PARTICIPANT PREPARATION MANUAL

THIS MANUAL CONTAINS INFORMATION THAT WILL AID YOU IN YOUR PREPARATION FOR THE FRANCE PROGRAM. IT IS NOT INTENDED TO BE THE ONLY SOURCE YOU RELY ON.

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INTRODUCTION

Congratulations on your acceptance into the Summer 2016 University of Iowa College of Law International & Comparative Law Program! Our program takes place in the cities of Paris and Arcachon in France, and we hope it will provide you with a variety of enriching academic and cultural experiences. This program includes international and comparative law courses, tours, and an introduction to French and European culture. It also provides a great opportunity to make lasting friendships.

If you have not traveled abroad before, you may not be familiar with the concept of “culture shock,” which is inherent in adjusting to a new country. This adjustment takes some time. While you will probably begin your trip with a great deal of enthusiasm, you may eventually feel homesick for American culture. It is important to remain open minded about the different values and customs that you will learn about France. It is critical to remember that you are a guest in a foreign country, and must obey local laws as well.

We hope this manual will help you before the trip as you make your plans and also during the trip as you make your adjustment to life in France. Please take the time to read through this manual very carefully and to prepare as thoroughly as possible for this trip. Please consider purchasing a recent travel book from Lonely Planet or another source for France and any other country you plan to visit!!

1. PAYMENTS

The cost of the program is $7500. A $100 non-refundable deposit was paid upon your application to the program and that deposit was applied to your program fee. A check for the remaining balance of $7400 (USD), made payable to the University of Iowa College of Law, is due no later than 4:30 p.m., April 22, 2016, and should be submitted to Amanda Bibb, in Room 486 of the Boyd Law Building. While you can submit your check for immediate deposit if you choose, it is also permitted to postdate the check for deposit on June 1, 2016. Your post-dated check must be accompanied by our post-dated check agreement. A link to this document can be found on our webpage at www.law.uiowa.edu/academics/arcachon. This allows for the disbursement of financial aid prior to the deposit of your program payment. Disbursement of aid will be verified with the Office of Financial Aid.

**Please note that online credit/debit card payments are also accepted for payment of program fees. Students should be aware, however, that online payments are processed immediately and a bank surcharge of 3% will be added to your bill.**

Books and course materials will be charged separately. These items will be available through the College of Law ISBA Bookstore and costs will be determined by the bookstore. University of Iowa students may charge bookstore purchases to their student U-Bill accounts. Students from universities other than the University of Iowa are responsible for making their own arrangements with regard to the purchase of published texts. We will notify you of the title and other
information relevant to ordering your books as soon as this information is available. Materials prepared by course instructors, however, must be ordered from the University of Iowa. Non-UI students will be billed for the cost of any faculty-prepared materials, plus shipping, as soon as these costs are known, and these materials will be shipped promptly, via FedEx, upon receipt of payment. To ensure that materials are received prior to your departure for France, payment for these materials is due immediately upon receipt of your invoice. If you have any questions, please contact Amanda Bibb at amanda-bibb@uiowa.edu.

If you requested single studio housing on your application to the program, you should have received information regarding the additional fee for this option. This additional sum will be noted on your program invoice, and should be included with your payment of the balance of the program fee on April 22, 2016.

For those students who will be accompanied by one or more guests, a non-participant fee will be charged for each individual accompanying you. This fee will allow your guest/s to attend all program functions, including the opening dinner and closing luncheon, city tour, dune tour, Bordeaux tour, boat trip, and any other non-law-specific group events. This fee will be predetermined by May 1 and all relevant participants will be notified of the charge at that time. Such participants should submit a check for the amount of this fee to Amanda Bibb as soon as they receive the invoice detailing the charge. This check may also be postdated for June 1, if you wish.

No damage deposit is required for housing prior to the start of the program. Please note, however, that if there is damage to your apartment during your stay, the amount will be charged later and split between all residents, unless program administrators are informed of circumstances that would dictate otherwise.

