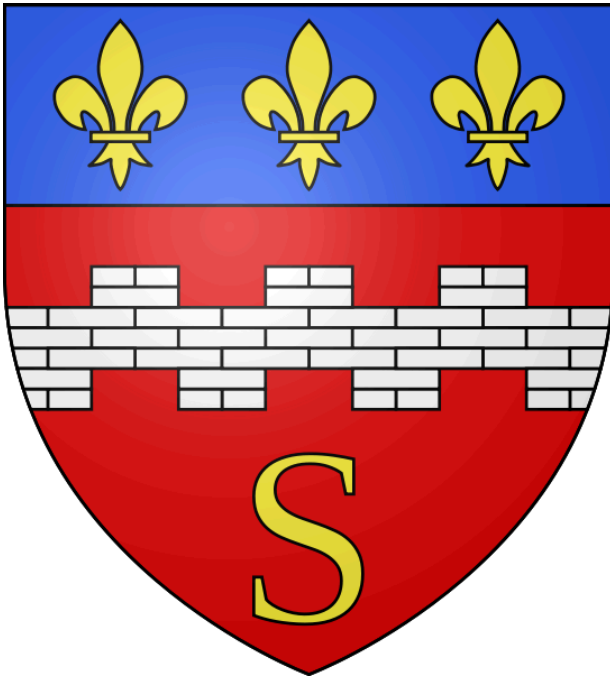


Saumur

Summer 2025



Indiana University Honors Program in
Foreign Languages

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Program Dates

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

Arrival in Saumur: June 12, 2025

Departure from Paris: July 15, 2025

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

Emergency Contacts in France

Emergency

112

Fire Rescue

18

City Police

Commissariat de police de Saumur: +33 2 41 52 10 31

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

U.S. Embassy in Paris

Address:

2 avenue Gabriel

75008 Paris, France

Consular Services

4 avenue Gabriel

75008 Paris, France

Phone:

+3314312222

About Saumur

The *pearl of Anjou* is a historic town known for its elegant château overlooking the Loire River and its old city center, featuring white *tuffeau* stone buildings, charming squares, and half-timbered houses. Its history dates back to ancient times, with early inhabitants carving troglodyte dwellings into the hillsides. Religious landmarks such as the Chapelle Royale Notre Dame des Ardilliers and the Romanesque Church of Nantilly highlight its rich heritage.

Saumur is also home to the prestigious *Cadre Noir* riding school, the *École Nationale d'Équitation*, which has preserved the equestrian tradition since the 18th century. The town also boasts the *Musée des Blindés*, one of the world's largest tank museums, showcasing an extensive collection of military vehicles. Saumur has a vibrant local culture, with lively markets, cafés, and annual events celebrating its history and traditions.

Local culinary specialties include *fouées*—small bread pockets filled with goat cheese or pork—and stuffed mushrooms called *galipettes*. The town's history, culture, and gastronomy make it a captivating destination for visitors exploring the Loire Valley.

Text adapted from:
<https://www.loirevalleyfrance.net/places/saumur.html>

Instructor Team

Jane Gilbert

Language (Linguistics & Grammar)

Financial & Administrative Coordinator



Jane grew up in Charleston, SC, but when she's not in Bloomington, she calls Flat Rock, NC home. She is now a PhD candidate in French Linguistics at IU. She has studied French in school for many years but knows from experience that nothing matches immersion.

Jane has several years of teaching & IUHPFL experience, and this will be her second time in Saumur. When she's not teaching or studying, she likes to do yoga, bake, listen to podcasts, and spoil her cat Dorothy Ann. This will be her 4th summer with IUHPFL, and she is excited to return to Saumur with the students!

Ye-Ye Xu

Literature and Culture

Logistics & PR Coordinator

Ye-Ye was born in London and came to Indiana University for a PhD in French Linguistics. She's been studying French since her very lesson at the age of 6. She qualified as a languages teacher in Oxford, and her current research focuses on French-based Creole languages in the Caribbean. Ye-Ye also studied in Strasbourg, France for one year,



and there taught music to children through the charity El Sistema France, Alsace. She loves reading, cooking, and dancing. She's delighted this is her first year as an IUHPFL Instructor.



