



# IUHPFL

# Saint-Brieuc 2025



INDIANA UNIVERSITY

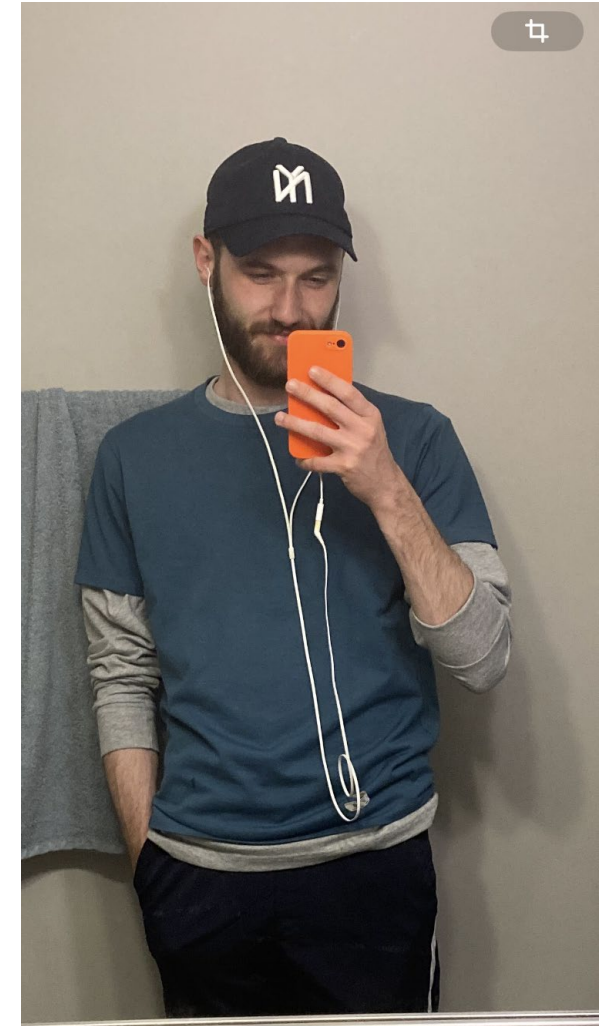
**HONORS PROGRAM IN FOREIGN LANGUAGES**

for Indiana high school students

# Edouard Roche

## (Culture, Literature, Finances and Logistics)

- Originally from France
- Lived in California
- PhD student in French film and literature
- 1st year with IUHPFL, 3rd year as a French instructor
- Loves film, literature, history, travelling, hikes





## Océane Rousseau (Admin & community engagement)

- Originally from Bordeaux
- Lived in France, Spain, England and Bloomington
- Graduate student of French linguistics
- 1st year with IUHPFL
- Loves board games, dogs, travelling, food





# Corentin Mazet (Language & PR)

- From the suburbs of Paris
- Lived in Scotland, Ireland, England, now the US for 4+ years
- PhD Candidate in French Linguistics
- 9+ years of experience teaching French in various contexts
- 3rd year with IUHPFL (Brest, 2022; Saint-Brieuc, 2024)
- I like: sports, music, watching YouTube (and TikTok unfortunately), travel, talking about my dissertation

# Overview of this session

- Introduction to Saint-Brieuc and onsite coordinators
- Daily schedule, calendar, activities, free time, curfew
- Program magazine and farewell show
- Excursions and weekends
- Communication while abroad
- Travel, preparation, and packing; money; health and safety
- Host family
- Honor Code and Language Commitment
- Alumni
- Questions (**please hold your questions until the end!**)

An aerial photograph of a beach. The left side of the image shows the dark blue ocean with white foam from breaking waves washing onto the shore. The right side shows the golden-brown sand of the beach. The text 'Site details' is overlaid in the center in a large, white, sans-serif font.

# Site details



# Overview of Saint-Brieuc

# Onsite Coordinators



## Laëtitia Riou (Housing Coordinator)

- 5-time host family
- Lifelong resident of St. Brieuc
- Experience in healthcare & working w/ children

## Carole Hubert (Student Services Coordinator)

- Traveled to many countries (e.g. U.K., Hungary, Thailand, U.A.E)
- Host family for 5 years
- Loves Gastronomy, photography, reading, cinema, spending time with friends and family
- Mother of two children (aged 19 and 17)



## Calendar overview (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

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)

## Daily Schedule overview (tentative)

# Academics



You will be taking **two primary course modules**: Language and Culture

Two 75-minute daily classes  
Assessed in each  
Receive a overall coursework grade



Twice a week: Community Engagement module

Prepare for and debrief our excursions and cultural activities



You **MUST** bring your course books with you to France!

