toward diversity and difference may be expressed more openly or directly in France, especially in smaller cities. You may hear comments that would be deemed insensitive and unacceptable in the U.S.

How you react to what *you* may perceive as inappropriate comments is up to you and may also depend on the specific context and individuals involved. If you feel strongly about a topic, don't hesitate to disagree or explicitly say you don't find a joke or comment funny or suggest changing the subject.

- ✚ Asking a person where he/she comes from is not *necessarily* rude or “racist” in France. Context and tone matter. The French are often curious about people's origins, especially when they detect an accent. There are also strong regional identities in France; French nationals may identify themselves as Breton, Corsican, Parisian, etc. You will find that many residents of Aix 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 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!

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 and don't wait to be “called on”. 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 don't open until 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.

POLITENESS, VERBAL & NON-VERBAL COMMUNICATION

Politeness is expressed differently depending on the language. In France, it's important to pay attention to *register* - formal, colloquial or informal (i.e., slang or *argot*) - when talking to different people. Factors like age, status, and depth of relationship matter. For example, one does *not* use slang with professors in France; it's considered inappropriate and rude. Social norms in France may seem very 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 sincerely thank someone, while 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 or have dealt with him/her before, you may add: *Vous allez bien?*
- Never say « *Salut!* » or « *Ouais* » to a professor, office employee, storekeeper, etc. It is *not* cool and being too informal may be considered disrespectful. Pay attention to how you express yourself in more formal contexts, and try to use the appropriate register.
- It is **essential** to mind your language in emails and communication with professors. You should address them as *Monsieur* or *Madame*, be polite and refrain from asking for an immediate reply, and sign *Cordialement*. Ask a French person to read your email before sending it to a professor or person of authority, especially if you are requesting a favor.
- 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 generates an invitation.
- The French readily correct children, young people – and non-French people trying to communicate in French! Don't be surprised if waiters, storekeepers or others correct your French or even respond in English. They may simply assume you're a tourist, especially in Paris and Provence which draw many North American and British visitors. Take it as a sign of eagerness to help or of interest, not a critique of your French. ***Don't hesitate to say that you are a student living in Aix and prefer to speak French.*** Most people will be pleased and switch to French if you ask them to.
- In general, it's best to use the *tu* form to address people your own age and younger and *vous* with adults unless they suggest using *tu* (*Tu peux me dire tu.* or *Tu peux me tutoyer.*) In the south of France, people tend to be less formal and suggest using *tu* more quickly than in Paris, but you shouldn't assume this. Some French hosts may invite students to call them by their first names, others not. Keep in mind individual differences and preferences.

IV. ACADEMICS : GENERAL INFORMATION

1. Academic calendar: 2018-2019

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

	SCIENCES PO/WIA	AMU
Start date: 1st semester	Week of Sept 3	Monday, Sept 10
Fall break	October 27 – November 4 (all classes)	
Final exams	Week of Nov 26 (Sc Po) Week of Dec 10 (WIA)	Week 1: Dec 17 - 21 Week 2: Jan 7 - 12
Start date: 2 nd semester	Week of Jan 21	Week of Jan 14

Note: Exam schedules are not available until 2 weeks or so before official exam dates. 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 a medical excuse. Missing an exam may result in a zero and a possible F in the course.

1. HIGHER EDUCATION & CULTURAL DIFFERENCES

Adapting to a different university system and academic standards can be challenging and frustrating. 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.
- 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 a direct enrollment program is to experience a different philosophy and approach, not reproduce your U.S. experience. *Vive la différence!*

- 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), generally staffed by student volunteers.
- The teaching approach and relations with professors in France will 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 little interaction.
- Many AMU classes meet only once a week for 3 to 4 hours. This may well be the most difficult adjustment and may be 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, undergraduate students are expected to be able to work independently, with minimal supervision, weekly assignments or quizzes, etc. Don't expect a detailed syllabus; you may receive only a brief outline of weekly course 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.***
- Grading: most French professors do not assign weekly homework; this is a hallmark of secondary schools in France. Your final grade may be based on only two assignments or exams, both of which may occur late in the semester.