Marcus NERON

Onsite Student Services Coordinator

M. Néron grew up in a farming family with 8 brothers and 2 sisters, and left school at age 15 to start work. He is now married with three children of his own (Tom, 23, Leeloo, 20, and Sasha, 10). He has always worked in coaching roles because he enjoys motivating people to do their best and overcome their challenges. He has even worked in the UK as a camp

counselor and the US for a mountain bike company. Currently, he is mayor of St. Hilaire-St. Florent and is writing his third book, called “Crois en toi !” about his life and how you can become mayor even starting “tout en bas”.

Marie-Odile BARTESS

Onsite Housing Coordinator

Marie-Odile was born and raised in Saumur, and has two sons and three grandchildren. She has been involved with IUHPFL since 2010, first as a host family and now as IUHPFL onsite coordinator for the last three years.

Before this, she has been heavily involved in the local community, working in hospitality, reception, and a senior residence. In her free time, she enjoys gardening, parties, spending time with family, walking, restaurants, aperitifs with friends, sightseeing, games, travel, and history. Her motto: every problem has a solution!



Saumur 2025 Calendar (tentative)

June-July 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
8	9	10	Jun 11 DEPART US	12 ARRIVE FRANCE	13 LANGUAGE TEST WALKING TOUR ARRIVAL ORIENTA- TION	14 SATURDAY WITH FAMILIES
15 SUNDAY WITH FAMILIES	16 CLASSES	17 CLASSES	18 CLASSES Engagement Communau- taire Jardins du Puygirault + Musée Pierre et Lumière	19 CLASSES Engage- ment Commun- autaire AC Sport	20 EXCURSION: Châteaux de la Loire (Chambord, Chenon- ceau) Picnic	21 Bateaux Fête de la Musique
22 SUNDAY WITH FAMILIES	23 CLASSES	24 CLASSES	25 CLASSES Engagement Communau- taire EHPAD	26 CLASSES	27 EXCURSION: Nantes Picnic	28 Engagement Communau- taire Anjou Vélo Vintage avec les familles et les CC ²

June-July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 SUNDAY WITH FAMILIES Anjou Vélo Vintage	30 CLASSES	Jul 1 CLASSES	2 CLASSES Engagement Communau- taire Mairie de Saumur	3 CLASSES	4TH OF JULY CLASSES Activité facultative Theatre Laser Game	5 SATURDAY WITH FAMILIES
6 4TH OF JULY CÉLÉBRA- TION Pique-nique & boule de fort avec les familles	7 CLASSES Rehearsal	8 CLASSES Rehearsal	9 CLASSES Rehearsal	10 CLASSES Rehearsal	11 CLASSES LANGUAGE TEST FAREWELL SHOW	12
13 DEPART FOR PARIS VERSAILLES	14 JUILLET 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, a few afternoons a week, we will participate in some sort of sport or physical activity at school.

We will also engage with the language, culture, and community in ways that extend beyond the classroom and host family experiences. A few of these activities include:

- EHPAD: Visit to a local senior residence where students converse with residents and help with a small reception.
- Pierre et Lumière: Visit to a local museum of underground cave carvings depicting the region's châteaux.

Optional activities, which are inexpensive and paid by the student, have historically included things like laser tag, a jog in town with the mayor, and a visit to the local city museum.

All activities are subject to change based on weather, community events, and other factors. Flexibility in study abroad is key!

Tentative Daily Schedule - Saumur 2025

Summer 2025 HPFL Daily Schedule (Tentative)		
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 (M: Community Engagement, T: Phone, W: Community Engagement: Th: Phone, F: S & S)
2:00-4:00	120 minutes	Afternoon Activities (Sports, Magazine, Farewell Show Prep, Community Engagement Activities)
4:00-7:00 (curfew)	Approx. 3 hours	Free time (groups of 3)

Excursions and Important Dates

In addition to local community activities, the program arranges trips to two Loire châteaux, Nantes, and Paris as well as afternoon visits to attractions nearby. 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.

Excursion 1: Les Châteaux de la Loire (June 20)

We will visit Chambord, known for its impressive size, rooftop, and double-helix staircase, and Chenonceau, a charming chateau complex famous for its gardens, kitchens, and construction directly on top of the river.