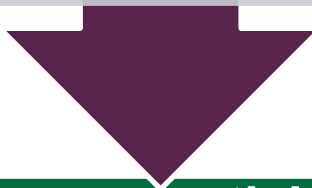
# Afternoon Activities

**After class each day, we'll do some sort of afternoon activity.**

**Physical activity**

**Magazine or farewell show**

**Community or cultural engagement activity**  
e.g., Breton dancing



**It is possible that some “afternoon activities” will occur at other times**  
e.g., if a local site we want to visit is only open in the morning

**Flexibility in study abroad is key!**

# Free Time and Curfew

- Our afternoon activities will end around 4pm.
- You will then have free time from 4pm until curfew to explore the city in groups of three or more program participants.
  - Why groups of three?
- Our curfew is 7pm
  - At curfew, you MUST be back under the supervision of your host family.
  - This doesn't mean you have to be home! You just have to be with your host family.





## Program site magazine and Farewell Show

- Program magazine: a scrapbook-style souvenir that each student will contribute to during the program
- Farewell show
- Start thinking about how you might want to contribute!!

# Quick overview of excursions

- 3 excursions - outside of the host city -
  - Two single-day trips
  - One 2-night trip at the end

Le Mont-Saint-Michel  
& Fougères



Saint-Malo & Dinan



Paris

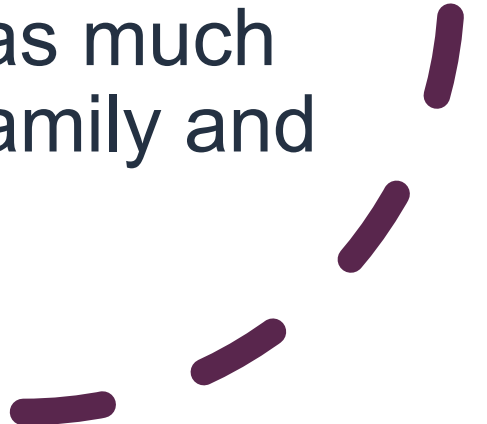


# Weekends

Weekends are time with your host family !

- What weekends look like differs from family to family/student to student **and that's OK.**
  - Hikes, mini excursions;
  - Time with extended family or friends;
  - Time around the house, games, movies...

The goal is to enjoy, soak in as much as you can, be a part of the family and do what they do



# Host family

## *Tips for a successful host family experience*



Be aware of family habits and routines; when you're not sure about something—ask!

Try to adapt and be part of the family; offer to help with chores or dinner



Pay attention to your use of home resources (e.g., water, electricity), ask about norms for showering, lights, fans/AC, blinds so that you can follow!



Be open to new practices and customs AND be willing to share about your customs!




**Ask!**  
**Ask!**  
**Ask!**



**Talk!**  
**Talk!**  
**Talk!**  
Communicate your needs



Be thoughtful and present; join the family in what they do; express gratitude





## **Host family:** What if things aren't going great?

- Give yourself and your family some time to adapt!
  - But talk with us right away with any concerns or questions
- We can't help you if we don't know!
- Grounds for a host family change:
  - Physical health/well-being
  - Incompatibility of personalities
  - Host family's lack of time
  - Failure of family to abide by Host Family Guidelines and/or the Honor Code
  - Inappropriate behavior of a host family member towards the student and vice versa.