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 do not have an office or hold 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.
- 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. **It's up to you to seek assistance!**

ACADEMIC POLICIES & GUIDELINES

Failure to comply with the policies and rules below may have a negative impact on your grades and result in your not receiving academic credit from Wellesley for courses in Aix.

- You are required to take all exams in your courses. If you miss a final exam at AMU or Sciences Po, you will be marked absent and receive a grade of *Défaillant* for the course, in which case you will not receive credit from Wellesley.

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 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 without your student card. If you lose your AMU student card during the semester, you must 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 are allowed other than for emergencies.* The WIA Director must be informed of any emergency and will notify AMU or Sciences Po as well as students' home institutions.
- Per Wellesley College's academic policies, you may withdraw from a course within the first five weeks without a transcript notation. After that period, a grade of W will appear. No withdrawals are allowed after the course ends or just before or during the exam period. You must speak to the WIA Director and put the request in writing. *All students must maintain a four-course load throughout the semester.*

VOCABULARY OF HIGHER EDUCATION IN FRANCE

un amphî	= <i>amphithéâtre</i> or lecture hall (large classes)
l'assiduité	regular attendance
la B.U. (<i>fam.</i>)	la bibliothèque universitaire (library)
un collège	junior high school in France
un commentaire composé	literary textual analysis/paper of 5-7 pages
un commentaire de texte	analysis of a historical doc or non-literary text
un contrat pédagogique	official course registration (online)
le contrôle continu	grade based on 2-3 assignments (vs. single exam)
un cours magistral (CM)	lecture class
crédits ECTS	European credit system: 6 credits = full course in US
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 administrative	university registration (to receive student i.d.)
une inscription pédagogique	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 <i>3^e cycle</i>
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*.

2. AIX-MARSEILLE UNIVERSITÉ (AMU):

In 2012, the 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.

Note: You will visit the various locations and buildings during the first few days in Aix.

Wellesley-in-Aix has an exchange agreement with the following divisions within AMU:

- ✓ Faculté des Arts, Langues, Lettres et Sciences Humaines (ALLSH)
- ✓ Faculté des Sciences (since 2016-17)

These are the only Facultés where you may take classes and earn credit from Wellesley.

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 and 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. Any course must be approved by your department or major advisor in the U.S. 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 a limited number of 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.

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 a single weekly class of 3- 4 hours or 2 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 this type of course.

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 at least 7-8 classes in the first two weeks, including WIA classes. By process of elimination, you will reduce the choices to five by the end of the second week. You should also communicate with your academic advisors in the U.S. during that period. The WIA Director can assist with translating course outlines in English if your advisors request more detailed information.

Step 1: Administrative registration (*inscription administrative*)

As of 2018-19, all students must register prior to arrival in France on AMU’s MoveOn platform. Instructions are sent by the WIA Director via email and students must send the PDF confirmation form to the Director who forwards them to AMU.

Step 2: Course registration (*contrat pédagogique*)

Once you have selected your final AMU courses, you will complete an online *contrat pédagogique* that must be signed by you and the WIA Director. ***This is essential in order for you to be officially enrolled for exams and obtain grades for AMU classes.***

Post-registration course changes / Adding & Dropping / Exams

- Course registration procedures are not the same as for full-time, degree-seeking French students. When in doubt, always ask the WIA Director who acts as the intermediary with administrative services and 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. *According to Wellesley College and WIA policies*, 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 is granted for extenuating circumstances.
- ***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.
- Per AMU policy, unless you have a medical certificate or doctor's note, 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 used at AMU will enable you to access your AMU email account, course documents and information and databases (JSTOR, Cairn). 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.

Transcripts & Credit Transfer

Wellesley students: All courses related to language, French or Francophone literature or cultures and French linguistics will most likely count toward requirements for the French major at Wellesley and *transfer as 200-level courses*.

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

Note: You should all avoid taking courses similar to those 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.

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 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 4 weeks or so after final exams for grades to arrive at the WIA office. The WIA Director then converts grades and sends the transcripts directly to the Office of International Study at Wellesley. OIS forwards them to non-Wellesley students' home institutions.

Transfer Credit Policy

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 separate Wellesley-in-Aix transcript indicating course titles and grades received is sent to the Registrar at Wellesley College and may be requested by students applying to graduate schools. Other 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. The curriculum for French students is a five-year one, and all French students are expected to go abroad during their third year, either to study or do an internship.