There may be a two unit post-program tutorial open to University of Iowa students only, and all Iowa students will receive further information about this option. For those attending the tutorial, the post-program fee will be determined in the spring. This fee will be included on your program invoice and should be included with your payment of the France program balance on April 22. Those who will be accompanied by a guest on the post-program will be charged a post-program non-participant fee. This fee will be determined by May 1, and all relevant participants will be notified at that time. Your check for this amount is due immediately upon receipt of notification, and may also be post-dated to June 1, if you wish.

The names of all post-program participants will be submitted to the Office of Financial Aid. This will enable you to borrow additional funds for tuition and living expenses if necessary. Borrowing an additional sum for the post-program is not mandatory, however, and the costs may be covered with money you expect to save from funds received for the program in France. You should review your plans and budget carefully, however, in making this decision. It’s very important that you have sufficient funds to cover your entire trip.

**WARNING:** The dollar may be weak against the Euro. This means that prices may seem very expensive to us, and students should be very careful about splurging on things until they are accustomed to the costs. We don’t want anyone to run out of money.
2. PASSPORTS AND OTHER IMPORTANT DOCUMENTS

2.1 Passports

You need a passport to travel to Europe. If you have a passport, make sure it is still valid and will be so for **six months** after your return. If your Passport is expired you will need to send it in and **apply for a new one**. Non U.S. citizens need to check with their country’s embassy as to the procedures for replacing an expired passport.

U.S. Passports are valid for adults for 10 years. The Passport agency will return your old passport when they mail your new one. Please check with your local passport agency for qualifications. Passports can be obtained either through the mail or from a U.S. Passport Agency. The Post Office is the closest place to obtain a Passport. Please check ASAP to determine how long it will take to get a new passport. Even expedited requests may take several weeks.

**Protect Your Passport At All Costs!** Keep your passport with you at all times! Do not leave it in hotel rooms, etc. Wear it in a money belt inside your pants. However, you should be aware that some hotels may require the passport of one person staying in a room.

If your passport is lost or stolen, go to the nearest Embassy for your country or to local police authorities. If you can provide information that was contained on your passport, you may be able to obtain a new one. It is a good idea to make photocopies of your passport, birth certificate, and other important identification documents, and keep the copies separate from your passport. In fact, it is a good idea to leave a photocopy of the passport with a relative or friend in America.


2.2 International Health Insurance and Student Identity Card

**IMPORTANT:** In accordance with university policy, university students going abroad through a University of Iowa sponsored program must register with the Office of Study Abroad. Please visit The University of Iowa Office of Study Abroad at [http://international.uiowa.edu/study-abroad](http://international.uiowa.edu/study-abroad). Registration with the Office of Study Abroad will automatically enroll University of Iowa students in the university’s mandatory health insurance for international travelers. Students will be billed $1.15 per day for this protection, and this charge will be added to your program fee. Details on the policy coverage and claims are available at [http://international.uiowa.edu/study-abroad/health-insurance-information](http://international.uiowa.edu/study-abroad/health-insurance-information). Again, registration and inclusion in the International Health Insurance program is mandatory for University of Iowa students, and France program administrators will verify UI participant registration with the Office of Study Abroad.

Students traveling abroad may also choose to apply for an International Student Identity Card (ISIC). These cards may provide you student discounts at some museums and other tourist attractions. A University of Iowa or other university student ID may get you many of the same discounts, but the International Student Identity Card offers some exclusive discounts that might make it worth getting. There is no age limit to get a card and all that is required is that you are a
full-time student. For more information about the International Student ID, visit the Office of International Programs. An application is available at the link below: http://international.uiowa.edu/files/international.uiowa.edu/files/file_uploads/faculty-ledISICapplication_3.pdf. These cards can be obtained at the University of Iowa’s Study Abroad office located in the University Capitol Centre. Instructions are provided for mailing the application to The University of Iowa for processing, which requires additional time. For those students who are not from the University of Iowa, ISIC cards may also be obtained from your respective universities. You are encouraged to check with your Registrar or university study abroad office.