# Program blog



 **Indiana University Bloomington**

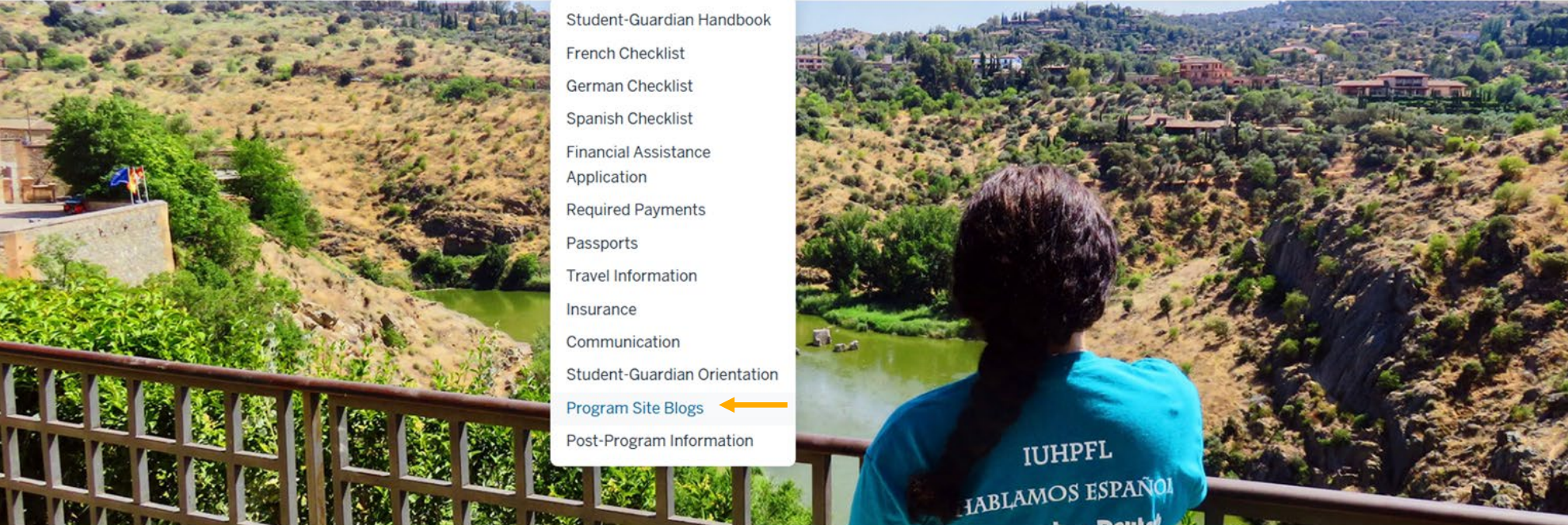
Contact Us 

## Honors Program in Foreign Languages

*for Indiana high school students*

[About the Program](#)[How to Apply](#)[Accepted Students](#)[News & Events](#)[Parents & Guardians](#)[Teachers & Counselors](#)[IUHPFL Alumni](#)

[Student-Guardian Handbook](#)[French Checklist](#)[German Checklist](#)[Spanish Checklist](#)[Financial Assistance Application](#)[Required Payments](#)[Passports](#)[Travel Information](#)[Insurance](#)[Communication](#)[Student-Guardian Orientation](#)[Program Site Blogs](#)[Post-Program Information](#)



[IUHPFL Experience](#)[Program Overview and](#)[Give Back](#)

A photograph of an airplane cabin interior, showing rows of seats and oval windows. The image is dimly lit and has a dark, moody atmosphere. The text "Travel information" is overlaid in the center in a white, sans-serif font, with a thin white horizontal line underneath it.