International students may enroll full-time in a one-year certificate program (CEP) or for a semester (PEPS); the full-time course load is usually 6 classes per semester. The *PEPS-Choix libre* option is for part-time students who may enroll in up to two *cours magistraux*. Most WIA students fall in the latter category, as they also take WIA and AMU courses.

Some IEP lecture classes or *cours magistraux* meet twice a week for a total of four hours over five weeks whereas others meet two hours per week over 10 weeks. Twenty contact hours amount to ½ credit in the U.S. To check the class schedule on line, do a Google search using *Planning Sciences Po Aix* and click on each week to see the schedule.

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

Course offerings and registration at Sciences Po

Course offerings and schedules are subject to change, even at the last minute. The WIA Director will receive a preliminary class list and send it via email as soon as it is available. You will need to consult the timetable via Google by entering *Planning Sciences Po Aix*.

Only the CM are open to part-time WIA students. Other types of courses - conferences de méthode and language classes - are reserved for full-time IEP students.

You will have to attend all classes in which you are interested from Day 1 and make a decision about whether or not to enroll after the first session. It will not be possible to join a class if you have missed the first session or week, especially if it's a 5-week class.

In order to earn one full unit or transfer credit toward your major, for example, you must take two *cours magistraux* either in the same discipline (e.g., economics) or area (e.g., European Union studies). **Each class will be worth .5 credit.**

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

Instruction and grading methods at Sciences-Po

Some lecture courses may be quite large and consist of note-taking only. Much depends on class size. In any case, students at Sciences Po are expected to do a significant amount of outside research and independent reading to master course content on their own. Personal motivation and effort, as well as self-discipline, are crucial to success.

Final grades in most CM classes are based on an individual oral exam administered at the end of the semester. Occasionally, a one-hour written exam is scheduled. Whether oral or written, ***this grade is generally the only one in CM courses*** and determines the course grade

6. WIA COURSES

Each semester, WIA offers three courses reserved for program students.

Note: Students with a B2 level in French are expected to enroll in at least two regular university courses.

Fall 2018 WIA courses:

1) *Méthodologie & Expression écrite*

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 a *fiche de lecture* on a book of their choice.

It is required for students who test below a B2 level on the standardized French test (TCF) that will be administered in Aix the first week. It is optional for other students.

2) *Traduction*

Professor: Madame Christelle Klein-Scholz

Schedule: Wednesday 9h30 – 12h30 at AMU-Schuman (room to be confirmed)

This course focuses on grammatical translation and translation of various kinds of texts, common idiomatic expressions and cultural concepts. It aims at reinforcing French language skills by comparing French to English, with an emphasis on common errors made by native English speakers in French. It is generally accepted for French major credit.

Note to Wellesley students: This 200-level course fulfills a French major requirement.

3) *Architecture et urbanisme : Marseille et Aix*

Professor: Monsieur Jean-Dominique Brignoli

Schedule: Tuesday & Thursday 16h – 17h30, Tavan Center

Study of the history and development of Aix, Marseille and Provence through an examination of major sites, monuments and architectural treasures. Mandatory site visits in Aix, Arles and Marseille. Knowledge of art history and architecture not required. Limit: 12 students.

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 be penalized in WIA courses and 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 tutoring, 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, etc. You will meet her in Aix during the first week, and her contact information and schedule will be posted at the Center.

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 verify 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 from the U.S. often think that classes are "easy" and professors are less demanding in France due to fewer assignments and less feedback. *C'est faux!* The roles and responsibilities are different. French professors expect students to be self-motivated, take charge of their own learning and be autonomous.
- 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 keep track yourself and *in writing* of course topics, assignments, books read, etc. on a regular basis.

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 hand in these dossiers for each non-WIA course 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. Sciences Po 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 a nice place to study.

4) Méjanès Library

“La Méjanès” 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!

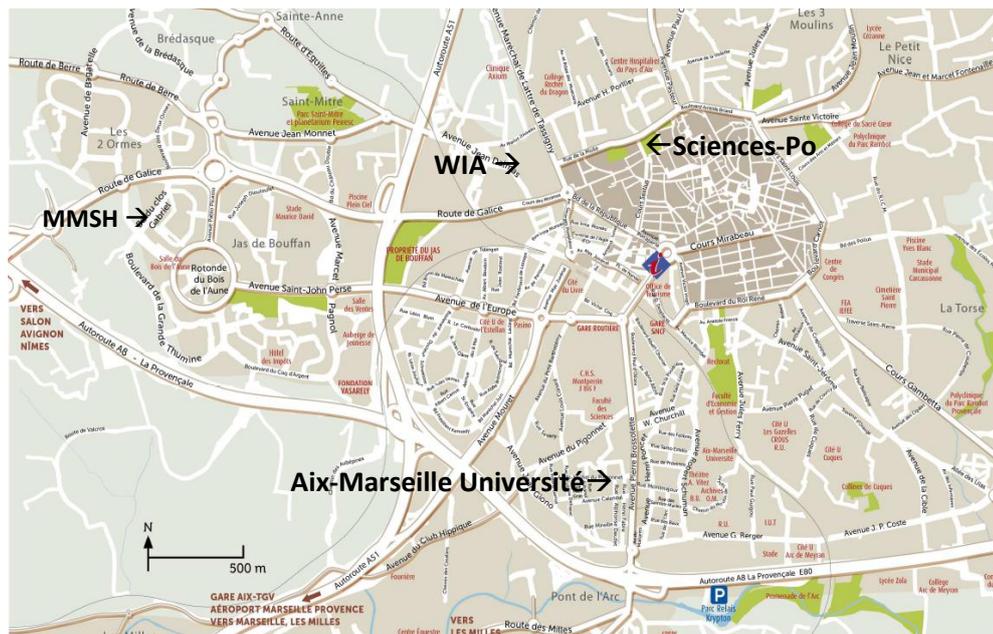
5) Sciences Po Library

For students enrolled at Sciences Po.

Don't forget to check out the WIA library at Tavan. Though small, it includes books used in frequently taken courses or donated by previous 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 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 classroom/meeting space, a computer space 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 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: for the main gate and the downstairs entrance. **It is forbidden to lend your keys to anyone or duplicate them.** If you lose them, notify WIA staff who will instruct you on how to replace them.

Uses of Tavan:

- Students may keep food in the fridge but 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.
- There are 3 computers and printers 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 in French:

« *EFFETS PERSONNELS USAGES SANS VALEUR COMMERCIALE* » (= Used personal items of no commercial value)

Otherwise you may have to pay customs taxes which can be hefty.

<p>Your name Wellesley in Aix 16 rue Emile Tavan 13100 Aix-en-Provence</p>
--

What you cannot do at Tavan:

- speak English!

We take the language pledge seriously and expect you to as well, for your benefit and that of other students whose goal is to improve their French. Failure to comply with this rule may result in your being asked to leave Tavan and your advisors in the U.S. being notified.

- sleep over, take naps or use it as you would your private space
- go there on weekends (unless there is an organized WIA activity)
- consume alcohol except when there is a reception 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. As in other cities, the main problem is theft, including pickpocketing and bike theft. 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.
- *Note to women:* you may find southern men "clingy" or apt to make overt comments about your appearance and approach you more than in Paris, for example. The topic of gender relations and strategies (verbal and nonverbal) for minimizing feeling hassled or being bothered in public spaces will be addressed on site.

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
Sous-Préfecture in Aix (Administrative Services)	04 42 17 56 00

4. HOUSING IN AIX

In Paris, you will meet individually with the WIA Director to discuss your housing and homestay placement. Every effort is made to honor students' first choice. Final placements will be confirmed after all individual meetings have taken place, and all students will receive an email with their hosts' name and some basic information.

In all cases, you will have your own room and wifi access. As for meals, hosts provide breakfast food but students usually fend for themselves in the morning due to different schedules. Dinner times vary and may be anywhere from 7 pm (but not before!) to 8:30 pm.

Spending a semester living with French hosts is an interesting experience and often cited by students as a highlight of their sojourn. There can be challenges, however, and linguistic or cultural misunderstandings are normal. Your hosts will see you as adults and respect your privacy and desire to go out with friends, travel on weekends, etc. Try not to take offense if they correct your French or ask you questions; they're not necessarily prying but may simply be trying to get to know you and also help you progress in French.

