

# Saint-Brieuc

Summer 2025



<https://www.baiedesaintbrieuc.com/>

**Indiana University Honors Program  
in Foreign Languages**

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## **Program Dates**

Departure from the U.S.: June 11, 2025

Arrival in Saint-Brieuc: June 12, 2025

Departure from Paris: July 15, 2025

Arrival in the U.S.: July 15, 2025

## **Emergency Contacts in France**

### **Emergency**

15

### **Fire Rescue**

18

### **City Police**

17

### **The American Embassy (Houses U.S. Citizen Services)**

01 43 12 22 22

2 Avenue Gabriel

75008 Paris

France

## Our Team Vision and Identity

The ermine is one of the symbols of Brittany and represents the strength and resilience of the culture. The story goes that in the 10th century, the Duke of Brittany, while engaged in a battle with the Normans, saw an ermine being chased by a fox. Suddenly, the ermine turned and faced the fox and eventually chased it away. Upon seeing this, the Duke of Brittany was inspired and rallied his troops to defeat the Norman army. This summer we will be like the small ermine, facing our challenges and overcoming whatever difficulties are thrown in our path. In keeping with this theme, our motto for the summer is "Ensemble, on peut tout faire.", which translates to "Together, we can achieve anything."



## About Saint-Brieuc

Located between Armor and Argoat, between the land and the sea, Saint-Brieuc is the capital of the Côtes d'Armor department and today counts 45,000 inhabitants. The town is the center of a group of communities where more than 115,000 people live. It is the principal center of events and attractions in the Côtes d'Armor. With more than 300 shops and businesses in the pedestrianized part of town, it is also the commercial center of the area, and includes the mall, "Les Champs", with 27 retail outlets in the heart of the town.

The town is an unmissable crossroads among the attractions of northern Brittany: Paimpol and the isle of Bréhat, cape Fréhel, all the small, colorful towns and villages in the back-country such as Pontrieux, Quintin, Moncontour and the artistic and historical

center of Dinan. The three valleys (Gouédic, Gouët et Douvenant), give a rhythmic structure to the town. The environment is privileged, opening onto the remarkable bay - which has the fifth highest tides in the world and served an important role in the town's economic history and continues to do so today.

(<http://www.baiedesaintbrieuc.com/>)

Saint-Brieuc has a relatively mild climate: the average temperature is about 11°C/ 51°F. Located near the ocean, the climate is temperate and humid, characterized by an attenuation of extreme temperatures and greatly varied weather. The summers are mild and there is significant rainfall throughout the year.

## Instructor Team

### Océane Rousseau

Community Engagement  
Administrative coordinator



Océane grew up in Bordeaux, in the southwest of France. She is a graduate student in French Linguistics and also a French instructor at IU. She loves to travel; she has worked and lived in France, Spain, England, and the USA. It will be her first year with IUHPFL. She is a dog lover and has a very cute Australian Shepherd of 4 years. She also loves all kinds of board games and would love to share that passion.

### Corentin Mazet

Language course  
Communication & PR Coordinator



Corentin grew up in Moissy-Cramayel, a small town in the suburbs of Paris. He is a PhD candidate in French Linguistics at Indiana University and holds two MAs: one in French Linguistics and another in Teaching French as a Foreign Language. Before starting his studies at IU, Corentin spent a few years teaching French in France, Scotland, Ireland, and England, and he still teaches as an Associate Instructor in the French and Italian department at IU. This will be his third time working with IUHPFL, and his second in St. Brieuc! When he's not teaching or working

on his research, he likes to exercise, watch and play sports, watch videos on YouTube, travel, and discuss (argue) anything linguistics related with his friends.

## **Edouard Roche**

Culture course

Finance & Logistics Coordinator



Edouard grew up in Dieppe, a coastal city in Normandy. He is a PhD student in French and Francophone Studies at IU and holds two MAs: One in English studies and one in teaching French as a foreign language. He taught in the global network of the Alliance Francaise and was a lecturer of French language and culture at California State University Long Beach. This is his first year in Indiana as well as his first time with IUHPFL. He loves film, literature, history

and art in general, and likes to hike on the weekends.

## **Coordinator Team**

### **Onsite Student Services Coordinator**



Carole Hubert is French, she speaks English fluently and has a good foundation in Spanish. She holds a B.T.S. in Trilingual Assistantship, which she obtained in Dinan, Brittany in 2002. Since then, Carole has worked in export and has traveled abroad several times for her studies, work, and leisure (U.K., Italy, Spain, Austria, Hungary, Portugal, Thailand, United Arab Emirates); she enjoys discovering different cultures and sharing French culture with others.