Excursion 2: Nantes (June 27)

Nantes is a city just a few miles inland from the Atlantic coast. There, we will visit the Jules Verne Museum, le Château des ducs de Bretagne, and the very unique Machines de l'Île.

Excursion 3: (July 13-15)

After a visit to the famous Jardins de Versailles, we will make our way to the city of lights for Bastille Day! Our visit to Paris will take us to the Eiffel Tower, on a boat cruise of the Seine, up to the artist quarter of Montmartre, and of course, to the Louvre museum. Be prepared to walk, ride the metro, and take lots of pictures!

Other Important Activities

June 21: Fête de la musique. An annual celebration of music all over the country during which the city center is filled with local musicians playing free concerts.

Travel Information

Climate:

In the summer, average temperatures range from the low 50s to the high 70s. The sky is clear about 50-70% of the time, with an average 20% chance of precipitation. Air conditioning is rare!

What to Pack:

One checked bag: 35.5" x 29.5" x 16" up to 50 lbs.

One carry-on: 22"x 14" x 9". Must be able to lift above head.

***Check the airline website (American).

One personal item: Ex. purse, small backpack, camera bag

You must be able to carry everything yourself all day!

It's wise to leave room (and weight) to bring back souvenirs.

Do bring:

- Layers, comfortable & durable shoes, a raincoat, flip flops, clothes you can move in (sports!), and an outfit for the mayor's office.
- Camera, alarm clock, small French-English dictionary (anything you'd normally use your smartphone for!).
- Day bag for excursions, passport + 2 color copies, student ID & driver's license + 2 copies each, a safe place to carry money & important docs, some Euros in cash.
- IUHPFL course books & handbook, pen/pencil.
- Adapter.
- Sunscreen. (Bathing suit optional.)
- 4+ weeks of any medications in their original containers.

Don't bring:

- Electric hair styling tools
- Laptops or extra smart devices
- Anything in English
- Full size liquids
- More than 1-2 books
- Too many extra clothes/shoes

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.

Additionally, you should DEFINITELY bring sunscreen with you from the United States. Sunscreen or sunblock is significantly more expensive in other countries, and sometimes it is very difficult to find higher SPFs. Consider bringing insect repellent, an umbrella, a hat, and a reusable water bottle.

If you have any particular 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. 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. You might also want to bring a travel alarm clock and an 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.

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 Saumur is the Euro, the official currency of 19 European countries. As of March 2025, one Euro was worth 1.09 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 as cash** on hand **when you depart from the United States** since we will not stop at an ATM in the airport¹, and we may stop for a snack on the way from the airport to the host city. 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:

You can expect high-quality food and a slower, more intentional approach to meals. Fresh bread is a daily staple, and local cheeses are common. Lunch is often the biggest meal, with a starter, a main dish with meat or fish, and a dessert. Remember that dessert can be fruit, cheese, or yogurt - not just pastries! You may

¹ Exchange rates at airport ATMs are notoriously expensive, and they sometimes run out of Euros anyway due to high travel volume.

also find a different or wider variety of meat and fish offerings than you typically see in the US. Portions are generally smaller than in the U.S. to prevent food waste. Only serve yourself what you will actually finish! Fast food exists, but snacking and eating on-the-go are much more rare. Expect long, social meals—eating here is about enjoyment as much as nourishment.

Local Health Risks:

Tap water is drinkable, and air quality is comparable to Indiana. Some students who do not have environmental allergies experience mild allergy symptoms in France (and vice versa), probably due to small differences in ambient airborne allergens. The main recommended vaccine for France is for tetanus, according to travelhealthpro.org.uk.

Local Transportation:

Students travel to school and around town in a variety of ways, depending on where their host family lives. In the city center, it is easy to walk to grocery stores, shops, historic sites, and more. However, many students do stay with host families who live in the suburbs or surrounding areas.

Some students are dropped off at school each day by their family. Others take public transportation; their families will help them learn the route and the Financial Coordinator will provide tickets or passes. There are also students who live close enough to walk or bike to school; if a host family does provide a bike, note that wearing a helmet is mandatory and bikes must be ridden in the street and not on the sidewalks.

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 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!

Saumur Blog Information

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

Website: <https://iuhpflsaumur2025.wordpress.com/>

QR Code:

