

Study Abroad Program Feature: General Advice & Tips

UCEAP: French and European Studies **UC Center Paris, France**





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This program guide is intended to provide students with general advice and tips related to study abroad from the perspective of a student who has studied abroad in Paris, France. It outlines the experiences of a study abroad returnee from the planning to go abroad to being abroad. This can be a useful resource for students thinking about study abroad or who are considering a similar UCEAP program in Paris or at a UC Center location.

Disclaimer: This program is no longer offered with UCEAP

- However, it is most similar to the programs "Only in Paris" and "French in Paris" due to them being Summer/Fall Semester programs and having overlapping courses
- My program ran concurrent with another program called "Language and Culture" - which was for students who had less than 2 Quarters/1 Semester worth knowledge of French

A Little About Me

Student Profile: Rosie Soto

- Majors: Political Science, International Studies
- Minor: History (which I decided to get after studying abroad)
- Program: French and European Studies at the UC Center Paris (also known as the ACCENT Center Paris location)
- When I went abroad: Fall Semester 2018 (mid-August to mid-December)
- When I started planning to study abroad: 1 year in advance, end of my freshman year and most of 2nd year
- Applied: Fall or Winter quarter the year before
- Courses taken: 2 electives of my choice in English, 2 required French courses
- French language fluency: French 1A-B-C Series @ UCI during my 2nd year
- Other details: I had never traveled abroad by myself before and was super nervous to immerse myself in a new environment and language, but overall embraced the independent lifestyle and had fun being more adventurous and learning new things



Before Applying to Study Abroad

What to Consider:

- Have an idea of when you'd like to go abroad – what school year? what quarter/semester?
- Ask yourself – what classes should I take before going abroad and what classes should I take while abroad?
- Start planning ahead – applications should be submitted the year prior to the term you want to go abroad (e.g. apply Fall/Winter quarter 2020 for Study Abroad during Fall 2021)

Need Help Choosing a Program:

- Consider –
- "Study Abroad Tips: How to Choose a Program" Resource
- Visit the Study Abroad Center
- Talk to an academic advisor or study abroad peer mentor for further advice

FALL PACKAGE

- [French Language Courses](#): Review the course descriptions, materials, and goals.
- [Culture Courses](#): Review course descriptions, materials, and goals.
- [Paris Study Center website](#): See for complete course descriptions and syllabi from previous years.
- [UCEAP Course Catalog](#): See a list of courses UC students have taken on this program.
- [Campus Credit Abroad](#): Learn the types of credit (major, minor, general education, elective) students from your campus received at this location.

What I did:

- I visited the Study Abroad Center at the beginning of 2nd year/sophomore and started looking into programs to go abroad my 3rd year or 4th year
- I got a degree check at the Academic Advising office to see what courses or requirements I could fulfill abroad and what I couldn't
- The courses I couldn't take abroad which I could only complete at UCI, I enrolled in during my 2nd year (e.g. Soc Sci 10A-B-C Math series, Soc Sci 3A computer tech GE)
- For better French comprehension and understanding: I took a year of French 1A-B-C to familiarize myself with the language
- This was super helpful since it lessened the language barrier and I could use it in daily situations such as reading menus and asking for directions
- French was also taken to fulfill my Intl Stu language requirement

French & European Studies, UC Center Paris

Overview

"Study abroad in Paris! Introduce yourself to French life and culture by studying the language and taking courses taught in English that use the city as your classroom. Many courses have a Parisian dimension, while others provide a window into France from a European perspective. Paris boasts exceptional architecture and a rich cultural heritage, as well as fantastic food, fashion, and shopping. Whether visiting the Louvre, strolling along the banks of the Seine, going to the opera, or enjoying your neighborhood cafe, you will find much to make your academic work and daily life a rewarding experience."

- Students attend classes with UC students only

Language of Instruction:

- English; French

Language Study:

- French

Experience Type:

- Immersion

Housing

- You have the option of living in a homestay with a French family or in a shared apartment with UC students. Housing is organized by UCEAP's partner in Paris, ACCENT (International Consortium for Academic Programs Abroad)

UCeAP

UNIVERSITY of CALIFORNIA
Education Abroad Program

2018-19 Program Guide

UC Center Paris

Language & Culture (Intensive Track)

- Summer

Language & Culture (Semi-Intensive Track)

- Summer


Language & Culture

- Fall

French & European Studies

- Fall

Travel Resources



Approx. Time Difference

Add 9 hours

Useful Sites

[Lonely Planet](#)

[Google Maps](#)

[Weather](#)

[US Embassy](#)

Other programs at the same time:

- Now includes Only in Paris, French in Paris, and Social Justice and Activism

FRENCH & EUROPEAN STUDIES, UC CENTER PARIS 2018-19	
Event	Date
Official UCEAP Arrival and Start Date	August 20, 2018; 9am to 5pm*
Mandatory Orientations	August 21-23, 2018
Language Practicum	August 24-September 7, 2018
Fall Semester Begins	September 10, 2018
Midterms	October 22-26, 2018
Semester Break (No Classes)	October 29 - November 4, 2018
Armistice Day	November 11, 2018
Last Week of Classes and Final Exams	December 10-14, 2018**
End of Program/Vacate Program Housing	December 15, 2018**
*Read Arrival Instructions carefully for specific arrival time requirements. **Requests for early exams or departures will not be granted.	

Dates: August 20 - December 15, 2018
Program Info Page from Old UCEAP Website*

You Got Accepted! Now What...

Check Your Inbox for Important Emails

- Once accepted to the program, I received email notices on important information regarding passport renewal, how to get a student visa at the French Consulate, sample course schedules, packing list recommendations, a link for housing assignments, etc.

Prepare Documents and Identification Forms

- Get required documents ready in order to prepare for a student visa application, a passport or passport renewal months in advance
- These may include, but are not limited to: more than one form of proof of address, acceptance letter to UC Center Paris/your program from UCEAP, passport photo, etc.
- I recommend bringing a few of these documents, especially the ones with your health records and IDs, in a secure folder or saved on your phone/email in case you need them while abroad

Example Pre-Departure Checklist

5	Complete the online registration <i>and</i> mail required docs to Campus France no later than April 23, 2018	Campus France Registration <ul style="list-style-type: none">• Instructions	Campus France
6	Make your visa appointment for a date between May 23 and June 22, 2018	French Student Visa Information <ul style="list-style-type: none">• Instructions• Timeline	French Consulate
7	Before your visa appointment	Visa Application Forms and Instructions <ul style="list-style-type: none">• France-Visas Online Application Instructions• Proof of Financial Support Instructions• Sample Financial Aid Letter• Financial Guarantee Form• Sample OFII Form• OFII Form	France-Visas online and French Consulate
8	April 4, 2018	French Visa Webinar <ul style="list-style-type: none">• Information	Mark your calendar!
9	May 1, 2018	ACCENT Enrollment & Housing Forms <ul style="list-style-type: none">• Instructions	ACCENT San Francisco
10	Read Now	ACCENT Cancellation Policy Fees go into effect on May 31, 2018 <ul style="list-style-type: none">• ACCENT Cancellation Policy	Read Now
11	May 1, 2018	Request for Disability Accommodation Abroad <i>(if applicable)</i>	UCEAP Systemwide Office



Pre-Departure Tips

Money Matters

- I saved my paychecks from my part-time campus job
- I applied for several scholarships such as these:
 - UCEAP scholarships
 - FastWeb scholarships
 - Unigo scholarships
 - DoSomething.org scholarships
 - Course Hero April Scholarship (I won \$3,000!)
 - (many require long essays, projects, or proof of enrollment – such as a transcript – but some also don't; just keep looking!)
- I asked my parents and relatives, who were supportive of my education experience abroad for financial assistance
- Financial Aid packages include tuition and room and board costs*
 - *each financial aid package is a student by student case, so contact a financial aid counselor for more information

Housing at UCI

- I was able to end my Sept-Sept housing contract at VDC Norte before August since I found someone to takeover my lease for Summer Session II
- I recommend asking friends, friends of friends, publicizing your lease/spot on Facebook group pages, and checking your leasing policy

Need More Advice?

- I talked with my French professor (who was from Paris) for her recommendations
- I talked to a few study abroad Returnees from the same program, for their advice on specific classes or recommendations for activities to do in Paris and the general region (<https://web.due.uci.edu/sac/returneelist>)
 - The Returnee List is accessible with UC ID, link can also be found on the Study Abroad Center's website)

Research

- Read articles, news content, blogs
- Watch vlogs, films set in Paris, documentaries
- Know general information on politics, issues, current events, history
- Have a basic understanding of manners, customs, and culture so you're not too overwhelmed or embarrassed by culture-shock



Paris Travel Guide 2020: What to See, Do, Costs, & Ways to ...

Apr 25, 2020 - Other Things to See and Do in Paris. Go museum hopping. Walk the Champs-Élysées. Visit the Panthéon. Relax in Jardin Du Luxembourg. View the city from Montmartre. Visit Notre Dame. Stand under the Arc De Triomphe. Celebrate Bastille Day.
[Things to See and Do](#) · [Money Saving Tips](#) · [Best Places to Book Your Trip](#)

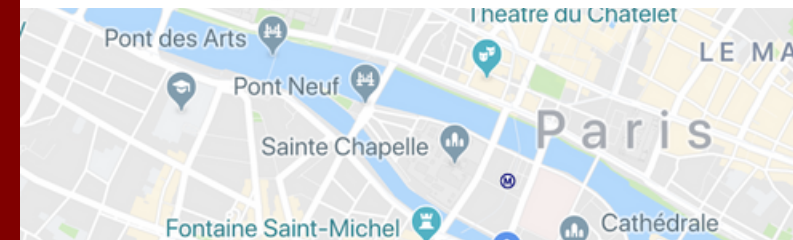
www.travelandleisure.com › ile-de-france-paris

Paris Travel Guide - Vacation & Tourism | Travel + Leisure

Visit Paris for an unforgettable adventure. Discover the best hotels, restaurants and things to do with this highly curated Paris travel guide.

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PARIS | The Study Abroad Diaries | Margot Lee

Margot Lee · 127K views · 1 year ago

MY SOCIAL MEDIA: twitter: margot_lee instagram: margot_lee
<https://www.instagram.com/margot.lee/>) tumblr: fresca-vibes



a day in the life of a study abroad student | Macey Sierka

Macey Sierka · 703 views · 1 month ago

Hi friends! Sadly, this is one of my last vlogs from studying abroad in Paris. See how everything turns out...



10 TIPS FOR STUDYING ABROAD IN PARIS

DamonAndJo · 354K views · 4 years ago

10 tips you should know when studying abroad in Paris, from Paris. 25 Study Abroad ...

CC

Planning Trips & Activities

- Make lists of places to visit, food and restaurants to try, sightseeing attractions, weekend trips, bucket lists, etc.

Get Connected

- Expect to be advised to join a Facebook Group for your program with other UC students
- This allows you to get in contact with your program-mates from other UCs & ask former program participants questions
- People could share their flight information so others could book flights together or carpool in a shared shuttle to the UC Center upon arrival in France
- This was helpful for me because I had never flown by myself before –let alone internationally – and it was nice to find someone I could "buddy-up" with on the same flight

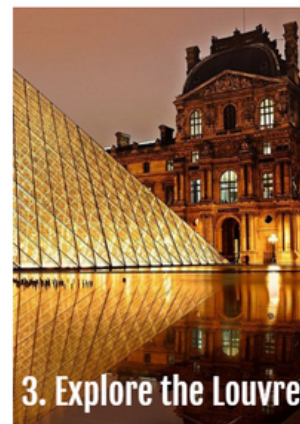
Top 5 Things to See and Do in Paris



1. Scale the Eiffel Tower



2. The Palace of Versailles



3. Explore the Louvre



4. Take in the Latin Quarter



5. Visit Sainte-Chapelle



Student Visa*

Before Heading to the Airport

- Information on documents needed for your student visa can be found on the French Consulate's website and on the Pre-departure Checklist, or emailed to you as well as how to make an appointment online
- Not every country's consulate might be located near you, but in California there are 2 French Consulates (SF and LA); go to whichever is nearest to you

Health + Immunizations

- Make sure your immunizations are up-to-date
- You may be required to present a doctor-signed UCEAP Health Form to the UC Center Paris (or any host university prior to or upon arrival/during orientation)
- I recommend making an appointment with your doctor to inform them about going abroad – they may suggest other immunizations for your country and/or have to sign a health waiver/clearance form for UCEAP