Carole was a host family for IUHPFL for 5 years, so she is very familiar with the program and enjoys spending time with American students and their instructors. In her free time, Carole enjoys gastronomy, photography, reading, cinema, and spending time with her friends and family; she is the mother of two children, aged 19 and 17.



## Onsite Housing Coordinator



Laëtitia Riou lives in Pommeret County. 2024 will be her third year working as onsite coordinator with IUHPFL. During 2014-2018, her family hosted IUHPFL students. She obtained a Professional Studies Certificate (BEP) in Services to People in 2012, a Baccalaureate (BAC) in Support, Care, and Services to People in 2014, a Certificate of Professional Competence (CAP) in Early Childhood in 2015, and a

State Diploma in Nursing Assistant (DEAS) in 2017. She worked for a childcare agency during her studies (about 4 years), then worked as an activity leader with children in schools (about 5 years). After obtaining her nursing assistant diploma, she worked for a few months in a clinic, then in a nursing home, before stopping due to health issues. She eventually changed jobs and applied to a dental office, where she still works today. She obtained a permanent contract (CDI) in 2019. She lives with her partner, Mr. Steavens REHOUMA, in the house they had built. She has a cat named "Chipie," a female who is now over 10 years old. In her free time, she enjoys spending time with her family, playing board games, visiting new places, and she has a passion for puzzles and photography. Additionally, she was passionate about gymnastics for 17 years in a small club in Langueux. She was also a volunteer/coach for young gymnasts for about 10 years.

## Saint-Brieuc 2025 Calendar (tentative)

June-July 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
8	9	10	Jun 11 Depart US	12 Arrival in France	13 Language Test Walking Tour Welcome Reception	14
15 Student/Host Family Picnic & Beach Volley	16 Class Physical Activity	17 Class Show + Mag prep	18 Class Community Engagement w HS	19 Class Show + Mag prep	20 EXCURSION 1 : MONT SAINT-MICHEL & FOUGÈRES	21 Fête de la musique
22	23 Class Show + Mag prep Breton Dancing	24 Class Urban mini-golf	25 Class Community Engagement w children	26 Class Physical Activity	27 EXCURSION 2 DINAN & SAINT-MALO	28
29 Bréhat Day Trip (optional)	30 Class Show + Mag prep Bowling (optional)	Jul 1 Class Physical Activity	2 Class Lunch & Community Engagement w children	3 Class Physical Activity	4 Class Show + Mag prep Town Hall Visit & 4th of July Celebration	5
6	7 Class Physical Activity	8 Class Show + Mag prep	9 Class Show + Mag prep	10 Class Show Rehearsal	11 Language test Show Rehearsal Farewell Show	12
13 Depart for Paris & Visit of Paris	14 Visit of Paris	15 Depart for US	16	17	18	19

### Additional Activities

#### Afternoon and Community and Cultural Engagement Activities:

This year we will have a variety of activities in which students will participate. For example:

- At least one afternoon a week, we will participate in some sort of sport or physical activity at the lycée. Students will be able to choose among various activities.

We will also participate in activities designed to get students engaged with the language, culture, and community in ways that extend beyond the classroom and host family experiences. A few of these activities include:

- Breton dancing initiation with a local association.
- Afternoon at a local after school program with children aged 6 to 10 years old. They will have activities prepared and spend the afternoon engaging in a cultural exchange (cooking, games...)

Activities are subject to change (e.g., based on weather, community events, other factors). Flexibility in study abroad is key!

### Tentative Daily Schedule - Saint-Brieuc 2025

Hour	Amount of time	Activity
8:45-9:00		Rollcall
9:00-10:15	75 minutes	Class #1
10:15-10:30	15 minutes	Break & Snack
10:30-11:45	75 minutes	Class #2
11:45-12:00	15 minutes	Announcements/Business
12:00-1:00	60 minutes	Lunch
1:00-1:45	45 minutes	FLEX
2:00-4:00	120 minutes	Afternoon Activities
4:00-curfew (site-specific)	Approx. 3 hours	Free time (groups of 3)

FLEX = Community Engagement module [2x per week], Internet time on personal cell phones [2x per week], Support and Success groups, or study time

## **Excursions and Important Dates**

In addition to local community activities, the program arranges trips to Mont Saint-Michel & Fougères, Dinan & Saint-Malo, and Paris. These excursions form part of the instructional program and are integrated into the academic experience in various ways. Participation is therefore important and counts as class attendance. Please be aware that you will have to cover the cost of some of your meals during the overnight excursion (to Paris) out of pocket.