# Travel information

# Departure Day

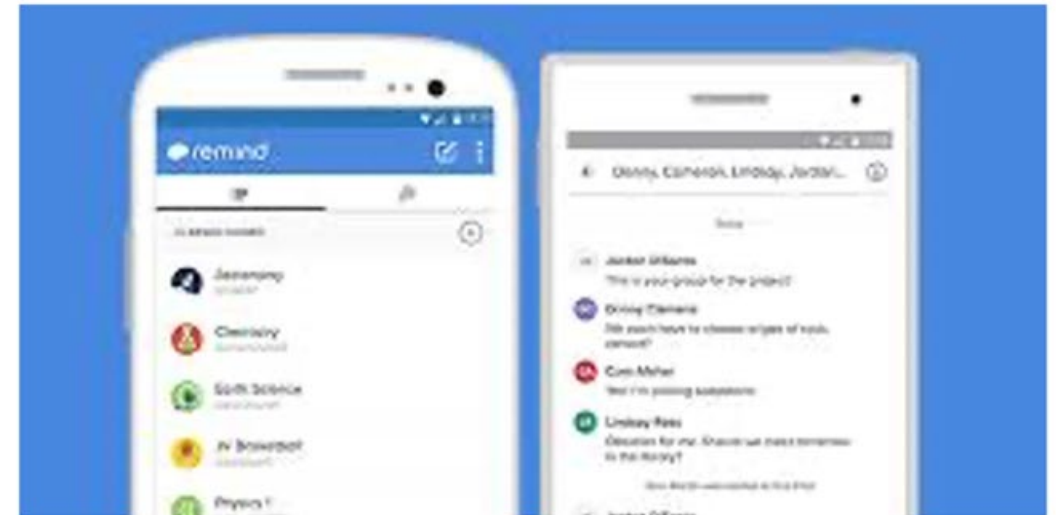
- **Edouard** and **Corentin** will be traveling with students to France
- Arrive at the **Indianapolis airport 3 hours prior** to our departure time
  - Remember that Indianapolis is on Eastern time!
- Meet at the **American Airlines desk**; we will all check in
  - This can take awhile and be somewhat chaotic. Please arrive with patience and grace!
- **Wear your IUHPFL t-shirt**
  - After check-in, we'll take a group picture before saying goodbye and heading through security together.
- Be sure you have your **PASSPORT**
  - Also pack cards, books, puzzles, snacks 😊
- Parents: Please join our Remind group. This will solely be used for IUHPFL to parent) travel updates (e.g., in case of flight delays).  
<https://www.remind.com/join/saintbrie>



# How to join the Remind app

Two ways :

- (1) Going to <https://www.remind.com/join/saintbrie>
- (2) Send a text to 81010 with the message @saintbrie






# Arrival in France

- We will arrive in Paris on June 12th and take the bus to Saint-Brieuc (about 7 hours)
  - We will make a short stop en route to use the restroom and have a light meal. **Students should have some Euros in hand for buying some food on this trip.**
- We will send a message on Remind app when we have arrived in Saint-Brieuc.