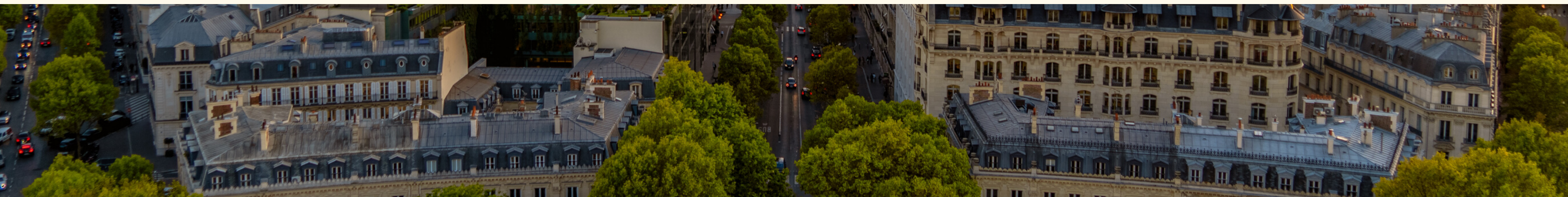
Inform Your Bank

- Tell your bank you'll be traveling abroad, so that your account activity won't look suspicious
- You may want to inquire about getting a traveler's credit card



Phone Plan Abroad

- Research your phone plan's international policy and rates (e.g. T-Mobile users may have to pay additional international roaming fees)
- Unlock your phone in case you need to buy a SIM card abroad
- For the program I went on, info on SIM cards is provided during orientation
- Recommended French SIM Cards for travelers: Free, Orange, SFR
- I used Free and it worked great, I was also able to use it in other European countries for roughly 20E/month



Packing

- For Fall/ Winter: Pack warmer clothes and keep in mind that they will take up more space
- I packed half for summer (August-early October) and half for winter (October-December)
- I recommend 2 Check-in luggage at least (bulkier clothes and extra room for souvenirs); I only brought one and it was a mistake when I realized I had to leave some things behind since they couldn't fit
- Voltage & outlet in America don't match up with those in Europe so make sure appliances support the right voltage and consider bringing a travel adapter
- A portable charger(s) was super useful while traveling throughout the day and on weekend trips, so I highly recommend bringing at least one
- Think you'll get Homesick? Bring some snacks from home
- Medicine & First Aid: Band-Aid, Neosporin, Tylenol, Advil, DayQuil, etc. (also other medication for allergies and/or dietary needs)
- November/December gets rainy and more cloudy but you can always buy a cheap umbrella later



Communication

- Remember to stay in touch with friends and family through video call (FaceTime, Skype) or messaging apps (Facebook Messenger, WhatsApp)
- Talking with family and friends daily or weekly lessens homesickness over time
 - They can mail you things through the ACCENT Center's address
- Sending postcards home can be done at any post office

- I had a spare digital camera strap and looped it to my phone case, so in the case my phone was in my hand and I dropped it or if there was a possibility it would be snatched, I could still keep it attached to me
- When I was researching anti-theft products like wallets I found this Pacsafe "Bra Pouch". It's meant to be attached to a bra and hidden under a shirt but I read a review from a guy who instead attached it to a pants/belt loop, which I did and could fit in my pocket. Even if it fell out of my pocket, it would still be hooked on to my pants or a lanyard or my phone strap. It's also a perfect size to fit cards, cash, keys and my NAVIGO
- I liked it because it was also less obvious than a travel neck pouch/lanyard or waist pouch

Orientation at UC Paris/ACCENT

Upon Arrival

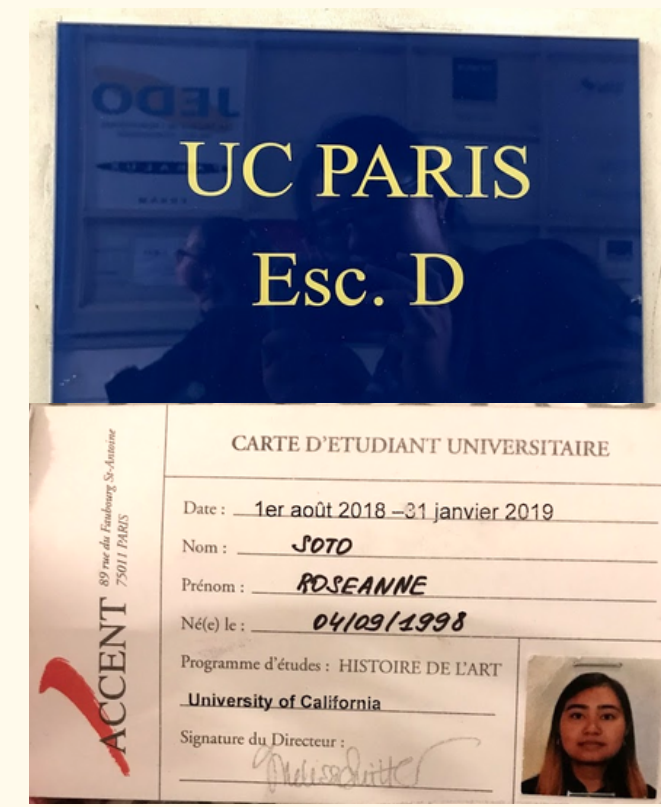
- Each group of roommates (predetermined) was given a packet of instructions with their address and keys before loading their luggage into taxis ordered by the Center to take them to their new apartment
- Many apartments – especially those that are really old – are not renovated and could not be modernized to accommodate an elevator, so some of us (my roommates and I) had to carry our own belongings up 4 flights of stairs (it was a noisy struggle)
- Each furnished apartment seems to have 2 bedrooms, 1 bath, and bedding along with a binder of apartment details and instructions (for garbage, how to use the stove, etc.)
- There was also a washer (no dryer but a drying rack provided)
- There was no microwave – which takes getting used to – but was possible to get one delivered upon request at the Center
- Explore your neighborhood to know your local boulangerie, shopping area and/or grocery stores and its shelves to see what you have access to buying



My bedroom window (no screens), first meal in Paris, and my nearest metro station

Living Situation

- The UC Center Paris provides housing for students but it is unique
- Instead of a UC dorm or designated apartment building, students are partnered with roommates and sent to different apartments across the city of Paris from the 8th arrondissement to the 14th arrondissement
- I was lucky enough to be put in the only group that got an apartment in the 1st arrondissement which was closest to the center of the city: 5-15 minute walks to the Seine, Norte Dame, the Latin Quartier, the Louvre, and the Tulleries Garden



On-site Support

- UCEAP students are supported by UC's network of UCEAP offices at every UC campus and partnerships with UCEAP host universities throughout the world. In Paris, local ACCENT staff help integrate you into the culture and provide assistance with housing, safety, and other issues. The UCEAP Study Center in Paris provides additional support and supervises your academic program.
- The ACCENT Center/UC Paris offers Mac computers and printing at its campus as well as other resources
- Staff are great to talk to if you have any questions like housing, mailing, and health and wellness concerns
- For city activities or travel recommendations, ACCENT staff and professors are also good resources to go to since they are very familiar with the city

Bonus Support

- ACCENT distributes personal metro passes called "NAVIGO" which they re-fill monthly for unlimited swipes and can also be used on RER trains such as those that go to Versailles and Disneyland Paris
- ACCENT also passes out paper student ID cards that state all UC Center students are Art History majors, which allowed us free access to most city museums like the Louvre, l'Orangerie, Musee d'Orsay, etc. since many museums are free to students
- They also send emails about places to potentially avoid whenever there is a protest in Paris and other mass movements/marches in nearby major European cities (e.g. March for Climate Change notice happening in London/Paris/Berlin, etc.)

Program Courses and Class Schedule

Courses I Took

1. French Practicum (first 2 weeks M-F and during Orientation period; everyone is sorted into classes by French fluency ranking test submitted pre-departure)
2. French Language & Culture
3. Histories of Paris
4. Unbound Boundaries: Ideas of the European Union

UCI Course Fulfillment (Total: 20.5 units)

1. French 50 FR LANG & CULTURE (4.5)
2. French 15 - ADV INT RDG & WRTG (6.0)
3. History 111- (5.0) (also fulfills Sociology, Urban Studies)
4. PoliSci 115 - (5.0) (also fulfills History and European Studies)

Other Courses:

- Faces of the City, Faces of French Cinema
- Media, Politics & Society in France and the EU
- May '68
- The Art of War
- Parisian Voices in Literature



My French class!



Histories of Paris site visit

Soto, Roseanne

F+E Studies
FR15 Du Parc

PRACTICUM FA18

FR50E

Véronique DU PARC

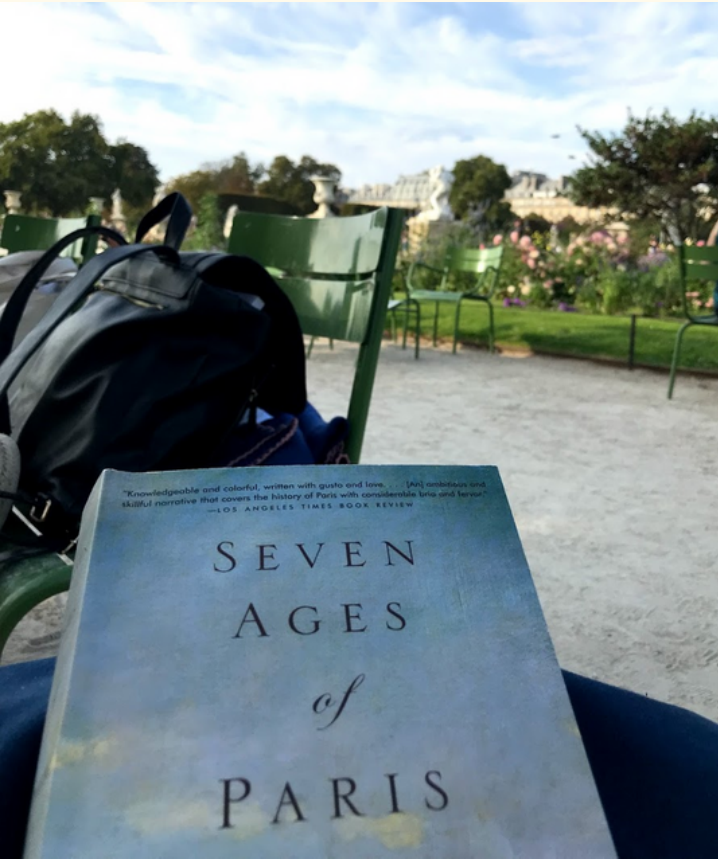
	Fri Aug 24	Mon Aug 27	Tues Aug 28	Wed Aug 29	Thurs Aug 30	Fri Aug 31	Mon Sept 3	Tue Sept 4	Wed Sept 5	Thur Sept 6	Fri Sept 7
9:00	French 9h-10h	French	French	Excursion La vie de café... dans la Bastille 9h-11h	French	French 9h-12h		French 10h-13h	French 9h-12h	French 9h-12h	French Final Exam & Activity 10h-13h
10:00	Excursion Marché d'Aligre 10h-12h	9h-12h	9h-12h		10h-13h						
11:00				French 12h-15h		Excursion Opéra 13h-15h	French 13h-16h		Excursion Montmartre 13h-15h	French Révisions 13h-15h	
12:00											
13:00	French 13h-15h	French Atelier 13h-15h									
14:00											
15:00											

Schedule for the Practicum, including excursions

UCEAP Paris Center Fall 2018 French and European Studies Semester Weekly Schedule**

	Monday	Tuesday	Wednesday	Thursday
9:00		French Language Courses FR12, FR13, FR14, FR15, FR16		French Language Courses FR12, FR13, FR14, FR15, FR16
10:00				
	Parisian Voices in Lit	9h00-11h00	Parisian Voices in Lit	9h00-11h00
11:00	Viers-Andronico 10h30-12h00	Media, Politics & Society Toker 11h30-13h00	Viers-Andronico 10h30-12h00	
12:00	Unbound Boundaries Habibi 12h15-13h45		Unbound Boundaries Habibi 12h15-13h45	Histories of Paris-SITE VISITS von Koehler 11h30-13h00
13:00				
		The Art of War Herold 13h30-15h00		The Art of War Herold 13h30-15h00
14:00	May '68 Ronnback 14h00-15h30		May '68 Ronnback 14h00-15h30	
15:00				
16:00	Media, Politics & Society Toker 15h45-17h15	Faces of Cinema Brey 15h30-18h30	Exceptional / Make-up Course Meetings	
17:00				
18:00				

- There were no Friday classes, to encourage site-seeing and travel
- Like Spring Break, there is a week-long Fall break at the end of October-early November for all students
- Other excursions include a film screening for Faces of Cinema and sites to practice French like markets and cafes
- Textbooks or material packets were provided (For Faces of Cinema -- a flashdrive with required films)

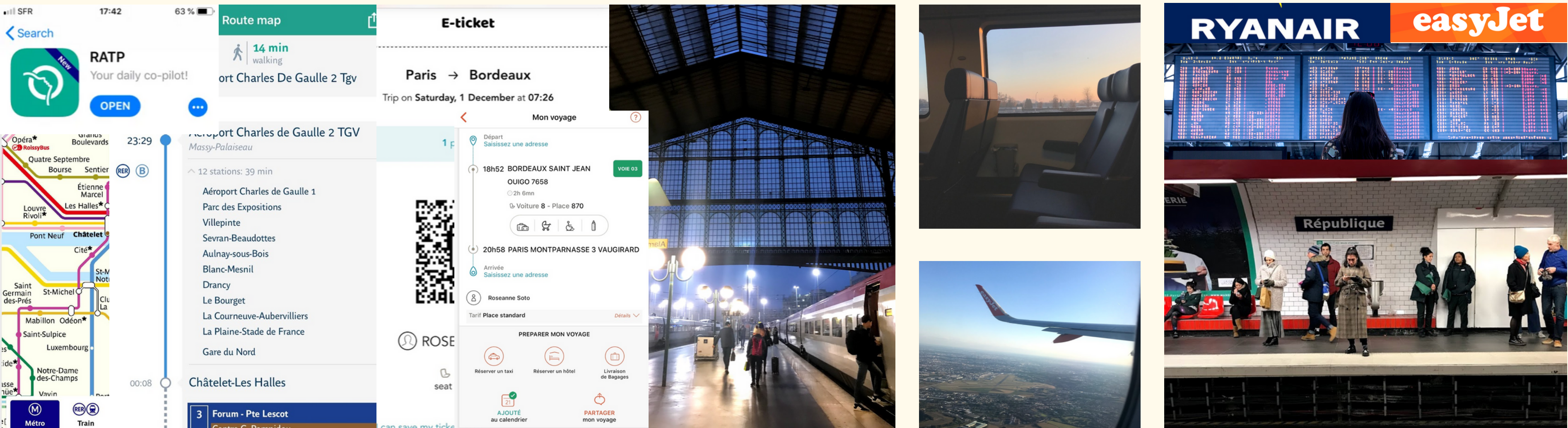


TOPIC: Glory in Stone: Napoleon I's Paris	and ACCENT student ID card! If you do forget them, you may have to pay out of your own pocket to get in.
READINGS: Horne, all of Age Four. Selected quotes attributed to Napoleon (3pp) Map of Napoleon I's Paris projects; Map of Paris from 1808. Matti Friedman, "My Forgotten War and Their Forgotten Graves." <i>INYYT</i> , November 11-12, 2017, p. 11.	Essay Due: Monument Analysis #1
TOPIC: Glory in Stone: Napoleon I's Paris OPTIONAL READING/ TO USE FOR FACT-CHECKING: an "Itinéraire" guide on reserve at the UC Center = <u>The Arch of Triumph</u>	Site Visit #3 L'Arc de triomphe Meeting point: on the corner (pairs) of the Ave. des Champs Elysées, outside the Metro stop Charles de Gaulle/Etoile. Take the exit # 1 "Arc de triomphe" which leads to an escalator. If you are late, use the underpass and find us. (Metros: #1, 2, 6 & RER A)

- All non-French elective courses were upper-division and were held at ACCENT with the exception of Histories of Paris, which held 1 of 2 lectures a week at a historical site in the city ("SITE VISIT", like a field trip)
- Unbound Boundaries offered an optional day-trip to Brussels to visit the European Union and some of its institutions
- Class size was small and thus more personal, most had less than 30 UC students so this was great since I got to know my classmates and professors better
- I petitioned both French courses to fulfill French 2AB, which completed my language req.

Traveling

- The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens traveling and living abroad to enroll their trip with the nearest U.S. Embassy/Consulate; UCEAP has a similar Travel Signout
- When buying flight/train/overnight bus tickets online, take screenshots or pictures of your ticket codes and details – the digital copy can be used in place of a printed ticket
- Common travel booking sites also have apps like RATP (Paris metro), Hostelworld, Flights by StudentUniverse, OUI.sncf (France & Europe trains)
- Metro monitors will occasionally stop people in the middle of a metro station to scan your NAVIGO/metro ticket to check its legitimacy
- Once you get comfortable and experienced traveling with friends or roommates, I encourage solo-traveling. I never would've thought I'd feel so safe and sure I could travel by myself and it was one of the best experiences I could have.
- When it was nearing the end of the program and the time when I knew I couldn't travel to focus on studying for exams, I thought about where to go on my last free weekend trip. This took me to Amsterdam since everyone I knew had already gone and recommended going, and I decided to go on my own so I wouldn't miss out



Safety Measures & Precautions

Anti-Theft Measures

- Paris is one of the most touristy places in the world and just like any global city – so know there are homeless people and beggars sometimes in the metro, scammers selling counterfeit items, and gypsies and thieves (not just in touristy areas)
- There is some likeliness of getting pick-pocketed, so some tips include: travel without valuables, be observant and aware of your surroundings, don't look like a foreign tourist or easily distracted
- I wasn't pick-pocketed, but knew people who were or were in close-call situations
 - My roommate had her phone stolen from her purse in Copenhagen, she also had her wallet (cash) stolen from her school backpack while shopping and standing in line for a fitting room. She had to call her parents to mail her a new phone/credit cards.

