

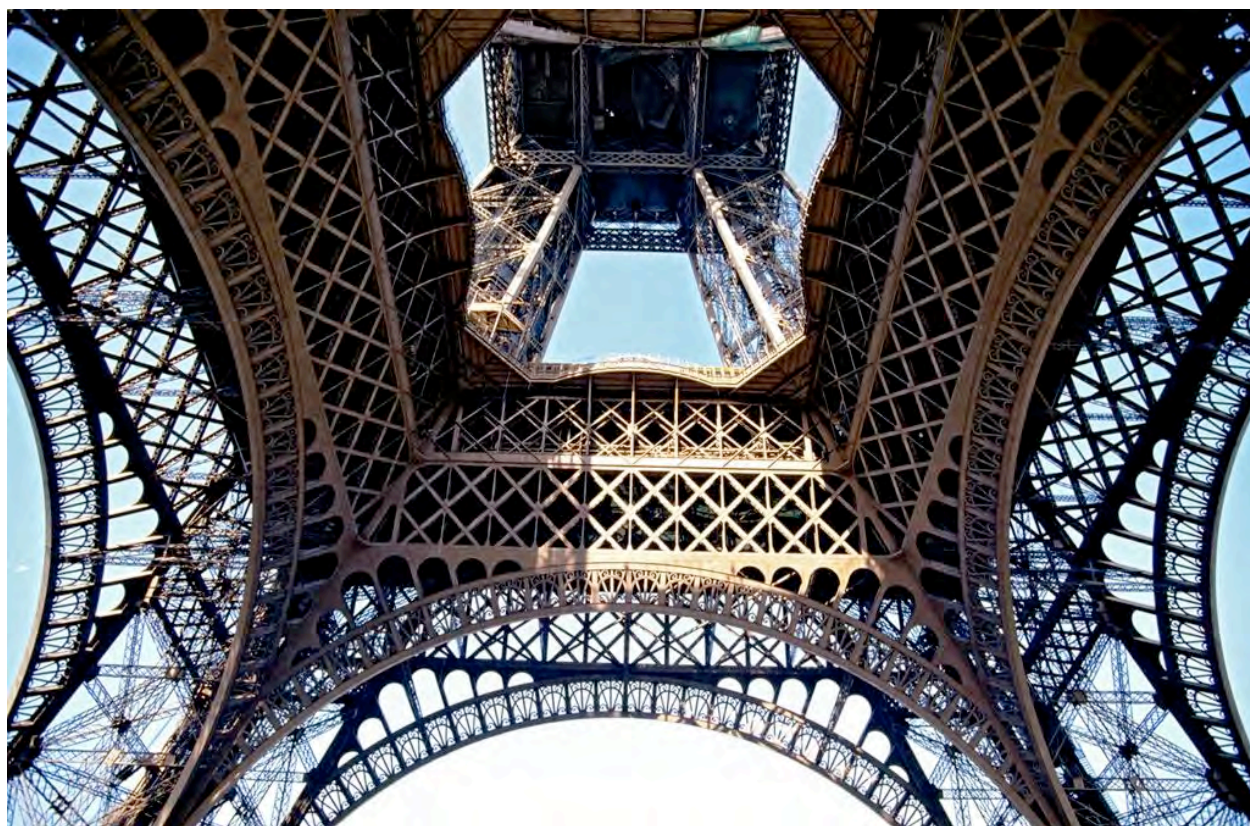


SMITH COLLEGE

Office for International Study

SMITH COLLEGE
JUNIOR YEAR IN PARIS

2011-2012 STUDENT HANDBOOK



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Part A: Paris Information

1. Tentative 2011-2012 Calendar

Orientation

Friday, August 26, 2011	Arrival in Paris
Saturday, August 27, 2011	First meeting, Reid Hall, 10:15 a.m.
Saturday evening	Move in with host family
Monday, August 29, 2011	Orientation begins
Friday, September 16, 2011	Orientation ends

Fall Semester

Monday, September 19, 2011	Fall courses begin at Reid Hall
Late September to early October 2011	Courses start at French universities

December 17, 2011 - January 2, 2012 Winter vacation

Spring Semester

Dates depend on university calendars	
April 9, 2012	Easter Monday
Saturday, April 14 – Monday, April 30	Spring vacation (except Sciences Po)
Thursday, May 31, 2012	Close of the Smith JYA Paris program

Aside from winter and spring vacations, each university sets its own calendar, which is usually published just before the beginning of each semester. Students are expected to attend all class meetings, so must not make travel plans until the calendars of the various universities are published. The fall semester calendar should be available by August 15, 2011; updates, with first semester examination dates, are expected in November 2011.

The Director's supervision of the group begins on arrival in Paris on August 26, 2011, and extends to the end of the academic year, May 31, 2012. Neither the Director nor Smith College is responsible for students prior to the official opening of the orientation session, during regular vacation periods, or after the official close of the program.

2. Directors' Message

Welcome to the Paris JYA Program!

This Student Handbook is intended to guide you through some of the early decisions that will shape your experience abroad. As Directors of the program, we will always be available for guidance and assistance throughout the academic year, but it is primarily up to you to make the most of your experience.

The opportunity to spend a year abroad is the opportunity to explore another culture. Look around, listen, think, and ward off the spell of received opinion. Go to France with an open mind; go prepared to explore another environment – and to experience a certain number of strikes, which may occasionally interrupt your daily routine. Try to put your own habits and preferences (for food and for everything else) into perspective. This is, at heart, an adventure. You will discover new ways of living and learning. The primary objective of study abroad is academic, but intellectual and emotional experiences will come from unexpected places. This year is likely to change your life forever.

Because you will be living with a French family, you will have to adjust to that family's routine and, out of courtesy, to respect their rules about mealtimes and about the use of the kitchen, the bathroom, and the phone, and about smoking, listening to music, and making noise. Only by attempting to make such adjustments will you learn to appreciate certain aspects of French culture (and certain aspects of your own).

Committing yourself to a year of study away from the United States means taking more responsibility for your own education and life than you may have in the past. We will help you to make informed decisions about your academic program and personal welfare and serve as liaisons between Smith College and local French academic and governmental institutions. But the success of your academic endeavors is largely in your hands.

The JYA experience will be a time of great personal and intellectual growth. It assumes that each of you is capable of making reasoned and informed decisions, and that you will hold yourself accountable for the consequences of your actions. As Directors, we will do everything to make this year enjoyable and memorable by challenging you to be your best—as a scholar, as a guest in a foreign country, and as a citizen of the world.

Have a wonderful year in Paris!

3. Pre-Departure Information

Student Visa

You must apply for a long-stay visa from the French Consulate nearest your home during the summer before departure. Letters from Smith College and Smith in Paris will be provided to each student. You are responsible for all fees and costs, understanding the application requirements, and assembling and submitting application materials according to the instructions

of your French consulate. You will be staying in Paris at the pleasure of the French government, thus all visa rules and regulations must be followed to the letter. Apply for your visa early in the summer; don't put it off!

Once you have received your visa, scan the photo and signature page of your passport and the page containing your visa and send them via email to Mme Charlier, charlier@smith.edu.

Public Transportation Card: *Carte Imagine-R*

Before the end of June 2011, Mme Charlier will send you an application form for the *carte Imagine-R* that you will have to complete and return to her immediately. As soon as she gets your form, Mme Charlier will continue the application process for the *carte Imagine-R*.

Packing

Do not over pack for your year abroad. Paris is a large modern city with everything you could possibly want or need. Clothing is expensive, but there are bargain stores and sales offering prices that will seem reasonable, even to an American converting dollars to euros. Personal care items are also available everywhere. *See General JYA Information for more advice about packing.*

Items to pack in your carry-on:

- Your passport and visa, and a copy of each;
- About 100 €, for incidental expenses during the first days of your stay in Paris, including transportation from the airport, or use an ATM at the airport to withdraw euros;
- A change of clothes, medications, and basic toiletries, in case your luggage is lost;
- Your laptop computer.

Other items to bring to Paris:

- Extra passport-size ID photos, if you have them. It is also easy to have ID photos taken at a photo booth in Paris. You will need ID photos almost every time you engage with the French administration.
- A small gift for your host family.
- A small supply of the over-the-counter medications you prefer, and all your prescription medications with documentation from your doctor. Keep all medications in their original packaging.

Shipping

If you find you must ship items to yourself in Paris, the U.S. Postal Service provides the safest, least expensive, and easiest way to do so. Be sure to write “*effets personnels usagés*” clearly on the box to avoid paying incredibly high taxes. In addition, experience suggests that it is best to declare only \$1.00 as the value of the contents of the box, no matter what it contains. If you insure the contents for more than this amount, French customs authorities will slap on a hefty tax – an amount equal to approximately one-third of the declared value, if not more.

You could also use a private air freight company that picks up items at home and sends them to Europe rapidly, but once your packages arrive in Paris you may have to pick them up yourself at the freight customs service desk at the airport – something that is a major *casse-tête* and will likely cause major delays.

4. Arrival in Paris

You are responsible for making your own travel arrangements in order to arrive in Paris on or before **Friday, August 26, 2011**. For your first night in Paris, the program provides rooms at the Hôtel Pullman Paris Montparnasse. Upon arrival in Paris, proceed directly to the hotel (see instructions below). If you arrive before noon, your room may not be ready, in which case you may leave your luggage at the hotel and come to Reid Hall. The Director will be there to welcome you.

If you arrive before August 26, you are responsible for making your own lodging arrangements. If you do arrive in Paris early, feel free to come by the Smith Center. Peter Bloom will be available in Reid Hall on Thursday, August 25, and Friday, August 26, from 2 to 4 p.m.

Transportation from the airport

Bus: The best and least expensive way to get to Hôtel Pullman Paris Montparnasse is on the AirFrance bus, *le car Air France* (see www.cars-airfrance.com), which leaves from both Charles de Gaulle and Orly airports. The bus goes to the Gare Montparnasse, which is directly opposite the Pullman Montparnasse. The fare from CDG is about 17 €. You will see the hotel as you step off the bus.

Taxi: The taxi fare from the airport to the Gare Montparnasse is high, about 65 € from Charles de Gaulle, and 40 € from Orly. But, if you are on the same flight as other students, it may be feasible to share a taxi. A taxi will usually not take on more than three passengers.

Trains: There are other means of public transportation from the airports into the city – city buses, rapid suburban rail lines (the RER), special rail lines (OrlyVal) – that are less expensive than a taxi.

Lodging

The Hôtel Pullman Montparnasse is a comfortable hotel that is just a ten-minute walk from the Smith Center at Reid Hall. The hotel is opposite the Gare Montparnasse, at 19, rue du Commandant Mouchotte (phone: (+33)1/44364436). You will stay in a room with two twin beds and be assigned a roommate in order of arrival at the hotel. Most French hotels, even perhaps the Pullman Montparnasse, are far from soundproof. Please be mindful of other guests and of their comfort.

Be sure to set your alarm clock or arrange for a wake-up call on Saturday morning. Pack your bags and bring them with you when you come downstairs to check out, before the business meeting. The hotel staff will put them in storage for you until the evening, when you and your host family will retrieve them.

Business Meeting

The first meeting of the program will take place at Reid Hall, at 10:15 a.m. on Saturday, August 28. We will serve coffee and croissants for breakfast, and will begin to discuss cell phones, public transportation, integration into French family life, and issues of personal health and safety.

We will complete paperwork for your *carte de séjour* (residence permit) and *carte bancaire* (ATM card), and you will receive your *carte Imagine-R* (transportation pass). You must bring your passport and visa to the meeting along with a copy of each document.

5. Fees and Expenses

The comprehensive fee paid to Smith College includes:

- all tuition and fees related to instruction and enrollment at the Parisian universities;
- academic advising and assistance with university enrollment;
- housing in a French home, including breakfast seven days per week, dinner six days per week, and lunch one day per week;
- a meal stipend for six lunches (7 € each) and one dinner (15 €) for each week during orientation and when classes are in session;
- a three-week linguistic and cultural orientation;
- all group expenses (train, hotel, cultural events) during orientation and other scheduled program excursions;
- a 40 € stipend to cover the cost of a simple *téléphone portable*;
- personal liability insurance (*responsabilité civile*);
- study abroad medical insurance; and
- medical evacuation and repatriation coverage.

Students are responsible for all personal expenses including international airfare, books and supplies, phone calls, medical expenses, transportation within Paris, and personal travel.

Spending Money

Paris is an expensive city and you are entirely responsible for managing your personal finances throughout your year abroad. The amount of money you will spend on such things as clothing, telephone calls, and travel will depend entirely on your lifestyle. Keep an eye on your bank account and on your spending patterns, particularly in the first few weeks. Paris can be an intoxicating city when it comes to consumer goods, restaurants, bars and cafés. We recommended that you save as much as possible for spending money and for holiday travel.

Books and supplies: Past students report spending less than 100 € per semester on books, course packs and supplies.

Phone calls: Past students report spending 20 € to 30 € per month for cell phone use.

Transportation: The cost of the *carte Imagine-R* will be deducted in nine monthly installments of 32,30 € from your account at the BNP Paribas.

Banking

The Associate Director will initiate the process of opening a bank account for you at the Banque Nationale de Paris (BNP-Paribas) near Reid Hall, which has branches everywhere in France. At the opening meeting, you will complete the paperwork with representatives from the BNP. You will receive your *carte bancaire* (ATM card) and checkbook shortly thereafter. The program

will deposit approximately 400 € in your account to cover your lunches for the first eight weeks of the program, which you will be able to access once you receive your *carte bancaire*. The program will deposit your meal stipends electronically to your BNP account approximately every eight weeks. See *General JYA Information for advice about accessing money abroad*.

6. Academic Program

Language Pledge

By accepting the offer to study on the Smith JYA Paris Program, you have made a commitment to speak French at all times: at the program center in Reid Hall, during excursions and during all other program events, with the Director and Associate Director and – most challenging – with the other students in the program. If you abide by the pledge, you will make remarkable and rapid progress in speaking French and this, by extension, will notably enhance the quality of your experience abroad.

Everyone knows that, particularly at the beginning of the year, speaking exclusively in French is tiring, and at times frustrating. But if you stick with it, we guarantee that your efforts and perseverance will be richly rewarded. Please take the language pledge seriously. If you simply cannot do so, please honor those around you who do.

Orientation Session: Friday, August 26 – Friday, September 16, 2011

The orientation session provides an intensive and rewarding initiation to academic, political, and cultural life in France. Several courses will cover important aspects of modern French culture and politics, provide you with the critical historical backdrop necessary for understanding contemporary events, and shore up your French speaking and writing skills. The orientation also includes visits to cultural and architectural monuments in and around Paris and explorations of various Parisian *quartiers*.