When in doubt, ask questions and politely ask if you can use the kitchen to bake something or watch a DVD or invite a friend over to study, for example. ***Don't expect to be able to invite weekend or overnight guests in your room.*** You should advise friends to book Airbnb accommodations, an inexpensive hotel or a youth hostel. If your hosts tell you that you can have occasional guests, consider it a privilege and offer a gift for their hospitality.

You and your hosts will receive a "checklist" of points to go over in the first few days to make sure that you know how to lock doors, use appliances, etc. The list also includes how to communicate if you're late coming home for dinner or decide to stay overnight at a friend's. In our experience, the more the expectations are clear from the outset, the more comfortable everyone will feel. Try not to stress and don't be afraid to bring up topics or express yourself. WIA staff can help you if you need some language "coaching".

➤ **Rossini Residence Hall**

This is a private residence for students in the city center and 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 are self-contained "studios" with a twin bed, desk, small table, and also a private shower/toilet/sink and kitchen alcove with a small fridge 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 nearby.

The majority of 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 freely. If you want to meet fellow residents, it's up to you to make an effort. It's also possible to organize activities or events in the common room which has a ping-pong table. Talk to the Rossini staff and plan an event!

Students housed at the Rossini are entirely responsible for their living space. They must buy their own supplies (e.g., toilet paper, laundry & cleaning products) from their 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 Assistant Director does monthly inspections of all independent housing (i.e., non-homestays) for health and safety reasons. *If accommodations are not deemed sufficiently clean after a warning and follow-up visit, a cleaning person will be sent and students will be charged a 30-euro fee, to be deducted from their monthly allowance.*

Students who choose independent housing are urged to sign up with *Bienvenue en Famille aux Etudiants Etrangers*, an association of Aix residents who wish to invite international students for occasional meals or weekend outings, for example. <http://bfee.aix.over-blog.com/>

Note: Full-year students may share an apartment with French “housemates” in the spring if they hear of an opening and wish to take advantage of it. WIA staff must nevertheless vet the housing and will make the necessary financial arrangements with the landlord.

5. 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 Travel Assist and ACE/EuropAssist for medical emergencies, including repatriation. http://www.wellesley.edu/ois/emergency_info

The French health care system is very good and relatively low-cost because it is heavily subsidized. French pharmacists have solid medical training and can recommend over-the-counter medication and remedies for minor ailments. For antibiotics a prescription is required.

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.

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 in making an appointment. In all cases, the doctor will give you a form or *feuille de soins* and possibly a prescription (*une ordonnance*). You must send all bills directly to your U.S. insurance company to be reimbursed.

- A consultation with a *médecin généraliste* (GP) costs 25 euros, and a specialist at least 50 euros. You will be asked to pay at the end of the appointment.
- *SOS Médecins*, a service that sends medical practitioners on “house calls” in emergencies (especially late at night and on weekends when doctors' offices or clinics may be closed). Cost: 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 (house calls) 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 In 2019 – Hôpital Privé de Provence Emergencies: 2 av. du Dr. Aurientis	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 represents a major transition and can be 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 inevitable cultural challenges and misunderstandings.

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 75 to 100 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
3c, avenue des Belges
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 are not qualified to give medical advice and cannot 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).

All medical emergencies must be reported to Wellesley College and parents are also contacted in the unlikely event of hospitalization.

6. GROUP ACTIVITIES & TRIPS ORGANIZED BY WIA

The program organizes several one-day outings and one weekend trip in another region 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.

See below for the WIA events scheduled for the Fall semester. An integral part of the program, they enable you to discover the major sites in Provence and cultural life in Aix.

