Saint-Brieuc

IUHPFL 2019
Scott Evans
- Literature, Culture & Phonetics
- Finance & Logistics Coordinator

Charlène Gilbert
- Grammar & Communication
- Public Relations & Student Coordinator
Onsite Coordinator

Mme Brigitte Blévin

- 3rd Deputy Mayor of Saint-Brieuc
- Vice President of Saint-Brieuc Agglomeration
- Council Member of Saint-Brieuc Agglomeration & the Département des Côtes-d’Armor

In charge of:

- Education
- School and University Life
Team Vision
Saint-Brieuc

- **Region**: Brittany (Bretagne)
- **Department**: Côtes d’Armor
- **Population**: Appx. 45,000 (150,000)
- **Climate**: Maritime
  - **June**: 51.3 - 66°F (10.7 - 18.9°C)
  - **July**: 54.9 - 70°F (12.7 - 21.1°C)
Program Details

What do we do in France?
Program Calendar

June 2019

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July 2019

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# 2019 Saint-Brieuc Daily Schedule

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<tr>
<th>Time</th>
<th>Monday</th>
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<tbody>
<tr>
<td>09:20-09:30</td>
<td>10 minutes Announcements</td>
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<td>10 minutes Announcements</td>
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<td>09:30-10:30</td>
<td>1 hour Literature, Grammar</td>
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<td>1 hour Literature, Grammar</td>
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<td>10:30-10:40</td>
<td>Break</td>
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<td>10:40-11:40</td>
<td>1 hour Literature, Grammar</td>
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<td>11:40-12:45</td>
<td>Lunch</td>
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<td>12:45-01:15</td>
<td>30 minutes Desserts</td>
<td>Support &amp; Success Groups</td>
<td>Support &amp; Success Groups</td>
<td>Support &amp; Success Groups</td>
<td>Support &amp; Success Groups</td>
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<tr>
<td>01:15-02:30</td>
<td>1 hour 30 Physical Activity</td>
<td>Afternoon Activities</td>
<td>Physical Activity (soccer,</td>
<td>Afternoon Activities</td>
<td>Afternoon Activities</td>
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<tr>
<td>02:30-03:30</td>
<td>1 hour</td>
<td>Study Hour</td>
<td>swimming pool, tennis, etc.)</td>
<td>Study Hour</td>
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<tr>
<td>03:30-06:30</td>
<td>3 hours</td>
<td>Free time</td>
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**Literature:** Literature & Culture & Phonetics  
**Grammar:** Grammar & Communication
Afternoon Activities
Farewell Show
Optional Activities
Safety

- Rule of Three: you can hang out in Saint-Brieuc after class, only in groups of 3 or more
Honor Code

• Language Commitment
• No Alcohol / Tobacco / Drugs
• No piercings or tattoos
• Avoid risky behavior
• Night time outings accompanied by host parents only (or host siblings aged 25+)
• Host family experience
• NO cell phones/tablets/laptops allowed! Bring your camera!! (And paper dictionaries)
Excursions

Where else will we go?
Excursion n°1: Dinan, Dinard, Saint-Malo
Excursion n°2: Mont Saint-Michel, Normandie
Excursion nº3: Paris
The Host Culture

Navigating French Culture
The Host Culture

Things that French people do that make Americans feel awkward:

- Talking about topics such as religion, politics, or other current events or social issues
- La bise
- Dinners that may last 5 to 6 hours
- Dogs everywhere
- Physical activity
- No air conditioning
- No refills

Things that Americans do that make French people feel awkward:

- Hugging
- Talking loudly, especially at restaurants
- Tipping
- Smiling at strangers
- Small talk
- Saying “sorry” all of the time
- Talking about salary/social status
Culture Shock: How to deal with it?

• It’s not better, it’s not worse, it’s just different:
  • Be open minded
  • Consider things from different points of view
  • Everyone is going through it; be compassionate toward each other!
  • Have something to do to express your feelings – music, drawing, writing your journal, etc.
  • Know that culture shock follows a common pattern, and recognize which phase you are in
  • Support groups!
Culture Shock

Honeymoon Phase
The culture is new and exciting, you are positively surprised by your host country and have an amazing time.

Rejection Phase
The realities of life (housing, employment, and family) can become overwhelming. Reality kicks in and you start to notice more and more negative aspects of the host culture.

Regression Phase
You will start to hang out more and more with people from your country in an attempt to belong.

Recovery Phase
If you are able to go through the regression phase, you’ll start to feel more connected to your host culture and eventually start to fit in.
Host Families

• Host families are your window to French culture.
• Your host family is an excellent language resource, so speak with them!
  • If you don’t understand something, ask for clarification.
  • ASK QUESTIONS!! They want to get to know you!
• You are a guest in their house.
  • Show your gratitude.
  • Offer to help around the house.
• Don’t compare your experience with your host family with others; everyone’s experience will differ.
Practical Information

Travel, Packing, Finances, etc.
Contact Information

• Pre-departure
  • Facebook : IUHPFL Saint-Brieuc 2019 (https://www.facebook.com/groups/iuhpflsaintbrieuc2019/)

• Post-departure
  • Blog: https://iuhpflsaintbrieuc2019.blogspot.com/

• NB: Any specific concerns can be directed to the office both pre- and post-departure.
Departure Information

Friday, June 7th (Scott)
Chicago – Paris

In case of delay call Scott (402-203-5699)

Arrive at Chicago O’Hare Airport 3 hours before departure.

• Meet at the Air France counter and have your passports ready.
• We will go through security together as a group.

Do NOT proceed to security without the group!

Wear your IUHPFL T-shirt and bring something to eat!
Return Information

Friday, July 19th (Charlène)
Paris – Chicago

Charlène (520-223-5453)
Luggage Details

One suitcase
• Size: 90cm x 75cm x 43cm (35.5in x 29.5in x 16in) – including any bits that stick out, like the handle, pockets and wheels.
• Weight: Maximum weight per bag is up to 23kg (50lbs)
• **** Overweight/extra bags will cost $100/€75 per bag ****
• **** Bags over 32kg (70lbs) are not permitted and must be shipped as freight ****

One carry-on
• Size: 56cm x 45cm x 25cm (22in x 18in x 10in) including handles, pockets and wheels.

One personal item (ex. purse, small book bag)
• Size: 45cm x 36cm x 20cm (18in x 14in x 8in) including handles, pockets and wheels.
What Should You Pack?

- Passport and 2 color copies
- Student ID, Driver’s License + 2 copies of each
- Safe place to carry money and important documents
- Vitamins and prescription medication *ENOUGH FOR WHOLE PROGRAM*
  - in your carry-on!
- Travel size sunscreen (VERY expensive in France)
  - not in carry-on!
- Batteries/charger for digital camera
- Re-usable water bottle (empty)
- Backpack for classes and excursions
- Flip flops for public pools/beaches and hostel showers
- Travel-sized hand sanitizer to carry at all times
- Small pack flushable baby wipes and tissues to carry at all times
- An umbrella
- Rain/light jacket and boots
- 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)
- A small gift for your host family
What Should You Pack?

**Appropriate clothing**
- Nice outfit for Mayor’s reception and farewell show
- Layers!!!
- Comfortable shoes!
- Sports clothes
- Swimsuit (cannot be loose-fitting for French public pools)
- Nothing too exposing (mini-skirt, short shorts) or flashy

**DO NOT BRING**
- Electric styling tools (hair dryer, flat iron, curlers, etc.)
- Aerosols (ex. shaving)

**Plan ahead for future purchases!** (Aim to pack less than 40lbs going there!)
- Les soldes (staring June 26th)
- Gifts/souvenirs
Financial Information

Each stagiaire should have:
- ATM/Debit Card
- Credit card REQUIRED (for emergencies)
- Some cash for the first few days *AVOID 50 EURO BILLS!*

*** American Express, Discover card, and Traveler’s Checks are NOT accepted ***

* Cards are not accepted most places for purchases under 10 euros! *

Stagiaires should set aside money for
- Personal expenses (products, snacks, etc.)
- Optional activities
- Purchases on excursions (souvenirs, snacks, meals in Paris, etc.)
- Meals in Paris – 3 you are responsible for:
  - 2 lunches (10€ each)
  - 1 dinner (15€)

****You must therefore keep a minimum of 35 euros reserved for meals in Paris!***
Financial Information

General suggestions

• Withdraw money for several days at a time to minimize ATM/exchange fees.
• Know your bank’s number in case of emergency and notify them in advance that you’ll be abroad.
• Do not keep all of your money in one spot.
• Keep an eye on your spending.
• Wait for the soldes!!!
• Keep the exchange rate in mind!
• 1€ = appx. $1.13 (500€ = $565)
Medical Information

Contact lens wearers:
• Please bring contact lenses prescriptions, if necessary.

Allergies:
• It is important to learn a list of foods that you are allergic to so that you may ask questions about ingredients if necessary.

• Medicine:
  • Be sure to pack enough medicine to last throughout your entire stay in France. If you must get a refill, please have the required documentation.
  • Medicine doses/strengths are often different in France and some medicines may be difficult to procure.