Our *Session d'orientation* is intensive; you will have classes and scheduled activities Monday through Friday. Students will be divided into two smaller groups for these courses taught at Reid Hall. The orientation courses are likely to be *Communication orale*, French History and Culture, and Phonetics. There will be brief quizzes and/or final examinations in each course. For successfully completing the orientation courses, students will earn a letter grade and two credits. Students studying at Science Po may have different orientation activities.

During the orientation session, the Associate Director will meet each Monday afternoon with the group for a mini-course called *Paris pratique*. The Director will be available throughout the Orientation session to meet with the group and with students individually for academic advising, to discuss orientation classes, academic-year courses, issues regarding university life in Paris, and any other concerns you may have.

At the end of the orientation there will be a two-day excursion to the celebrated châteaux de la Loire.

Academic Year: Monday, September 19, 2011 – Thursday, May 31, 2012

Students normally take four courses each semester in Paris and earn 16 Smith credits each semester. Students are expected to take a French language course (usually the equivalent of FRN 300 and FRN 385) each semester. The remainder of the course load is made up of Smith courses, consortium courses, and university courses selected in consultation with the Director. Courses in the arts are available on a limited basis, as will be explained by the Director in the fall.

Smith and Consortium Courses

Regular courses (*cours maison*) at Reid Hall will begin on September 19. Courses offered by Smith College and by the Three-College Consortium (Smith, Hamilton, Middlebury) will be announced to you in early summer. They are all taught in French by French professors, but the format and class size will be familiar to you.

University Courses

Students also enroll in regular university courses at Université Paris-Sorbonne (Paris IV), Université Paris-Diderot (Paris VII), and Institut d'Études politiques (Sciences-Po).

For all university courses, you are required to follow the requirements set by the professors. However, to validate these courses at Smith, a minimum of three graded assignments, whether written, oral or, most likely, a combination of the two, is required.

Courses at the universities will, in many cases, follow an unfamiliar format. At the Université Paris-Sorbonne (Paris IV), you will sit in large lecture courses (*cours magistraux*) and in smaller sectional meetings (*travaux dirigés* or *TD*). At the Université Paris-Diderot (Paris VII), you will sit in classes, large and small, which are autonomous: these meet once per week for three hours and are not divided into *cours magistraux* and *TD*.

Three aspects of the French experience will stand in sharp contrast to the American experience:

1. French students are given much more autonomy with regard to workload, and pace of learning. Few French professors will hand out a detailed syllabus with clearly detailed weekly assignments. More commonly, they will offer a one-paragraph course description and a three- or four-page bibliography. The expectation is *always* that you will take the initiative by doing the readings yourself. This is particularly crucial when you have to prepare a comprehensive final exam.
2. French classrooms project a strong sense of hierarchy. It is assumed that the professor knows considerably more than you do about the topic, and thus that his or her opinion or interpretation takes precedence over your own. You may miss the discussion format, but must remember that hearing a professional lecture can be just as mind opening and stimulating as chatting with your professors and peers.
3. French university coursework turns very conspicuously upon methodology and methodological rigor. When you are asked to do an “explication de text” or a “commentaire,” you are being given very explicit instructions about the format of the work expected. You will be introduced to these terms and expectations during our *session d'orientation*.

You may feel lost for the first few weeks. The Director will be there to help you succeed in your academic undertakings by offering advice, counseling patience, and hiring tutors as needed. But you must keep in mind the distinction between “unfamiliar” and what you might otherwise deem “worthless.” You must remember that you are not in Paris to attempt to recreate the American liberal arts college experience. Instruction comes in many forms; you will quite naturally want to compare the American and French systems of higher education, but the key to your year abroad will be learning to adapt to something different and new. You will learn a good deal from your classes at the French university: navigating large lecture courses, taking useful notes, and synthesizing volumes of information at the end of the semester will be, we certainly believe, profitable and enriching experiences.

The campus of Sciences Po is compact, spread over several buildings in the 6th arrondissement. Most of the courses of Paris VII take place on the central campus in the 13th arrondissement. Paris IV, on the other hand, uses three main campuses. Most classes at the L1 and L2 level take place in either the Centre Malesherbes (17th) or Clignancourt (18th), whereas those at the L3 level are dispensed either at the central building of the Sorbonne or in specialized institutes (for instance, the Institut d’Histoire de l’Art or the Institut de Géographie). Please refer to the Paris JYA website additional information and maps.

University Exams

At the end of the first semester, students sit for exams for their university courses as scheduled by the professor. Unless the professor wishes to make an exception, Smith students must take the same first-semester exams as regular French students. At the end of the second semester, special arrangements may have to be made to allow students to complete their exams and papers before the close of the Smith program, which arrives before the end of the French academic year.

Calendars

Until the calendars of the various universities are published in the late spring, we cannot tell you the dates of your vacation periods. Most university courses will begin between mid-September and early October, and some take a one-week vacation (*vacances de ski*), usually in February. Accordingly, you must not make travel plans until you are certain of your university vacation periods.

Internships

You may discover on your own the possibility of pursuing a part-time internship during the second semester or during the summer. While the program is happy to assist you locating an appropriate internship, the responsibility primarily rests on you. Academic credit is not available for internships.

Community Service and Extracurricular Activities

Students are encouraged to pursue volunteer work, *le bénévolat*, in various associations that work on socially relevant issues. Service placements provide an opportunity to meet those involved in the “real life” of the city, people—fellow volunteers and clients—whom you might not otherwise meet, and to give something back to your host city and country.

You are also encouraged to find extracurricular activities such as singing in a student choir, playing on a sports team, or participating in a cultural association, a dance group, or a cooking club. This is often the best way quickly to make friends outside of the Smith group.

7. Academic Policies

Credit

Students on a Smith JYA program must take 16 credits (normally four four-credit courses) each semester for a letter grade. In exceptional cases, and only with the permission of both the Director and the Dean for International Study, a student on a full year program may earn 38 credits for the year. Permission to drop below 16 credits per semester is granted only in extenuating circumstances, with permission of the Director, the Dean for International Study and the Class Dean, and only if the student will still complete 32 credits for the year. No course will be awarded more than four credits unless approved by the Dean for International Study.

Grades

Grades earned on a Smith Junior Year Abroad program will be recorded on Smith College transcripts. For Smith students these grades will count toward calculation of the grade point average, Latin Honors and membership in Phi Beta Kappa. (Other colleges and universities may treat study abroad grades differently. Guest students should consult with their home institution on these matters.)

Grading scales

Reid Hall (Smith College) Ateliers artistiques	Consortium (Hamilton, Middlebury et Smith)
> 16,5 = A	> 16 = A
16,4 – 15,5 = A-	15,9 – 15 = A-
15,4 – 14,5 = B+	14,9 – 14 = B+
14,4 – 13,5 = B	13,9 – 13 = B
13,4 – 12,5 = B-	12,9 – 12 = B-
12,4 – 11,5 = C+	11,9 – 11 = C+
11,4 – 10,5 = C	10,9 – 10 = C
10,4 – 9,5 = C-	9,9 – 9,0 = C-
9,4 – 8,5 = D+	8,9 – 8,0 = D

<i>Paris IV, Paris VII, Sciences Po</i>	<i>Sciences Exactes (Paris VII)</i>
> 15 = A	> 14,0 = A
14,9 – 14,0 = A-	13,9 – 13 = A-
13,9 – 12,5 = B+	12,9 – 12 = B+
12,9 – 11,5 = B	11,9 – 10 = B
11,4 – 10 = B-	9,9 – 9 = B-
9,9 – 9 = C+	8,9 – 8 = C+
8,9 – 8 = C	7,9 – 7 = C
7,9 – 7 = C-	6,9 – 6 = C-
6,9 – 6 = D	5,9 – 5 = D

Satisfactory/Unsatisfactory Grading Option

Smith students wishing to take a course S/U may do so only with permission of the Director, the Dean for International Study and the Class Dean. The deadline to request the S/U grading option is the end of the ninth week in the program semester. Note that some departments at Smith will not accept grades of S/U toward the major or minor, so students must confirm with their department chair. In addition, a maximum of 16 credits taken S/U may be counted towards Smith degree requirements. The S/U form should be signed by the student and the Director (as instructor and adviser) and faxed to the Office for International Study (+1.413.585.4982). The form is available at

http://www.smith.edu/classdeans/documents/changeofgradingoptionform_000.pdf

Guest students must confirm with their home school advisers that an S/U grade will be accepted.