Activités WIA 1^{er} Semestre 2018-19	
Vendredi 31 août	Randonnée & pique-nique dans les calanques de Cassis
Samedi 1er & Dimanche 2 septembre	Salon des Sports au complexe sportif du Val de l'Arc
Samedi 8 septembre	Journée à Marseille
Dimanche 9 septembre	ASSOGORA : foire aux associations aixoises
Samedi 15 & dimanche 16 septembre	Journées du patrimoine
Samedi 29 septembre	Randonnée à la Sainte Victoire
Samedi 6 octobre	Journée à Arles (cours de M. Brignoli)
Vendredi 12- dimanche 14 octobre	Week-end à Lyon
Mi-octobre	Spectacle ou concert
Samedi 27 octobre - dimanche 4 novembre	Vacances de Toussaint
Samedi 16 novembre	Journée dans le Luberon
Mi-novembre	Spectacle ou concert
Jeudi 22 novembre	Dîner de Thanksgiving au restaurant (étudiants et équipe WIA)
Jeudi 6 décembre	Fête des 13 desserts avec hôtes d'accueil à Tavan
Samedi 22 décembre – dimanche 6 janvier	Vacances de fin d'année (Noël)

These events are an integral part of the program and enable you to discover the major sites in Provence and cultural life in Aix.

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.

WIA ALUMNI SUGGESTIONS: PLACES TO VISIT IN FRANCE

Many students used either their SNCF Carte Jeune or Blabla car 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 recommended regions and cities

**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
Mont Saint Michel (between Brittany & Normandy)

VI. PRACTICAL INFORMATION - AIX

Upon arrival in Aix, students may borrow a copy of *Le Petit Futé* city guide to use during the semester. It contains everything you need to discover and enjoy the city!

<https://www.petitfute.com/v33094-aix-en-provence-13080>

1. MONEY & FINANCES

How much money you spend will depend on your financial situation, habits and travel plans during the semester. Personal expenses include books, phone costs and socializing. 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: MONTHLY ALLOWANCE & CULTURAL ACTIVITIES

You will receive a monthly stipend mainly for lunches which will be deposited directly into your account in the U.S. by Wellesley College. The amounts are as follows:

- **360€ per month** for students in homestays (with 7 evening meals per week)
- **650€ per month** for students living at the Rossini.

In addition, you may be reimbursed on your **cultural allowance** up to **€ 200 per semester** for individual cultural activities of your choosing: dance 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.

Note: Personal travel expenses and restaurant meals are not reimbursed. The only exception is an excursion organized by Sciences Po or AMU that includes French students.

MONEY-SAVING TIPS

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

FOOD	OUTINGS	SHOPPING
<p>A balanced meal in a university cafeteria le Resto U (RU) costs around 3€50. A great way to meet French students and save money!</p>	<p>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</p>	<p>Look for good deals at outdoor markets for clothes & gifts</p>
<p>Do as the locals: buy local fresh produce in the open-air markets for your lunch.</p>	<p>Buy a Carte Cinétoile (see cultural allowance) and see films for only 6€25.</p>	<p>Think second-hand shops for buying clothes and accessories.</p>
<p>Download the ‘Toogoodto’ application on your phone to buy fresh produce at reduced prices at the end of the day</p>	<p>Check ‘La Fourchette’ website for good deals on restaurants and specific cuisines.</p>	<p>Check ‘Groupons’ website for reduced prices of all kinds.</p>
<p>French students are often on a tight budget: ask them about their favorite eateries and cafés – and join them!</p>	<p>Remember, it’s cheaper to eat out at lunch vs.dinner (in restaurants).</p>	<p>Check blogs and websites for ‘les bons plans’ (= good deals)</p>

WIA student tips: Where to eat or hang out in Aix		
Cafés / Tea rooms Student-friendly / activities	Eateries Low budget (10€ or less)	
<p>Anticafé Book In Bar Coco Bohème Columbus Café Mana Espresso</p>	<p>Nooï Le Tuyau Crêpes à Gogo Aux Petits Oignons Pizza Capri Pittz Falafel Maison du Burger Garde Manger</p>	<p>O’Bagel Simply Food Fresh Box Lumberjack Pizza Manlio’s Istanbul Kebab Bonnie Day Paul</p>

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 Assistant Director. Do this early on in the semester; the longer you wait, the less likely you are to do it.

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

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

➤ **Ecole Primaire Alberic Laurent**

Assisting English teachers by doing small-group conversation once a week with primary school children.

➤ **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!
- ✓ In September, go to Le Salon des Sports (Complexe Sportif de Val de l'Arc), and discover Aix's many sports clubs and to the ASSOGORA event on the Cours Mirabeau. Clubs and organizations set up stands and do demonstrations and you can sign up on the spot.
- ✓ 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 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

✚ **BFEE** : Bienvenue en Famille aux Etudiants étrangers

Highly recommended to students at the Rossini. This association matches you with French hosts who invite international students for occasional meals or an outing or activity.