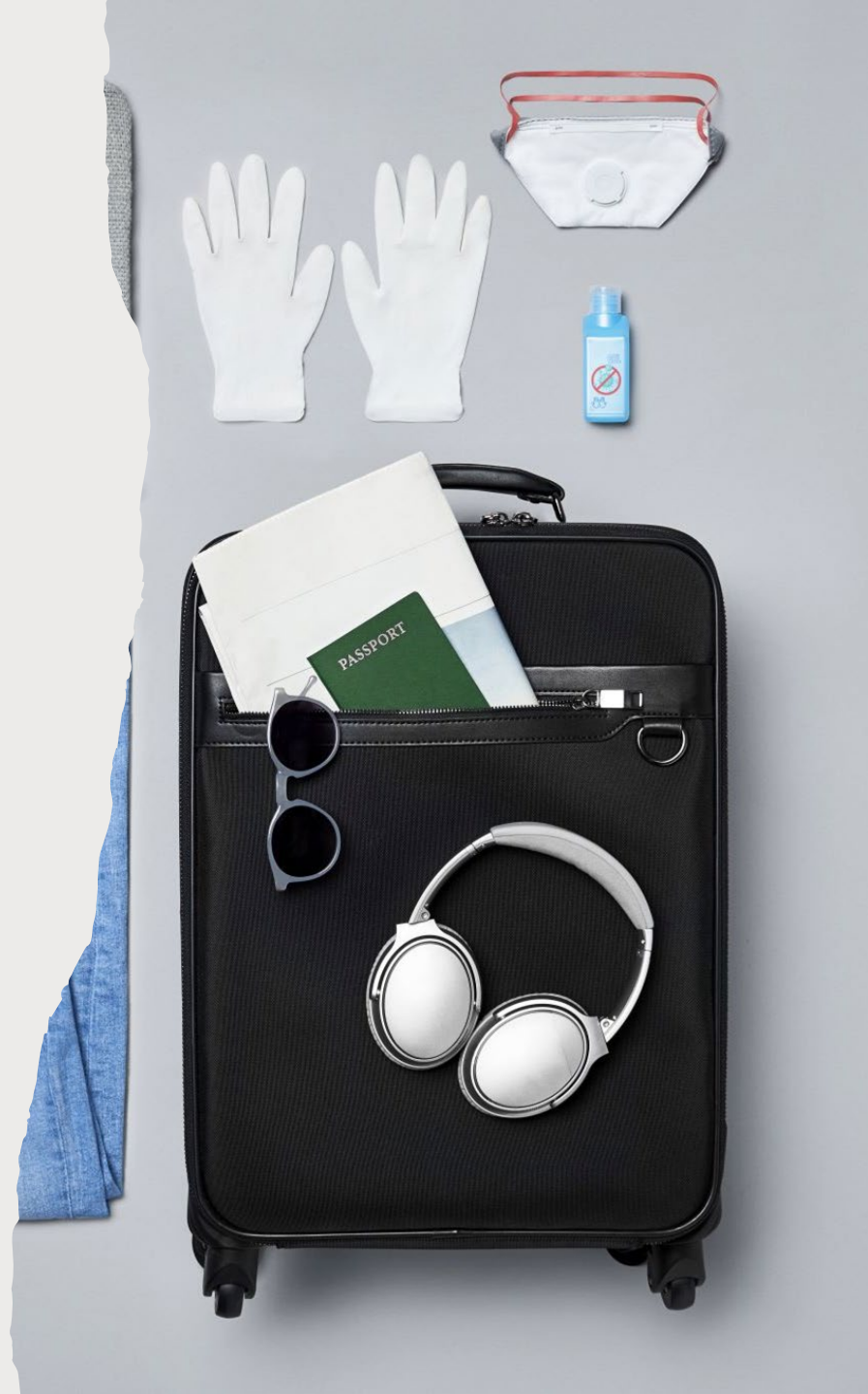


# A note about **return** travel

- We are currently scheduled to return to the Indianapolis airport on **July 15<sup>th</sup>**
  - Flight times may change! Please check. Instructors will be in contact on *Remind* 
  - A parent or guardian **must** be at the airport to pick up their child.
  - If alternate arrangements need to be made (e.g., carpooling), please let the IUHPFL office know via email ([iuhpfl@iu.edu](mailto:iuhpfl@iu.edu))
- If you are not returning on the group flight, then the IUHPFL office has already approved your travel deviation; they will share those details with us.
  - Unless otherwise approved, a parent/guardian will need to pick up the student at our hostel in Paris on the last night of the program after program activities have ended.
  - We (the instructors) will reach out via email about 1 week prior to the end of the program to confirm plans for this “hand-off” (e.g., time, location, contact info, etc.).

# Preparation and Packing

- You are permitted **one checked bag, one carry-on,** and **one personal item** (e.g., purse or small book bag)
  - You are in charge of all of your luggage, so only pack what you can manage yourself!
  - Check airline regulations for size and weight guidelines, other restrictions
- There is a packing list in the site-specific section of your handbook.
- We know it's hard but try to **pack light**. You will be able to do laundry weekly, so you do not need 5 weeks worth of clothes.





# Preparation and Packing

- **Weather in Saint-Brieuc:**
  - Mild, rainy, changing (don't hesitate to check online)
- **Clothing:**
  - Layers
  - One nice outfit (e.g., visit to city hall/mayor, farewell show)
  - Comfortable shoes
  - Sports clothes
  - Swimsuit, flip flops
- Check the **handbook** for more detailed advice



# Preparation and Packing

- Think about **comfort** and **entertainment**
  - Puzzles, coloring books, card games, pictures from home (nothing in English)
- A **small gift** for host family is recommended
- **Don't forget to bring:**
  - Any and all **medications** you will need (over-the-counter and prescription) for the 5 weeks
    - Bring copy of prescriptions, know generic names
  - Converter/adaptor
  - Digital camera
  - Contact lenses/glasses; bring extras and prescription
  - Feminine hygiene products
  - Sunscreen, insect repellent, water bottle



Money, Safety, Communication



# Money

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- We heard some about money from the Director just now, and parents will talk a bit more about this in the afternoon session.
- We want to reiterate:
  - Bring some **Euros €€€€**
  - Cash, debit card, *and* credit card recommended
  - Don't keep all of your money/cards in one place
  - No traveler's checks
- What students would need money for:
  - Food during international travel
  - Lunch/snacks upon arrival in host country (bus from airport to host city)
  - Personal expenses (products, snacks)
  - Free time and optional activities
  - Purchases on excursions (souvenirs, snacks)
  - One lunch in Paris that you will cover on your own



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## Money

- Typical prices in Saint-Brieuc :
  - Postcard: 1-3€
  - Stamp: 1.39€ (higher for international mail)
  - Coffee: 1.50-4€
  - Soda: 2-3€
  - Ice cream cone: 2-5€
  - Movie ticket: around 10€
- Cash is often needed in shops or for smaller purchases

# Communication while abroad



Every student will receive a program phone with a local number, so that instructors or host family can get a hold of you and vice versa



It will come prepaid with a certain amount of money on it, that should be sufficient for the entire program if used for program purposes



If you use your phone more than needed, you may need to add minutes to your phone

Your phone **MUST** always have minutes on it; if you need help adding minutes, talk to one of us!

# Communication while abroad



- Students will keep their personal smart phones **locked** in magnetic pouches in their possession.
- Generally, they should leave these at their host family's home.
- Students will have an hour of internet time per week; this will be taken on their *own* smart phones at our school on the wifi.
  - Students: Unless you have an international roaming plan and want to use it, you will want to **leave your phone on airplane mode** during the entire trip, **turning off roaming** and only using wifi

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## Communication while abroad

- Students will be able to **write** emails, texts during this time
  - You may wish to download a wifi-based text app (e.g., WhatsApp) so that your student can text you during this time using wifi
- Written posts/updates on social media are also fine!
  - No creating/listening to non-French content, so this is not a time for scrolling TikTok, etc.





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## Communication while abroad


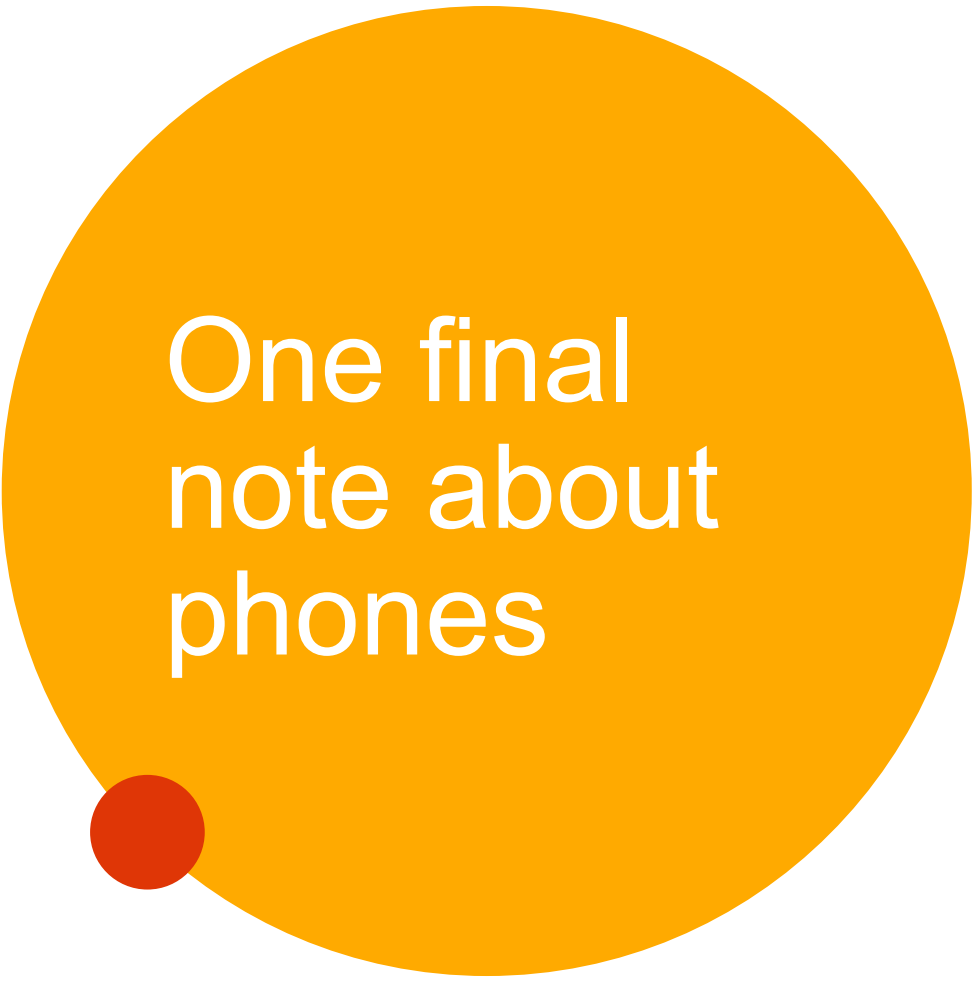
- Internet time will be during our school day, 1-2 days per week.
  - The schedule/timing might change based on what we're doing that day/week.
    - There is no guarantee that your child will be online at a specific time!
- The assumption with this time is that most communication will be **asynchronous**, sending you written updates of how and what they are doing that you might read a bit after they are sent.
  - If your child happens to capture you at a time you're available and you are able to text back and forth, great! But that shouldn't be the expectation.



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## Communication while abroad

- Students will not be calling home (or receiving calls from you), except in cases of emergency/necessity
- Parents, when you have a question or need to communicate something to your child, contact the IUHPFL office first.
  - We are in regular contact with them; they will let us know if/when something is needed and how to respond.
  - They will put us (instructor-parent or student-parent) in direct contact when needed.
- Follow our activities on the blog 😊 We know it's not the same, but it can help!



## One final note about phones

- Students will have access to their own smartphones while we are out and about in Paris. We will ask that they stay off and stowed except if needed; they'll be locked up again once we're back at the hotel.
  - Something to talk about in terms of need for limited international plan or not.

# Health and Safety

- Follow the Honor Code
- Be where you are supposed to be
- Pay attention to your surroundings
- Be careful with your belongings



## **What if something happens?**

- We instructors will work with the onsite student services coordinator (who is on call 24/7 during the program) to address the situation.
- We will be in communication with IUHPFL office, who will notify US families.
  - If necessary, we will be put in direct contact with you.
- Parents: If there is an issue on your end, contact the IUHPFL office.

# Honor Code

- The essence of the program
  - For student safety but also what fosters incredible advances in language in just a few weeks
- All French all the time!
  - French music, French books
- No personal smart devices (nothing that connects to internet, including laptops, tablets, smart watches)
- No romantic relationships
- No drugs, no alcohol, no risky behaviors
- Rule of three!



# Language Commitment

- Is it possible?
  - Yes, absolutely!
- Is it challenging?
  - Yes, absolutely!
- Do we expect you to abide?
  - Yes, absolutely!
- What do you do when you don't know how to say something or can't understand someone?

# Final words



## **Be open minded**

Things won't be like  
you are expecting



## **Create your support system**

Help each other out  
Be a team



## **Positive attitude**

Take advantage of the  
opportunity  
Mistakes are ok

# Alumni

## Introduction

### Questions:

- Packing
- Culture shock/homesickness
- Adjustment to the Language Commitment
- Best aspects of the program
- Something you had known before going



# Questions?

For instructor team or alumni

# Reminder of today's schedule for afternoon

## Students

- You will stay here!
- We will eat our packed lunch together (12:30-1:30pm)
- Get to know each other, do some activities in both French and English (1:30-3:00pm)
- We will meet guardians back in the Whittenberger Auditorium for Closing remarks at 3:00pm

## Guardians

- Time for lunch either here in the IMU or nearby (12:30-2:00pm)
- You should return to the Whittenberger Auditorium by 2:00pm for the mandatory parent/guardian session (2:00-3:00pm)
- Closing remarks, Whittenberger Auditorium (3:00-3:30pm)



Slides available: <https://iuhpfl.indiana.edu/accepted/orientation.html> (pw: 2025hpfl)



# Activities List

## ANGLAIS

- Préférence de prénom / pronoms (anglais et français)
- Leur école / une chose qu'ils aiment dans leur ville, une chose qu'ils n'aiment pas
- Attentes et inquiétudes vis-à-vis programme (cercle intérieur / extérieur)

## Français

- Tu préfères (sur une ligne)
- Trouve quelqu'un qui
- Dans ma valise
- Enchères (noms de qqch en une minute, et il faut faire un "pari" de combien on peut en donner)