Extensions

An extension beyond the end of the semester on work due may only be granted in extenuating circumstances, and with the approval of the Director and the Dean for International Study and with notice to the Class Dean. The Director and Dean will set a specific date and time for submission of the material in consultation with the student.

Advising

The Director serves as the student's major adviser in approving course selections, but students must consult with their home campus faculty academic adviser to ascertain that courses taken on the program will count toward major and degree requirements.

Attendance

Students are expected to attend all classes and exams as scheduled and may be excused from class only by permission of the Director. Classes are held Monday through Friday. Unless group excursions are planned, students are generally free to travel on Saturdays and Sundays. Students may not begin official vacations early or extend them beyond the given dates.

Music Performance and Studio Art Courses

Music performance courses and studio art courses are not normally offered at European universities. Music majors and studio art majors will consult with the Director on site, who will attempt to find suitable instruction. However no guarantee can be made that such arrangements will be possible in all instances. The fees for performance courses for music majors and minors are waived, as are studio fees for studio art majors.

Language Courses and Independent Study

Credit is not awarded for the following:

- A beginning modern foreign language course
- An independent study or special studies course

Smith College Policies

All Smith College policies published in the Smith Bulletin apply unless otherwise stated in this handbook.

8. Smith Academic Honor Code

The Smith Academic Honor Code regulations and requirements apply to all students on a Smith College Junior Year Abroad program. The Smith College community at home and abroad maintains that any evasion of the spirit of the Academic Honor Code constitutes a violation of the Academic Honor Code.

The Honor Code requires that students must practice intellectual honesty in all oral and written work. Students may seek the advice of a faculty member or a tutor regarding written work; they may ask assistance from friends and native speakers about specific and limited grammatical problems. The work students submit **MUST** be their own work and may not be translated, revised, or rewritten by anyone else. Students are strongly advised to follow the format suggested by each faculty member when quoting from secondary sources.

Examples of specific infractions of the Honor Code particularly relevant to students abroad include:

- submission of the same paper by more than one student or for more than one course;
- unauthorized or unacknowledged use of outside sources, including information from websites, computer disks, secondary materials, or another student's materials.
- extensive, substantive help from a member of a host family or a friend is also not acceptable.
- use of language translations or published notes in the preparation of course work without the specific permission of the instructor. Unless specified, works assigned in a specific language may not be read in translation.

A student who is in doubt concerning any practice should consult the Director.

Suspected infractions should be reported to the Director of the program, who will report any violation to the Dean of the College.

The Smith College Academic Honor Code is found at:

<http://www.smith.edu/sao/handbook/socialconduct/honorcode.php> .

9. Living in Paris

Housing

All students in the Smith program in Paris live in French homes, in single rooms. Students are not permitted to make independent housing arrangements while a participant in the Smith program in Paris. Room and board agreements are negotiated by the College on a year-long basis; commitments to host families are made well before arrival in France. It is difficult to change housing assignments once you have settled into your French residence and thus important to understand from the beginning that your housing arrangement, whatever it may be, represents a year-long commitment.

It is your responsibility to make a good-faith effort to adapt to the lifestyle of your host family. This process of adaptation is an important educational component of the study abroad experience. Flexibility, grace, and a sense of humor go a long way to make cohabitation smooth. No matter what your living situation is, you must attempt to be considerate of others. Your hosts will have their own rules and expectations—make sure you know and understand them from the outset. Communication is also key; if you have questions, ask.

Housing assignments are made by Mme Charlier, who knows the Parisian families and their apartments. The program makes every effort to accommodate each student's needs and preferences, and to place each with a suitable family. Occasionally, more than one student will be housed by the same family.

You will be notified during the summer via email about your host family, and are encouraged to write them a brief email of introduction. Remember to pack a small gift for your family. One suggestion is a gift from your region or area; a student from New England might, for example, bring maple syrup. A gift reflecting your interests and background is another option. A recent student offered a gift of her mother's jazz band's CD.

Please keep in mind that you **must** make plans to leave your host family home during both the winter and the spring vacations. Our host families need a break as well, and many of them will make travel plans during those periods. If you are not traveling outside of Paris, you must make alternative lodging arrangements for those periods. Mme Charlier will be happy to give you tips about how to do this. At the end of the year, students may stay with their families no later than May 31, 2012.

Dining

Families provide breakfast daily, six dinners per week, and one lunch per weekend (normally Sunday lunch) during orientation and when classes are in session. Smith provides a stipend to cover all remaining meals. There are many places near Reid Hall to get a sandwich, a bowl of pasta or a crêpe for a quick lunch. In addition, the CROUS (*Centre régional des œuvres universitaires et scolaires*) runs fourteen restaurants (RU—*restaurants universitaires*) and some twenty cafeterias throughout the Parisian region. For only 2,90 € you can purchase a complete meal.

Vegetarians are readily accommodated, but vegans are all but unknown in France. If you are a vegan, you may have to make certain important compromises or sacrifices. Regrettably, our host families are unlikely to be able to accommodate special dietary needs of this sort.

Telephones

You will be given information about and funds for purchasing a cell phone (*un téléphone portable*) at the first meeting in Paris. We recommend that you purchase your phone at an agency of Bouyges Telecom, Orange (France Télécom), or SFR. For students who use their phones less frequently, we recommend Symio (<http://www.simyo.fr/telephonie-mobile/home.html>). As soon as you have obtained your phone, notify the Director and Associate Director of your number.

The cost of your calls is your responsibility. In France, you pay only for calls you make, not those you receive. Local calls cost 0,50 € per minute, but text messaging is more economical. Calling the US from your cell phone is extremely expensive. Less expensive options for communicating with friends and family outside of France include Skype and international phone cards. One such *carte internationale*, Delta Multimedia, Megacall USA-Europe, allows you to make international calls at very reasonable rates. A card that costs 7,50 € sometimes offers more than 10,000 minutes of conversation with someone in the U.S.

Local and international phone calls from land-lines in France may or may not be included in the monthly charges, depending on the nature of your service. Normally, you must use your own telephone and phone cards for all calls, unless you are explicitly invited by your host family to do otherwise.

Mail

You may receive mail at Reid Hall while studying in Paris. Give friends and family the address of the Smith Center before you leave home.

The Smith Center

The Smith Center in Reid Hall opens at 8:00 a.m. on weekdays and at 10 a.m. on Saturdays, and closes at 10:30 p.m. every day. Reid Hall is closed on Sundays and on regular holidays.

Libraries

The Smith Center at Reid Hall has a small lending library of about 2,500 volumes, including an array of dictionaries and grammar books. Columbia University at Reid Hall also has a modest-size library with many of the most important reference books one would need for courses on literature, Paris urbanism, the history of art, and linguistics. Both are calm and pleasant spaces in which to work.

Computers

Most students bring their laptop computers with them to Paris. It is strongly recommended that you also bring the start-up disks for your computer, in case you have computer problems in Paris. Most laptop power cords include a built-in voltage converter, but you will need an adapter to accommodate French electrical outlets.

There are also student work computers at the Smith Center at Reid Hall, including two desktop PCs, two desktop Macs, and one PC laptop and a printer. All are equipped with recent versions of Microsoft Office. Academic work always takes priority over web surfing and e-mail on the Smith Center computers.

Internet

All computers at the Smith Center are connected to the Internet. Students can also access the internet on their laptops via the wireless internet available in all the public spaces at Reid Hall, including the library, the large conference rooms, the classrooms, the corridors, and the courtyard. Some cafés and libraries also provide wireless internet access. There are also many *cybercafés* in Paris where you can use computer facilities at a nominal charge. Your host family will also provide internet access, though not necessarily wireless.

10. Preparing Yourself

Do you want to have a fabulous year in France? Do you want to make this one of the most meaningful years of your life? If so, expose yourself to as much French as possible, both now and throughout the summer before your departure for Paris. Speak French with your friends; read French or Francophone novels, newspapers, and magazines; see French movies; study the map of France; listen to French music; go to French movies or rent French videos; and visit websites in French. Your ability to enjoy the full scope of life in Paris will depend in large part on your ability to express your ideas and your personality in French.

Do not be afraid to make mistakes when you speak French. If you have at even a small amount of confidence in French when you arrive, you will soon begin to feel at home and to profit from your new surroundings. Those who make maximum progress are those who study and who have French friends with whom to study and get together.

Check out the following websites:

- The website of the *Mairie de Paris*:
www.paris.fr
- The three most important French daily papers:
www.lemonde.fr www.liberation.fr www.lefigaro.fr
- A choice of several radio stations equivalent to NPR:
www.radiofrance.com (choose from *France Inter*, *France culture*, *France musique*, etc)
- Some radio stations that French young people like to listen to:
www.novaplanet.com/radio-nova www.radiofrance.fr/chaines/fip/accueil/
- A website about current movies:
www.allocine.fr

Let your summer readings and discoveries contribute to your knowledge of Europe and also of your own country, about which you will be asked many questions in the “ambassadorial” role you will be playing as an American student abroad.

11. Tips from Past Students

On improving your French:

- Listen to how French people talk so you can learn to speak in the same rhythm. Find native speakers to talk to. Children can be especially fun because they like to point out and correct your pronunciation and grammar mistakes.
- Get involved. Find a babysitting job, or find an activity with French students. Be careful about spending all of your time with other Smithies or international students, because you'll pick up each other's mistakes and start making them yourself.

- I suggest making a strong effort to speak in your French classes either at Smith or elsewhere. Do not be afraid to make mistakes! It is the best way to learn! Also spending time reading French books or newspapers, listening to French music or watching French films helps tremendously . . . any exposure you can get!
- Follow the language pledge as best you can - it's what really sets us apart from the other colleges at Reid Hall, and it shows. Listen to the radio and watching TV/movies helps because people speak so quickly. At first it is difficult to understand but it helps train the ear to be used to quick-speaking. Read in French. Take a book you already know in English and read it in French. You already know the story so you can focus on vocabulary and grammar rather than following the plot line.
- Actively try to think in French. Go out of your way to make French friends. Go out with your host family when they offer.

On Living with a Family:

- Living with a host family is an incredibly enriching experience, also quite challenging I might add. It's a great way to experience French culture. You experience so much French culture through the meals you eat with your host family, the conversations you have, the dinner parties they have with their French friends, their family members, and just the little aspects of their life you discover. I found it challenging in that you must adjust to living in the house of another person. You need to be very aware of yourself--your manners, your habits and how your host family functions. You want to make sure that your needs are met and your family's needs are met at the same time. This actually is a great experience for learning about politeness and living.
- I would just suggest being flexible and open minded. You have to realize that many of the host families are on the older side and may have very different political or social values. I had trouble adjusting to the fact that my host mother is prejudiced against gay people, and is extremely conservative catholic. She never pushed her opinions on me, but you need to be aware that by moving in with another family, you are leaving the Smith bubble and have to be prepared for those who you may not agree with.
- Give up your picky eating habits. And be respectful. And accept EVERY invitation your host parent offers.
- It definitely took some getting used to. I had to feel everything out with them to understand how to deal with certain situations, like going out at night or using the kitchen. I tried to let them have their own family time to themselves when I could and mostly tried to stay out of their hair unless they invited me to do things with them. I tended to talk more openly with my 11-year old host sister, who shared her musical and movie interests with me. We also would play board games together. Of course, eating together was a nice opportunity to talk with the family. I sometimes would feel inadequate as a conversationalist when my host parents would bring up historical events that I did not comment on or current events that I had not yet heard of. However, I always felt that there was an effort on both sides to keep the conversation going.
- The homestay experience is really what you make of it. If you want to have a close relationship with your host family, make it happen. If not, keep your distance and your

independence and they'll understand. Just always be polite and thankful for the fact that they are taking you in.

On Making Friends:

- Understand that it is difficult to make friends with French people but don't get discouraged. Going out to places where French people socialize with their friends is a great place to meet French people. Be open-minded and use good judgment when meeting new people. Involving oneself in an activity like a sport or a club where there are French people is also a great way to make French friends. I highly encourage making a big effort to make friends with French people.
- Volunteer: that's how I made friends outside of the Smith group and really felt a "part of something" in Paris. It not only gave my life structure, but it also integrated me into a group of people and an organization. It made me feel like there was a REASON for my being there.
- If you have an activity that you do at Smith, do it in Paris! There are groups for everything. I joined Paris' ultimate frisbee club team, Ah Ouh Puc, and I made memories with them that I will never forget. I participated in tournaments with my teammates, attended practice regularly, and hung out with them outside of game time. Sharing an interest is a guaranteed way to make friends. If you let yourself get caught up with the fact that you want to make French friends, it may never happen. But if you put yourself out there and get active in the activities that you like, the friends will come right along with it. Let's face it: meeting French people on the metro? Not the best way to go.
- I would recommend going to as many of the international students events and evenings that the Sorbonne and other Paris universities regularly host - everybody is trying to meet other people there!

Part B: General JYA Information

12. Cultural Adjustment, by Bill Hoffa¹

Many travelers go through an initial period of euphoria and excitement, overwhelmed by the thrill of being in a totally new and unusual environment. As this initial sense of "adventure" wears off, they gradually become aware of the fact that old habits and routine ways of doing things no longer suffice. They gradually (or suddenly) no longer feel comfortably themselves. If this happens to you, as it is likely to, you will feel like the outsider you in fact are. Minor problems may quickly assume the proportions of major crises, and you may find yourself growing somewhat depressed. You may feel an anxiety that results from losing all our familiar signs and symbols of social intercourse, a kind of psychological disorientation. You will indeed be experiencing what has come to be referred to as "Culture Shock". Such feelings are perfectly normal, so, knowing this and with a bit of conscious effort, you will soon find yourself making adjustments (some quite subtle and perhaps not even noticeable at the conscious level) that will enable you to adapt to your new cultural environment.

There is no clear-cut way of dealing with culture shock. Simply recognizing its existence and your accepting vulnerability to it is an important first step. As long as you know in advance that you will probably fall victim to culture shock at a certain level, you can prepare yourself psychologically to accept the temporary discomfort and turn it into an advantage by learning from it. Remember that you are not the only one experiencing occasional frustration, irritability, and depression, etc. Falling victim to culture shock, in other words, does not imply the existence of any psychological or emotional shortcomings on your part. As Robert Kohls says, "Culture shock is in some degree inevitable... and is the occupational hazard of overseas living through which one has to be willing to go through in order to enjoy the pleasures of experiencing other countries and cultures in depth."

Undergoing culture shock is in itself a learning experience that you should take advantage of. It is a way of sensitizing you to another culture at a level that goes beyond the intellectual and the rational. Just as an athlete cannot get in shape without going through the uncomfortable conditioning stage, so you cannot fully appreciate the cultural differences that exist without first going through the uncomfortable stages of psychological adjustment.

13. JYA Program Fees and Billing

The program fee for Smith JYA programs is the same as the Smith comprehensive fee. Expenses not included in the JYA Program fee (*see Section 5: Fees and Expenses*) are the responsibility of the student. Such expenses include US-based health insurance, international airfare, books and supplies, passport and visa fees, and personal expenses such as medical expenses, toiletries, phone calls, entertainment, personal travel and dining out.

¹ Printed with permission of Bill Hoffa.

Smith uses a paperless E-bill system; paper bills are not sent by mail. Students and any authorized user that the student designates will receive automated emails when new billing statements are available, approximately 1 month before payment is due (August 10 for fall semester, January 10 for spring semester). Please see the Student Financial Services webpage “Guide to Fees and Payments” for more information about billing and payments at <http://www.smith.edu/finaid/guides/feesandpayments/> .

Guest students whose home institutions pay part or all of their study abroad costs are responsible for understanding those arrangements, and for giving “authorized user” status to the appropriate person at the home institution.

14. Financial Aid

Smith College students are eligible for financial aid on the same basis as when they are studying in Northampton (with a few exceptions). Students must complete all financial aid application paperwork by May 1. For questions about Smith Financial Aid related to study on a Smith JYA program, please visit Student Financial Services <http://www.smith.edu/finaid/jya.php> .

Unfortunately, Smith College cannot provide financial aid to students from other institutions; those students should contact their own college for financial aid assistance.

Consider giving financial power of attorney to a parent or trusted friend for the duration of your time abroad, so that that person can take care of financial transactions, such as signing financial aid paperwork, on your behalf.

15. Health Insurance, Medical Care and Prescriptions

All students are required to carry US-based primary health insurance, and will be automatically enrolled in the Smith College student health insurance plan through Gallagher Koster at the beginning of the term abroad. This insurance plan may be waived online at <https://www.gallagherkoster.com/> if the student has another primary health insurance policy that provides comparable coverage, except in the case of international students, who must purchase the Smith College student health insurance plan through Gallagher Koster.

Students on a Smith JYA program are also covered by a supplemental international medical insurance policy through Gallagher Koster. This plan, “Study Abroad Accident & Sickness Insurance Program,” is included in the JYA program fee. The policy provides 100% coverage for office visits, and prescription coverage at 80% for the period of the program, up to certain limits. It will serve as the primary policy during the program term. Any expenses not covered by this plan should be submitted to the student’s US-based health insurance provider. Students are responsible for their own medical expenses and for coordinating health insurance benefits with their US-based health insurance company.

Students and their families should review this plan and be familiar with its coverage levels. It can be downloaded at www.gallagherkoster.com/studyabroad. Policy documents will also be sent to students via email during the summer.

Medical care: Health care providers in Europe generally do not bill US health insurance companies. Thus, students must pay at the time of service for their care and seek reimbursement through Gallagher Koster's claims company. The plan brochures detail the claims process. Reimbursement checks in US dollars can only be sent to a US address. Students are responsible for managing their own health insurance claims; program staff can be consulted, but cannot file claims for students.

Since the health insurance plan works on a reimbursement basis, students should discuss with their families how they will handle medical expenses before departure. As a last resort, students can request financial assistance from the Director and associate director. Any such loans must be repaid before the start of the following academic year or students will have a financial hold placed on their Smith accounts.

Prescriptions: It is the student's responsibility to investigate thoroughly and well in advance of departure the availability of any medication in her destination country, and the legality of carrying a supply of any medication into the country. International SOS can help with this: call the Philadelphia Call Center at 215-942-8226, and give them the 5 College policy number: 11BCAS000005.

Additional health insurance coverage is provided in some JYA locations; see your program specific section for details.

16. Other Insurance and Services

All participants are covered by a Travel Accident Policy as well as a Travel Assist policy which provides emergency medical evacuation and repatriation coverage. For details, see <http://www.fivecolleges.edu/sites/riskmgmt/travel/>. Benefits are coordinated through the 5 College Director of Risk Management via your Director.

Smith College is not responsible for personal injury or for damage to or loss of personal property. If you want liability, luggage, or other personal insurance, please arrange coverage with your agent before leaving the US.

17. Travel to the Program Site

Students are responsible for booking and paying for their own travel to the program site. Most flights leaving the US for Europe leave in the evening and arrive early the next day, so be sure to book your travel to arrive at the program site on the correct day! Students who arrive before the program start are responsible for making their own accommodation arrangements and the cost of those accommodations.

Smith students who are eligible for airfare stipends will be notified in May of the amount, and funds will be sent via check or direct deposit. Airfare stipends will cover approximately half the cost of an average ticket to the program location.

Purchasing a round trip ticket with a return date more than 11 months after the date of purchase is usually not possible. There are three ways to handle this problem.

- purchase a round trip ticket with the latest return date possible, and plan to change your return and pay any change fees. Be sure to make your changes before the original departure date. STA Travel (www.statravel.com) offers a low change fee and good student rates.
- purchase two round-trip tickets, and “throw away” the return portion. The benefit of this option is that you can “play” with the return dates to get the least expensive fare.
- purchase two separate one-way tickets. For some reason, one-way tickets are usually outrageously expensive, but a few airlines do offer competitive one-way rates.

Other useful travel sites include <http://www.Travelocity.com> , <http://www.kayak.com> , <http://www.studentuniverse.com> , and <http://www.itravelosophy.com> .

Students should not plan any travel until their end of the semester academic commitments are clear. In most cases, exam dates will vary by course and may not be posted until mid-way through the semester. Students on a Smith JYA program are required to attend all scheduled exams and may not leave the program until their academic commitments have been satisfied.

18. Accessing Money Abroad

One way to obtain cash abroad is by using an ATM card linked to your US checking account to withdraw euros. Most US banks charge a flat fee per transaction, and ATMs often offer the most favorable rates of exchange. Be sure to budget for these fees, and consider making fewer withdrawals of larger amounts. (Be extremely careful carrying large amounts of cash.)

Ask your bank what fees they charge for cash withdrawals overseas and if there is a limit to how much you can withdraw per day or per transaction. It may be worth opening an account with a different bank that has lower fees and ask for a higher per diem withdrawal amount.

In any case, sign up for online banking so that you can manage your US bank account easily from abroad and notify the bank that you will be abroad for the next year so they don't think your card has been stolen. Check also that your PIN will work internationally, and know the numbers, not only the letters of your PIN. Also, be sure your family knows how to deposit additional funds into your account (in case of emergency, or for insurance reimbursements).

In addition, plan to have a few back up sources of money while abroad (credit card, travelers checks, cash), in addition to an ATM/debit card.

Cash: It's helpful to have about 100 Euros upon arrival, so that you can buy a snack and pay for transportation to the program center. In addition, consider a small stash of cash in a secret and secure spot in your room, for emergencies.

Credit Cards: Credit cards are not as widely used in Europe as in the US. Visa and MasterCard are more widely accepted than American Express. However, for purchases like plane or train tickets and lodging, credit cards can be quite useful. In addition, they are a very good to have in an emergency. Most credit card companies will give cash advances, which can be obtained at the teller window of a bank or an ATM machine if you have a PIN, but at very high interest rates – this is not recommended, except in an emergency. Again, notify your credit card company that you will be abroad next year, and sign up for online statements, so that you can manage your account and make payments from abroad. And remember, just because you have a credit card does not mean you have to use it!

Travelers Checks: Travelers checks can be cashed at banks, exchange bureaus, some hotels and American Express or Thomas Cook offices, but the exchange rate is usually not as favorable and commissions are often charged. Thus travelers checks can be useful as back-up funds, but aren't convenient for regular use.

See page 4 for local banking tips, details regarding meal stipends from Smith and spending money recommendations.

19. Exchange Rates and Budgeting

Fluctuating exchange rates can make advanced planning of costs challenging. It's best to overestimate your costs to accommodate these fluctuations. Become familiar with current exchange rates online, so that in the beginning of your stay you are aware of how much you are spending. Gradually, you will become accustomed to spending in the local currency, and forget about dollar equivalencies. In fact, it's best not to focus too much on the price of specific items, but to modify your spending habits to stay within your budget.

In general, life in Europe will be more expensive than it is in the US, though it very much depends on personal spending habits. At the very least, expect to spend as much per week as you do in the US.

In addition, think now about any travel you plan to undertake while abroad. Past students report spending 300-500 Euros per week on food and lodging while traveling around Europe, not including transportation costs or other expenses.

20. Packing for Study Abroad

Pack light. You will need less than you think. You can buy almost anything you need in Europe, though prices may be higher than what you are used to.

Take no more than two moderately sized pieces of luggage and a carry-on bag that you can use for weekend trips. You must be able to carry all your luggage by yourself, possibly up and down stairs, and on cobbled streets where wheeled suitcases become unwieldy. Check with your airline for size and weight restrictions for your luggage, as well as any related fees. Label your luggage inside and out with your name and the program address.

If you find you must bring more clothing than fits in two pieces of luggage, it is usually cheaper to pay excess baggage charges to the airline than to ship items. Shipping boxes of personal belongings is not recommended, as you may need to pay taxes and custom fees and go to great lengths to retrieve your luggage. If you must ship items, be sure to list the contents of such shipments as used personal effects. Never ship laptops, electronics or medications.

Keep in mind that Europeans tend to dress up more than Americans. For instance, pajamas or athletic wear are usually not worn to class. Rather than multiple pairs of jeans, for example, consider bringing just one pair, and diversifying your wardrobe with trousers and skirts (especially if you plan to intern!). Pack items that work together and can be layered. You are also likely to do more walking in Europe than you do at Smith; bring comfortable shoes.

Items to pack in your carry-on luggage:

- important documents, including passport and visa
- cash in local currency
- laptop (if you are bringing one)
- medications, clearly labeled in their original packaging
- a copy of your prescriptions
- basic toiletries (in tiny travel sizes)
- a change of clothes in case your luggage gets lost.

Items to bring abroad:

- your laptop start up disks, just in case
- a converter for your laptop – do your research before you buy!
- a medium sized backpack or piece of luggage suitable for weekend trips

Do not bring:

- small electronics like hair dryers
- dictionaries – the program centers have them
- bedding

21. Health and Wellness Abroad

Visit your doctors and dentist for routine appointments during the summer before departure. If you have chronic conditions or mental health needs or take prescription medication, discuss managing your health abroad with your doctor. Discuss obtaining your medication, and what to do if it seems to stop working. What if new conditions arise, or old problems resurface? Considering bring a copy of your medical history with you and sign a release with your doctor or

with Health Services at Smith College to facilitate transfer of your records to a care provider abroad.

If you regularly take any kind of prescription medication, carry a prescription written in generic terms with you. If possible, bring a sufficient supply of such medications to cover your entire time abroad. Ask your doctor about whether your medication can be disbursed in quantity, and if so, plan to obtain a supply in advance of departure. In addition, research your host country's laws regarding that particular medication, as drug laws vary greatly. Call the International SOS Center at 215-942-8226. The 5 Colleges Inc membership number is 11BCAS000005. If your medication is not available abroad, discuss changing medication with your doctor.

Bring a second pair of glasses or contact lenses and a copy of your vision prescription as well.

Each program center maintains a list of doctors (general practitioners and specialists, psychotherapists, psychiatrists, and dentists) from whom students have received good care in the past. Ask your associate director for the list of medical providers.

22. Relationships

The idea of a once-in-a-lifetime foreign romance is very charming, but be cautious about entering into a relationship abroad. There are cultural values and rules regarding dating and relationships; take time to figure them out before beginning a relationship. The differences between the French practices in solicitation, dating, and what exactly constitutes a relationship and the practices you know are subtle. While cultural sensitivity is a necessary part of adapting to your host culture, if you ever feel that your personal safety is threatened, put aside your cultural sensitivity long enough to remove yourself from an uncomfortable situation. In a cross-cultural relationship, it is also appropriate to share your own standards of safe sex and discretion with your partner.

23. Safety Abroad

Be smart about personal safety. Use common sense: don't walk alone at night, drink too much, accept drinks from a stranger or leave with someone you just met. Use the buddy system and pay attention to what is going on around you. Avoid demonstrations and large crowds. Take cues from people around you and listen to advice from locals about which areas to avoid.

Theft is the most common crime experienced by students abroad. Students have been pick-pocketed, mugged and had unattended items like jackets and laptops stolen. Safeguard your personal belongings: leave important documents like your passport at home, and carry only the cash you need that day and a copy of your passport. If you must carry your passport and/or a lot of cash, use a money belt; never carry your passport or other valuables in a purse or backpack which can be easily stolen. Also safeguard the key to your residence; replacing the locks at either a host family's home or a university residence is no small feat. If you are a victim of theft or

another crime, report it to your Director. He or she will advise you about reporting it to local authorities and provide support.

Memorize at least one phone number, such as that of the program center, and know how to use the public phones in case your cell phone is lost, stolen or the battery dies while away from home. Make copies of your passport and other important documents such as your residency permit, visa, credit card, debit card, etc., and leave one at home with your family and one in your room in Europe. They will be useful in the event that your passport needs to be replaced, or you need to cancel your credit card.

Smith strongly urges students not to rent or operate any motor vehicles while abroad.

24. Emergencies

In the event of a medical emergency, seek medical treatment and contact your Director.

In the event of a large scale event such as a natural disaster or terrorism in your program location or where you are traveling, contact your Director to let him or her know you are safe. Then, if you are able, contact your parents, who will have invariably heard a vague report of the incident and be very worried about you. Your Director will communicate with OIS at Smith, and can contact your family, if necessary.

25. Student Conduct

Students attending a Smith College JYA program are expected to conduct themselves in a manner compatible with the program and its reputation, with local laws and regulations, and with Smith College regulations for student conduct. The Smith College Code of Student Conduct is found at: <http://www.smith.edu/sao/handbook/socialconduct.php>

In cases of academic or personal misconduct the director has the right and responsibility to implement a range of sanctions and in severe cases, in consultation with the Smith College administration, may require withdrawal from the program. In the case of involuntary withdrawal, no credit will be granted and no fees will be refunded.