It costs around 15€ to join and you can be reimbursed from your individual cultural stipend. Contact : bfee.aix@free.fr or talk to the Assistant Director.

✚ *La Cave*

Every Tuesday, there is an informal dinner at 8pm that costs 4€. It is preceded by a Mass at the cathedral, but you don't have to attend it. A good place to meet French and other international students in Aix!

✚ *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.

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 AMU's marraine/parrain program if you can!*
- *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.*
- *I participated in la Cave and loved it! Go regularly because going sporadically doesn't yield the same familiarity/friendships.*
- *Ultimate frisbee team – a great group of people! Everyone is so kind and welcoming.*
- *LGBT groups : club Les Garçonnes at Sciences Po (gender issues) & Gayt'Up at AMU Twitter:: <https://twitter.com/anaisgaytup>*
- *Choramu – a choir with weekly rehearsals in Marseille. Great director, sweet people.*
- *Coco Bohème – weekly language exchange event & great for studying. (near Tavan)*
- *You have to make the first move and really put yourself out there.*

Students at La Cave



SPORTS

Sports at the University	
Centre Sportif Universitaire (CSU) www.sport.univ-amu.fr	Bureau des sports Sciences Po 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!		
Bengym www.facebook.com/bengym.aix	L'Orange Bleue www.lorangebleue.fr/clubs/aix-en-provence	Keep Cool www.keepcool.fr/salle-de-sport/aix-en-provence

Swimming Pools	
Piscine Plein Ciel www.agglo-paysdaixaysdaix.fr/sports	Piscine du Centre Sportif Universitaire www.sport.univ-amu.fr/piscine-centre-sportif-universitaire-aix-provence

Field track	Frisbee
Aix Athle Provence www.aix-athle.com/	AUC Ultimate Frisbee www.t-raix.com/

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

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

Ballet	
Modern Dance	Classical & Modern Ballet
Ecole Solange Savine www.danse-moderne-aix.fr	Aix Studio Ballet 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>Lignes et Couleurs</i> www.lignesetcouleursaix.fr <i>L'Atelier libre</i> www.latelierlibre.fr	<i>Choramu</i> (AMU) www.mission-culture.univ-amu.fr <i>Sing IEP</i> (Sciences Po) www.sciencespo-aix.fr	<i>Théâtre Ainsi de suite</i> www.ainsidesuite.com <i>Espace Jeunesse</i> www.aixenprovence.fr/Guide-de-l-Espace-Jeunesse <i>MJC Prévert</i> www.mjc-aixenprovence.fr

Cooking classes	
<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

In 2018-19, all WIA students will be expected 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		
<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/			
Buy a ' <u>Cinétoile</u> card' (25 euros) to get reduced-price movie tickets			
<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, Rotonde, Cours Sextius</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. Addresses of bars, pubs, clubs are listed in *Le Petit Futé*. 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

Piaccere 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

Geisha - Sushi Expérience: dine-in, take-out or delivery

La Fromagerie du Passage, restaurant, wine shop, wine & cheese tasting

Bonnie Day: 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 specialties in a nice setting

La Chimère Café: sophisticated cuisine and ambiance

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

O'Zen-Le Passage, across from Cézanne movie theater. Lunch buffet 19€, all you can eat

The Bagel Store : delicious!

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

- Culte israélite, Synagogue 3, rue de Jérusalem
- Culte musulman, 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

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: 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 de Provence and **Librairie Goulard** are the two main bookstores 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
- La Poste Gambetta, at the corner of boulevard Roy-René and Cours Gambetta

If you need to send a package or letter overnight:

FedEx: 0820 123 800

UPS: 0821 233 877

8. PUBLIC TRANSPORTATION

Local transportation by bus

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 or year.

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.

Note: If there is a WIA group activity scheduled in the evening, students who live outside the center may be reimbursed for taxis. Talk to the Assistant Director.

➤ 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/fr/lignes-horaires/carte-et-fiches-horaires-n287

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 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!

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 in writing when they leave Aix for the weekend or during a school break and provide details on departure and return dates, destinations, travel companions, etc. This is not an attempt to invade your privacy but rather a safety and security issue.

The WIA Director is your primary emergency contact person in Aix and is also responsible for communicating with Wellesley College and students' home institutions in the event of a crisis or emergency.

- We may need to contact you if you're away from Aix and be able to reassure both your home institutions and guardians when you will be back in Aix and where you are if, for some reason, they have trouble reaching you directly.

It's perfectly normal for parents and loved ones to worry, especially if they hear something disturbing in the news. Remember that they may be hearing a different perspective on a specific event occurring outside the U.S. It's important to reassure them.

- In the event of a terrorist attack, natural catastrophe or other major crisis, the WIA Director must ascertain that all students are safe and accounted for. They communicate with Wellesley College and students' home universities and, if necessary, the Director sends an email to reassure parents.

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

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

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 the latter. They complement the "Wellesley College Honor Code" (<http://www.wellesley.edu/GeneralJudiciary/procedures.html>)

All program participants will be 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 will 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.
- 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, travel companions, contact info).
- 4) not duplicate or lend my keys (e.g., Tavan Center, housing) to individuals not connected to the WIA program.
- 5) not house anyone in my room or apartment without first obtaining permission from my French hosts, the WIA Director (in WIA-rented housing) and, if applicable, my roommate.
- 6) immediately report any problem related to my housing and accommodations in Aix (e.g., theft, property damage, malfunctioning equipment, etc.) to WIA staff.
- 7) go to the mandatory medical appointment scheduled by the French Immigration Office (OFII) to obtain my residence permit (if applicable), in keeping with French visa regulations.
- 8) 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.
- 9) take my studies seriously, attend all classes and do all required work, and meet with the WIA Director monthly to discuss my academic progress and courses and provide the necessary information to ensure transfer credit.
- 10) do my utmost to be an excellent ambassador of the WIA program and "good citizen", i.e., showing respect toward others (French hosts, WIA staff and students, etc.) and understanding that my actions may impact other WIA participants and the WIA program in general.

Date:

Name:

Signature

OPPORTUNITIES FOR WELLESLEY COLLEGE STUDENTS

Award / Opportunity	Description & Criteria	Deadline in 2018-19
Dorothy Dennis Prize French Department	450 USD awarded for a special project in France during spring semester. Priority given to full-year WIA students and French majors. Others may apply. Email must be sent to the WIA Campus Director at Wellesley.	December 15
Maison Française *Room request 2019-20 * RA position	Send application to head of the French House. See French Dept web page.	February 15
“Senior thesis” in French	Contact a French faculty member via email regarding a topic and proposal.	March 1
Michèle Respaut French House Fellowship	Funds available to do a summer internship in France or a French-speaking country. See GAP for info on internships in France & RD for model internship contract (required).	April 15
Michel Grimaud, Germaine Lafeuille & Carlo François Prizes	Essay-writing or translation contests in the French Department http://www.wellesley.edu/french/honors	April 8
Nathalie Buchet Prize	Awarded to a junior and French major who intends to write a senior thesis in French. http://www.wellesley.edu/french/honors	Last week of April

USEFUL CONTACT INFORMATION

WELLESLEY COLLEGE, MASSACHUSETTS

WELLESLEY-IN-AIX

Wellesley College
106 Central St.
Wellesley, MA 02481
Tel: (781) 283-2733
Fax: (781) 283-3618

FRENCH DEPARTMENT

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106 Central St.
Wellesley, MA 02481
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Director, Office of International Study:
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Admin. Assistant – French Dept:

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AIX-EN-PROVENCE

Centre Wellesley-in-Aix

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From US: 011- 33- 4 - 4226 - 3552

Resident Director - Aix:

Dr. Monique Fecteau
mfecteau@wellesley.edu

Office: 04 42 38 16 04
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From US: 011-33 - 4- 4238 -1604
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Assistant Director- Aix:

Madame Magali Coates
Office: 04 42 26 35 52
Mobile: 06 25 43 59 97

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29, avenue Robert Schuman
13090 Aix-en-Provence
WIA contact: Olivier PEREZ

Institut d'Etudes Politiques
25, rue Gaston de Saporta
13090 Aix-en-Provence
WIA contact: David Coates