Money Spending & Saving

- There are restaurants, grocery stores, and shopping malls that take credit cards, but it is better to be over-prepared than under-prepared
- For example, some small cafes and boulangeries prefer not to use their electric scanner over a 1 Euro baguette
- Coins are actually used if paying by cash – courtesy if rounding up to the nearest coin if possible; having a coin purse is suggested
- I was encouraged by my mother to always have spare cash in case of an emergency, and I took this mindset abroad
 - I had stashed a few Euro bills around in different locations – my school backpack, purses, bedside drawer, wallet, "fake" wallet
- To help save money, create a monthly budget or try to keep track of monthly spending
- Save money by cooking at home or eating out on weekends
- Many museums are free for students or have student discounts
- There are many budget airlines and cheap flights/trains around Europe
- Consider traveling outside of France every other weekend rather than every weekend
- Paris has clean water! You can drink out the tap at your apartment, the Center, any park drinking fountain, etc.
 - My classmate once made tea using hot water from the Center's sink



Extracurricular Activities

- "You have the opportunity to participate in optional cultural activities offered by ACCENT. These activities include traditional French dinners such as fondue or crepes, concerts in some of Paris's most prestigious venues, boat rides along the Seine, petanque tournaments, day trips to beautiful towns in the region such as Reims, Chartres, and Troyes, and weekend trips to historically rich destinations such as Brittany, Normandy, and Lyon, to name a few. A knowledgeable tour guide accompanies the group on day and weekend trips to enrich your experience and highlight the historical and cultural significance of the sites. All activities are chosen to broaden your cultural awareness and enhance your study abroad experience."
- Fees are paid to the Center on signup and they take care of event/tickets for travel by train and bus



<u>VISIT ITINERARY</u>	
November 9-11, 2018	
<u>Friday, 9 November: PARIS, NANCY</u>	
9 :30 am	Departure from the Gare de l'Est ☞ Meet in the main hall of the Gare de l'Est train station (Métro Gare de l'Est, lines 4,5,7), in front of the track n° 10 (next to PAUL pastry/sandwich stand)
11:44 am	Arrival in Nancy: HÔTEL IBIS NANCY CENTRE GARE ET CONGRÈS 3, RUE CRAMPEL, 54000 NANCY <i>Free time for lunch</i> Walking tour of the town of Nancy and the Musée de l'Ecole de Nancy <i>Free time for dinner and free evening</i>
<u>Saturday, 10 November: VERDUN</u>	
7 :30-8 :30 am	Breakfast at the hotel
8 :30 am	Departure by private bus from Nancy (meet in front of the hotel)
10 :30 am	Visit of the <i>Mémorial de Verdun</i> <i>Free time for lunch</i> Visit of the <i>Ossuaire de Douaumont</i> and the <i>Tranchée des Baïonnettes</i> in the afternoon <i>Free time for dinner and free evening</i>
<u>Sunday, 11 November: REIMS, PARIS</u>	
7 :45-8 :15 am	Breakfast at the hotel
8 :30 am	Departure from Nancy for Reims Visit of the Reims Cathedral <i>Free time for lunch</i>
2 :00 pm	Visit of the Vranken-Pommery Champagne Arrival back in Paris around 7 pm



- Optional Excursions and Day-Trips offered by ACCENT:
 - Chartes
 - Versailles Gardens
 - Chateau de Fontainebleau
 - Chateau Vaux-le-Vicomte
 - Nancy-Reims-Verdun (3-day weekend trip)
 - Strasbourg (for Christmas Markets)
 - Football match (2018 World Cup Champions France vs. Uruguay)
- Optional Activities and Workshops
 - Fondue Tasting
 - Baking croissants and baguettes



Excursion with my Unbound Boundaries: EU course to Brussels, Belgium



- Disneyland Paris is not an excursion offered but easily accessible through the RER trains and with a NAVIGO (45 mins outside the city)
- Tickets for Disneyland Paris are roughly half the price of Disneyland Anaheim prices and if you plan to go 2+ times then I suggest getting the annual pass (less than \$200)
- Also, there's a Ratatouille ride and restaurant (by reservation)! I had "Friendsgiving"/Thanksgiving there



What my Day Looks Like in Paris...

Tuesdays/Thursdays

7:30 Wake Up

8:15 Head for the Etienne Marcel station

8:30 Transfer at Chatelet

8:50 exit at Bastille Station and walk to ACCENT

9:00 -10:30 French

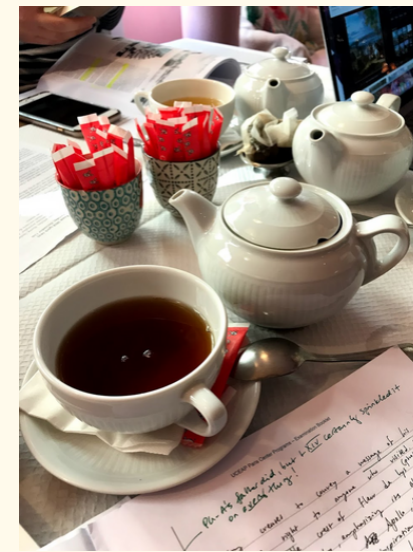
10:30-13:30 Lunch

(nearby in the Bastille area, Marks & Spencer take-away to eat at the Center, or metro home to cook lunch)

13:30-15:00 Histories of Paris

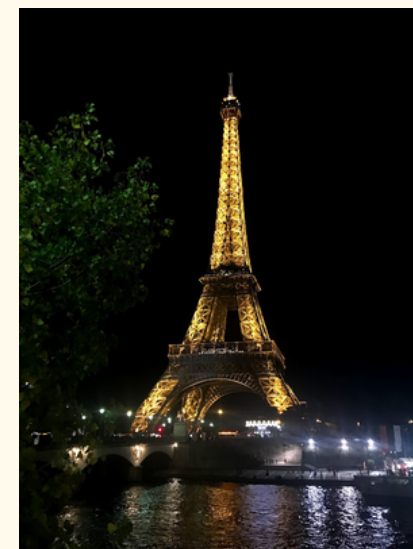
15:00 (or 3:00PM)- free time

- If I only carried a book bag/tote bag, I'd go straight to a museum, but if I had my backpack with my laptop I would go back home to drop it off first
- Other activities include going to a park or the Tuileries Garden to read (for class or for fun), or just walking
- If the weather was nice, I could walk around a different part of the city like the Marais and window-shop/thrift shop, maybe find a boulangerie for a snack or find a study spot to do homework in
- Evening = cooking at home, planning for trips and activities the following weeks, watching French Netflix, finishing homework or reading, sometimes staying out to see the Eiffel Tower light up