26. Laws of the Host Country

Students studying or traveling in a country are bound by the laws of the host country just as local citizens are. The laws of the US or your home country do not protect you. This applies to everything from drug possession and alcohol laws to currency exchanges, dress codes and drunk driving. It is not unusual to receive a prison sentence for crimes, or to be held in a prison for several years while you await a trial.

If you are arrested, it is unlikely that the US Embassy, your family, or Smith College will be able

to arrange for your release. Your embassy can notify your family and help arrange for legal representation, within the laws of the host country. See the U.S. Department of State web page on assistance to U.S. Citizens arrested abroad, at:

http://travel.state.gov/travel/tips/emergencies/emergencies_1199.html

27. Alcohol and Drug Policy

Alcohol may be consumed, but not abused, by students who are of legal age in the host country. Students who choose to consume alcohol do so with the knowledge that they remain responsible for their actions at all times. Smith College prohibits the illegal distribution of alcohol to students who are not of legal drinking age in the host country and prohibits the unlawful use of alcohol in any of its facilities and at any of its activities.

Possession, use or distribution of any substances that are considered by host country law to be illicit or illegal drugs is prohibited. Students are cautioned that the possession of drugs is often dealt with harshly by local and host country law enforcement.

Any alcohol or other drug infraction will be considered a grave violation of program policy and may result in serious sanctions, up to and including dismissal from the program.

28. Personal Travel

When planning on traveling outside of the host city (on breaks, on weekends), inform your Director, and leave your itinerary so that they know your whereabouts in the event of an emergency.

Thanks to a number of low-cost airlines in Europe (RyanAir, EasyJet, AirBerlin, etc.) the cost of air travel has become competitive with travel by rail, though rail passes can also be a great bargain. Eurail passes must be purchased outside of Europe; have a friend or family member purchase and send it to you. The French National Railway (SNCF) also offers competitive passes (Carte 12-25); this may be especially attractive if you're planning to travel in France during weekends and vacations. University organized trips can also be cost effective, and a great way to develop friendships with other students.

In addition to transportation costs, returned students report spending anywhere from 300 to 500 euros per week on food and lodging when traveling in Europe during breaks and holidays. If you plan to travel, build these costs into your budget as well.

29. Visits from Family and Friends

If family members or friends plan to visit you, encourage them to come after you have settled into your new life, at least two months after arrival. Past students have enjoyed visits from their

family over the winter holiday break, and families often plan spring-time visits, when their student has really settled into life abroad, the weather is nice, and travel is less expensive.

Please ask your visitors to arrange for their own accommodation. As a rule, host families cannot accommodate overnight visitors.

30. Additional Pre-Departure Resources

To register with the US Embassy in your host country and get more advice for student travelers: <http://www.studentsabroad.state.gov>

More safety tips, and “Know Before You Go” video: <http://www.saraswish.org/>

A cultural training resource for study abroad: <http://www2.pacific.edu/sis/culture/>

More on adjustment and culture shock: <http://www.studentsabroad.com/cultureshock.html>

31. Post JYA Plans

Smith students studying on a JYA program are eligible to apply for a Blumberg Traveling Fellowship to support research projects of at least 4 weeks in length in their host country. See http://www.smith.edu/studyabroad/grant_blumberg.php for more information.

Many JYA students stay on in the summer and intern. The Smith JYA program centers have some of contacts, but be ready to do much of your own leg work to arrange an internship. Praxis funds can be used for internships abroad. Inquire with your Director for other possible sources of support.

32. Returning to Smith

Housing: Watch your Smith email account in February for information about housing. Students who are abroad are held to the same timeline as students on campus. You will need to submit your House Decision Form online, and if you choose to leave your current house, your House Choice Form, and communicate with your housing proxy in advance of the housing lottery. See http://www.smith.edu/sao/reslife/lottery_getstarted.php, and contact the Housing Coordinator if you have questions.

Registration: You’ll receive a registration code and instructions via your Smith email account.

Evaluations: All students must complete an online evaluation of their JYA experience. Additional evaluations maybe required at some JYA sites. Students who do not complete their evaluations will have a registration hold placed on their accounts.

Grades and transcripts: Your JYA director will forward your courses and grades to Smith College's Office of the Registrar once your grades are complete. All courses and grades will show on your Smith College transcript. For Smith students, JYA grades will be included in GPA calculations. JYA grades will be available via BannerWeb.

33. Returning to Another College or University

Registration and Housing: Stay in touch with the appropriate offices and your study abroad office for instructions on arranging housing and registering for courses for your return to campus.

Evaluations: All students must complete an online evaluation of their JYA experience. Additional evaluations maybe required at some JYA sites. Smith OIS will work with home institution study abroad offices to ensure completion of evaluations by guest students.

Grades and Transcripts: Official Smith transcripts will be sent to your home address and the college office you specified in your application as soon as your grades have been posted to your Smith record. To request official transcripts in the future, contact Smith College's Office of the Registrar. <http://www.smith.edu/registrar/transcript.php> . JYA grades will also be available via BannerWeb.

34. Reverse Culture Shock, by Bill Hoffa²

Just as you will have had to brace yourself for a period of psychological disorientation when you leave the USA, you should know that after your time abroad, you may also have to prepare yourself for a parallel period of readjustment when you return 'home.' Why? Simply because, if you have had a full experience living and learning overseas, you are likely to have changed some, while you have been away, so the place you return to may itself appear to have changed, as indeed it might have. Even though these changes are seldom huge, and may not be apparent to others, you are likely to be very aware of them, and this can be confusing, all the more so because it is unexpected.

Immediately after your return, you can probably expect to go through an initial stage of euphoria and excitement. Most people are overwhelmed by the sheer joy of being back on their native turf. But as you try to settle back into your former routine, you may recognize that your overseas experience has changed some or many of your perceptions and assumptions, your ways of doing things, even what it means to 'be yourself.' You might have become, in a sense, a somewhat new person. After all, that is what education is all about! But this intellectual and personal growth means that you can expect a period of disorientation as you adjust to the "new" environment at home.

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The re-adjustment period is usually rather short-lived, since 'home' will never be as "foreign" to you as the foreign environment you adjusted to overseas. Also, your experience of dealing successfully with culture shock abroad will have provided you with the psychological tools for dealing with the challenges of readjustment. Obviously, the more you have changed--often a by-product of the time you were away and how deeply you immersed yourself--the more difficult it will be to have things go back to a previous notion of normality. However, if you are aware of the changes (and seek to learn from them, smooth adaptation is more likely."

As a means of readjusting and staying in touch with the international scene, you may want to consider contacting students who have been abroad, who are currently abroad, or who are thinking about going abroad. There are many ways of maintaining contact with friends you made overseas, foreign and domestic, and also of remaining in touch with the culture you entered and now have left--via letters, e-mail, phoning, magazines, books, etc. and other means. Discussing things and sharing experiences with others is almost always worthwhile. Remembering what it was like for you to have been, for a time, a 'foreigner' should inspire you to try to get to know the international students on your campus or others from 'minority' backgrounds, who may themselves be feeling some of the same social dislocation and alienation you once felt when you were overseas. The key is to build on the cross-cultural coping skills you now possess and to find conscious ways of integrating your new 'self' into your evolving personal and academic life, not seeing it as a 'dream' or something irrelevant to your future.