### **Mont Saint-Michel & Fougères - June 20th**

Students will explore Mont Saint-Michel, climbing to the abbey and enjoying local shops, followed by a walking tour of the charming town of Fougères, during which they will immerse themselves in its rich medieval history and explore its impressive fortress, one of the largest in Europe.

### **Dinan & Saint-Malo - June 27th**

This excursion offers a journey through history, beginning in the beautifully preserved medieval town of Dinan, where students can explore its charming streets. We will then proceed to Saint Malo, a historic walled city, to discover its impressive ramparts and learn about its rich maritime heritage.

### **Paris - July 13th to 15th**

This three-day excursion to Paris provides students with an immersive experience in one of the world's most iconic cities. Key landmarks, including the Eiffel Tower, Notre Dame, and the Louvre Museum, will be explored. A highlight of the trip will be experiencing the vibrant Bastille Day celebrations, offering a unique cultural perspective on French history and national pride.

## **Other Important Activities**

Our calendar includes a blend of cultural experiences, featuring visits to the town's highlights and a look into local administration with a town hall visit. We will commemorate the 4th of July with a dedicated celebration, providing a memorable cross-cultural experience.

## Travel Information

### Climate:

During mid-June to mid-July, Saint-Brieuc experiences a temperate maritime climate. Expect mild temperatures, with average highs ranging from the upper 60s to low 70s Fahrenheit (upper teens to low twenties Celsius). Occasional showers are possible, so pack accordingly. Daylight hours are long, but coastal breezes can make it feel cooler, especially in the evenings. Therefore, bringing layers of clothing is advisable.

### What to Pack:

Although it will be summer, St. Brieuc, like the rest of Brittany, has a maritime climate (think Seattle), which can result in rather cool damp weather. Students should bring a variety of clothes to layer in order to adapt to the changing temperatures. However, be prudent in your packing decisions as overweight fees will add up quickly and you will want to leave room in your suitcase for souvenirs and gifts that you will purchase while in France. **We recommend that your suitcase should weigh 40 lbs or less (and not be full) going to Europe to leave room for souvenirs/gifts that you will acquire abroad.**

Please remember that you are responsible for all of your belongings, including carrying and transporting them! Packing recommendations are intended to help students be as comfortable as possible while still fitting in with French culture. We want to avoid becoming a target by wearing anything that draws attention.

### What to Pack:

- passport and 2 color copies
- student ID and Driver's License and 2 color copies of each

- vitamins and prescription medication (Make sure to have enough prescription medication to last for the entire program IN YOUR CARRY-ON)
- travel size sunscreen (it is expensive in France!)
- travel size alarm clock (not your phone)
- batteries/charger for digital camera
- reusable water bottle (useful for excursions, needs to be empty at airport security)
- backpack for classes and excursions
- safe place to carry passport and money
- flip flops for public pools/beaches
- travel-sized hand sanitizer to carry at all times
- umbrella
- rain/light jacket
- converters and adapters
- travel size toiletries (careful with sizes because of baggage weight restrictions: it is possible to purchase many American or similar products while in France)
- snacks for the flight to Europe!

### Clothing (suggested)

- 1 set of nice clothes for the Mayor's reception and the Farewell Show (including nicer shoes and a tie or dress/skirt)
- 4-5 knit or wash-and-wear shirts
- 1-2 sweater/sweatshirt
- 3-4 pairs of everyday jeans/pants/skirts/shorts
- 1-2 pairs shorts for sports/physical activities
- 2-3 t-shirts for sports/physical activities
- 2 pairs comfortable shoes for walking/hiking/sports
- 2 sets pajamas
- 7 sets of undergarments and socks

- swimsuit/swim trunks (be careful: American style swim shorts are often considered outdoor wear in France, and thus not always permitted in public pools)
- hairbrush and accessories

What **NOT** to pack:

- clothing that draws attention: flashy t-shirts, sweatshirts, or hoodies with large logos, team names; very short shorts or skirts, etc.
- hair dryer, straightening iron, curling iron (those made in the US often do not work with the electricity conversion and usually break or can short out the electricity)
- Aerosol cans (i.e., shaving cream)

Your host family will ensure you can wash your clothes weekly (either by washing them for you or teaching you how to use their machines). Thus, you should only bring a little more than a week's worth of clothes. Think about pieces you can layer and those you can wear in multiple ways. Try to avoid pieces of clothing that you will only wear once or twice.