Favorite study spots:

- Hubsy Republique (coworking cafe)
- Paul & Rimbaud cafe (near ACCENT)
- Centre Pompidou (public library and art museum)
- The Rose (near ACCENT)
- Shakespeare and Co. Cafe



Lasting Notes and Advice to Make the Most

Living Like a Local

- Observe Parisians and imitate their mannerisms – it's the best way to blend in, learn to adapt to the new environment and culture, and feel like you actually live in Paris
 - French people may have the stereotype of being rude or snobbish but that's mainly to interactions with annoying tourists and loud Americans who assume everyone knows English without the basic courtesy greeting of "Bonjour, excuse-moi..."; set the example that not all Americans are like this and don't tarnish this perceived stereotype further either
 - It's through my observations that I learned the unspoken rule of no talking on the metro and to not have an "American" or loud talking volume (e.g. private conversations are not meant for people to easily eavesdrop on them)
 - Also, you have to bag your own groceries and it's better to bring your own reusable totes



- Set your clock to 24hr time (e.g. 17:00 = 5PM)
- Support small businesses or buy local
- Make note of city events and holidays or special occasions
- I frequently used this website:
<https://www.sortiraparis.com/lang/en>
 - White Night (when the city hosts events at night), European Heritage Day (many museums and monuments are free), music festivals/concerts, Football matches, Paris Fashion Week, Christmas Markets etc.
- Take advantage of the sunny days and good weather – it was nice to just walk around a new part of the city or study in a park like the Tuileries Garden
- Navigating the city should be easy using Google Maps or the metro app "RATP"
- Don't feel pressured to go outside and do something new everyday, take time to adjust to the new environment and overtime, going on outings and trips will be great distractions from homesickness



ARC DE TRIOMPHE



JARDINS DE MONET- GIVERNY, FRANCE



PARIS, FRANCE

Making Memories

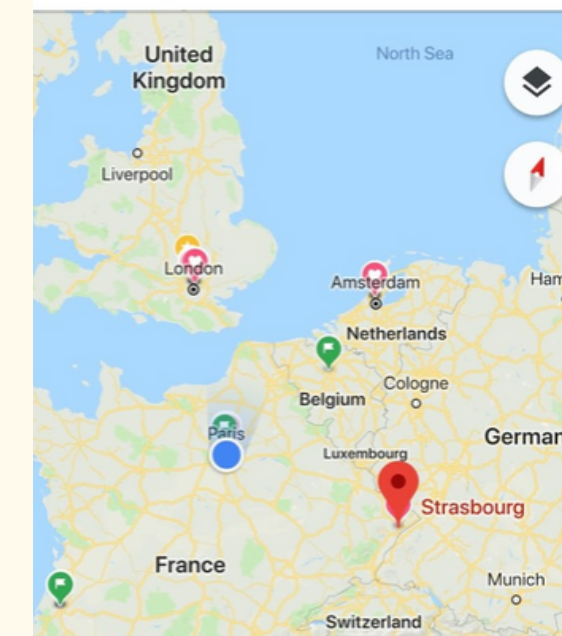
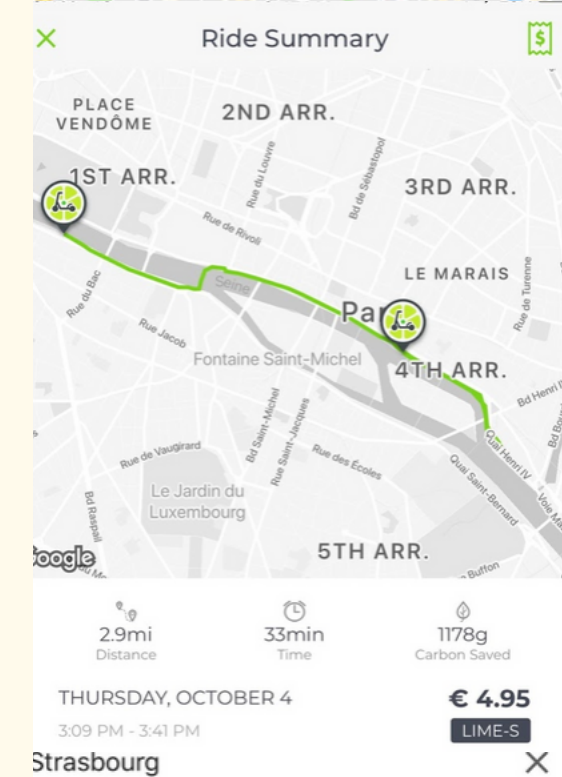
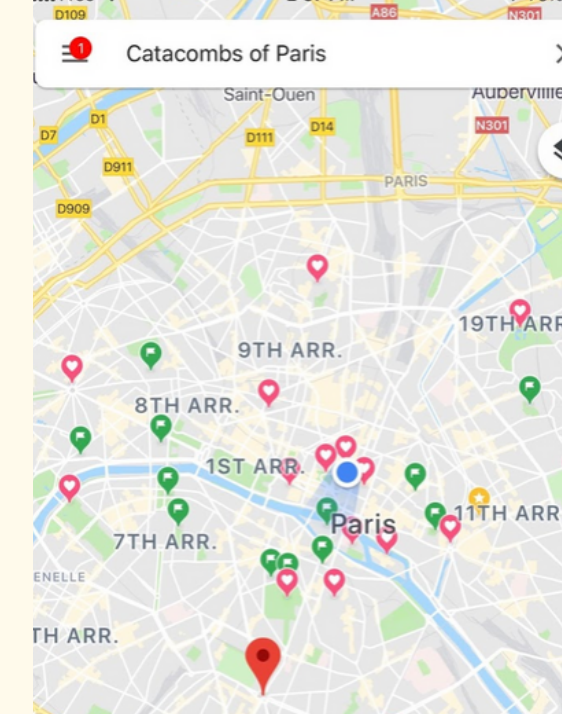
- I went on most of the optional excursions/day-trips, activities and workshops and made sure not to schedule travel during those weekends
- Solo-travel
- Walk! See the city with public transportation – by bus, metro, LIME scooters/bikes
- Visit friend's apartments and their neighborhoods
- Explore the nightlife or just night lights; from dance clubs to jazz bars (on the Seine, in the Latin Quarter, Rue de Lappe by Accent, etc.)
- Embrace the funny moments, mistakes, times of uncertainty, and the unknown – they make for great stories and will be looked back on fondly
- Record! Take photos, shoot videos or vlog, make social media posts, blog and journal, or write in a diary
 - I bookmarked places on Google Maps for places I wanted to go to, places I'd already been, and stars for favorite places
 - I also made a Spotify Playlist to give me french vibes and to associate my memories with music. It's still great to listen to when I'm feeling nostalgic and want a reminder of a specific feeling I had in Paris
- Keep mementos to remind you of a certain feeling, place, season, time, or person
- Fall in love: with the city of Paris, with independence, with confidently walking down the boulevard like a local Parisian, and sometimes with another person (my roommates used French Tinder, which was also a great way to experience other parts and perspectives of citylife)