If you have any specific makeup, lotion, hygiene, etc. brands that you prefer, you should probably pack those since it can be difficult to find American brands in other countries. For more common items, you should be able to find it in France. Don't hesitate to use the internet to look up whether products are common in France. Additionally, if you take medicine (prescription or over the counter), pack enough for the whole program and keep it in its original packaging.

Don't forget to pack a digital camera! You won't be able to use your cell phones to snap photos since they will be locked in a magnetic pouch for most of the trip. Digital cameras are always



one of the most used items students bring on the trip. You might also want to bring a simple mp3 player (with instrumental or French music only!), if listening to music is important to you. Do not bring other electronics such as tablets and laptops as you won't be allowed to use them to connect to the internet or use in English.

**Adapters and Converters:**

Another item that you should pack is an adapter (it attaches to an American plug on one side and has the European plugs on the other side) as well as a converter (it converts the European voltage [220 volts] to American voltage [110-120 volts]). You can often buy a device that is both an adaptor and a converter, but it is important to check. If you get just an adapter, you can destroy your electronics.

**Currency:**

The currency in Saint-Brieuc is the euro, the official currency of 19 European countries. As of January 2025, one euro was worth 1.03 US dollars. Please keep in mind that it is not a direct 1:1 ratio when calculating your expenses.

It is important to have some Euros in cash on hand when you depart from the United States since there is no guarantee that you will be able to get to an ATM immediately when we arrive in France, and we may stop for a snack on the way from the airport to the host city. Sometimes the airport ATM machines run out of Euros due to high travel volume. Additionally, it is important to bring both a Debit card and a Credit card **IN THE STUDENT'S NAME**. It is best that this credit card is a Visa/Mastercard, which are much more frequently accepted than Discover/American Express in Europe.

Call your bank ahead of time and let them know where, when and how long you are traveling. You don't want them putting a block on your card while you are abroad!

### **Cultural Etiquette:**

#### **Tipping:**

Tipping is not as common in Europe as in the United States and is not expected. The norm is to leave the change, that is, to round up to the nearest dollar. Thus, if your meal costs 10.12, often people leave the .88 cents.

#### **Food Abroad:**

Embracing the local culture includes exploring its culinary delights! During your stay with your host family, we encourage you to try the foods they offer, even if they seem unfamiliar. This is a wonderful opportunity to experience authentic Breton cuisine and show your appreciation for their hospitality. Trying new dishes is a sign of respect and openness, especially in France, and you might just discover a new favorite!

Saint-Brieuc's culinary scene is a delightful taste of Brittany, centered around the abundant fresh seafood from its bay, most notably the renowned Coquilles Saint-Jacques (scallops). Beyond the sea, savor traditional Breton crêpes and savory galettes, the region's famous buckwheat pancakes. Don't miss the rich, buttery Kouign-amann pastry. This coastal city offers a flavorful experience of authentic Breton cuisine.

#### **Local Transportation:**

Students who require transportation to and from class will be given a bus pass for the duration of the stay. If you'd like to learn more about the bus system in advance, you may follow the link below, although the host families will help students learn which buses to take within the first couple days of arrival. [www.tubinfo.fr](http://www.tubinfo.fr)

## **Departure Day Travel Plan**

Please refer to your email correspondence from the IUHPFL office for details regarding the group flight and be sure to check flight times as departure day approaches, as flight times are subject to change.

Students and instructors will meet at the counter **3 hours before departure**, check in, and pass through security together. Be sure to keep your passport in an accessible and safe place in your carry-on bag or personal item; do not put your passport in your checked luggage. **Please wear your IUHPFL program shirt.**

Parents/guardians must accompany their students to the airport and should stay with the group until they pass through security (e.g., in case of delays and/or to pay for any extra fees associated with additional or overweight baggage).

### **Additional tips:**

- Please bring a student ID.
- Both students and guardians should have a photocopy of the student's passport. Students should keep a paper copy of their passport with them at all times throughout the program.
- Do not forget to pack this handbook and your course materials.
- Please refer to TSA guidelines regarding prohibited items: <https://www.tsa.gov/travel/security-screening/whatcanibring/all>
- Please refer to TSA guidelines regarding liquids in carry-on luggage: <https://www.tsa.gov/travel/security-screening/liquids-rule>

In case of an emergency on departure day, call the IUHPFL office at (812) 855-7957. We look forward to a safe and enjoyable first leg of our adventure with you!

## **Saint-Brieuc Blog Information**

**Blog Site:** For parents, families, friends and students!

**Website:** <https://iuhpflsaintbrieuc2025.blogspot.com/>

**QR Code:**