Exploring Parc des Buttes-Chaumont



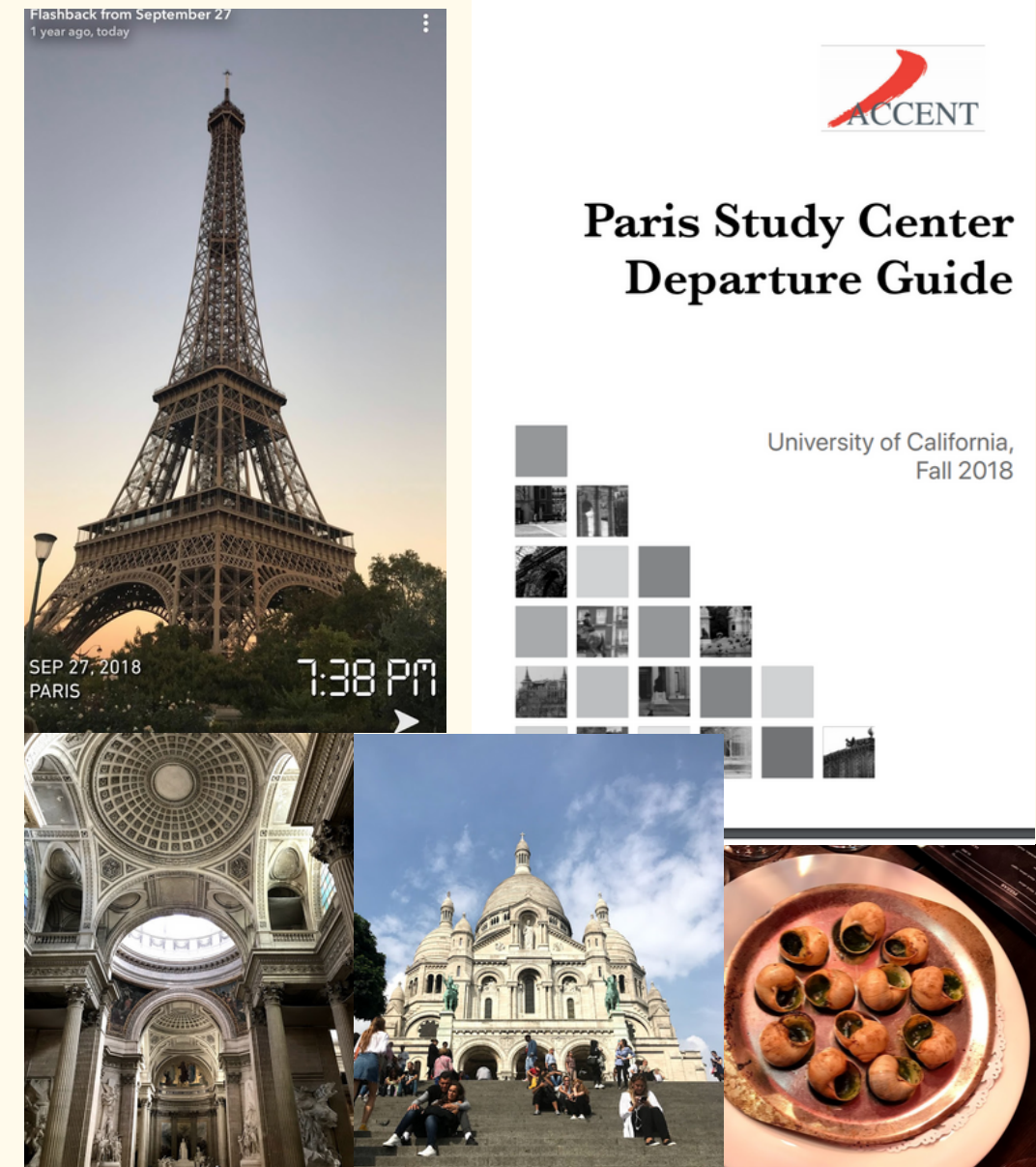
Square de Vert-Galant below the Pont Neuf or picnics on the Seine



Saying Goodbye and Going Home

- Buy your flight going home if you haven't already or plan your last trip before going back
- Start checking off places/activities on your travel list
- Start downsizing = packing away clothes you don't plan to wear anymore
- Souvenir shopping
- Cancel your phone plan or SIM card (ACCENT will provide instructions on doing this)
- Finishing all assignments and final exams
- Some students collectively agreed to purchase a small gift for their French professor at the end of my program

- Note sunrises and sunsets
- Try not to count down the days, but still make them count
- Have one more warm crepe
- Check off more bucket list activities
- Revisit your favorite places again
- Have fun and enjoy the time you have left
- Say not "au revoir" (goodbye) to Paris, but "à bientôt" (see you soon)



BUCKET LIST

7 THINGS TO DO BEFORE LEAVING PARIS

1. Buy a book from Shakespeare & Co, the famous bookstore frequented by James Joyce and Ernest Hemingway
2. Step inside the Sainte Chapelle to look at the amazing stained-glass windows
3. Eat a falafel at l'As du Falafel or le Roi du Falafel in le Marais
4. Go admire the Grands Magasins Christmas decorations on the Boulevard Haussmann while savoring a few roasted chestnuts
5. Drink a hot chocolate on the rooftop of the Galeries Lafayette and enjoy the panoramic view
6. Go to your local market one last time
7. Watch the Eiffel Tower sparkle at night from Alexandre III bridge