If you decide to obtain a card, it sometimes takes as much as one month to process an order. They are also available through the following agencies:

**Council Travel:** 1-800-2council, www.counciltravel.com
**Let’s Go Travel:** 877-370-ISIC or www.letsgo.com

### 2.3 International Youth Hostel Membership Card

If you plan on staying at youth hostels while abroad, you should be aware that some hostels require organization membership cards. Hostels that require these cards are often of higher quality than independent hostels, and there are a number of international hostel organizations, including Hostelling International and the International Youth Hostel Federation. More information on these organizations can be found at [http://www.hihostels.com/web/m-faq.en.htm](http://www.hihostels.com/web/m-faq.en.htm) and [http://www.yha.org.hk/eng/channel.php?channel=hostelling-international](http://www.yha.org.hk/eng/channel.php?channel=hostelling-international). You should research these and other options if you think you might utilize this service.

### 2.4 Student Visas

If you are a United States citizen, student visas are not required for participation in this program. However, if you choose to go to another country while you are in France, you may want to consider that particular country’s visa requirements. EU countries will not require you to have a visa. However, some pending EU countries, Eastern European, Middle Eastern, Asian and African countries may require a visa.

If you are NOT a U.S. citizen, you should talk with the French Embassy and the embassy of any other country you wish to visit regarding their visa requirements. YOU MAY NEED TO APPLY MONTHS IN ADVANCE.

### 3. FINANCE AND BUDGETING

#### 3.1 Banking and Charge Cards

**ATM/Debit and Credit Cards**

If possible, students should bring both an ATM/debit card and a credit card. Most ATM cards will work in French ATM machines, and there are several machines in Arcachon, and many in Paris. **ATM/debit and credit cards with the VISA (Carte Bleu) logo are most widely accepted in France.**
MasterCard and American Express are much less frequently accepted. If you do not have a Visa Card, you would be wise to call the bank that issues your card and ask if they issue a VISA version of your card. If not, you should seriously consider applying for one! Also, credit and debit cards often get de-magnetized, so you might want to have a contingency plan.

Students should be aware of a difference in European and American cards. All European credit cards utilize a microchip technology that is coming to the United States in 2015. Americans carrying cards without the chip may encounter problems when making purchases abroad, especially at unattended kiosks, such as at train stations or gas pumps. Merchants on a chip-and-pin system may still be able to process strip cards, but you may need to press them politely to do so. Given this issue, however, it may be a good policy to always carry a little extra cash.

Chances are, your banking institution has set a daily limit on both ATM withdrawals and purchases for your account. In addition to informing your bank that you are traveling and will be using your card while abroad, you may wish to speak with them regarding your withdrawal and purchase limits. You will need to know what these limits are, and you may wish to request that they be raised for the duration of your trip.

Of course, most banks and some credit card companies charge fees for overseas use of their cards, but past students have found that banks and credit card companies provide the best exchange rates. The issue with European microchip card readers may occasionally make use of debit/credit cards problematic, but savings can make the effort worthwhile, as ATM withdrawal fees can be significant. There may be fees from the bank sponsoring the machine as well as your home bank. Additionally, there may be currency conversion fees, and certain other flat transaction fees. Withdrawing cash in large amounts (e.g. 300 Euro) is often the best way to avoid fees. Your bank may also charge a fee per debit transaction, however, which could add up quickly, so you should check with your bank and/or credit card company to see which fees apply to ATM withdrawals, debit-card purchases, and credit card purchases. Fees can add up quickly, so it is worth doing some research so you can avoid them as much as possible. Finally, some banks require notification that the card will be used abroad (i.e. what countries the card will be used in) PRIOR to departure or they will not work overseas. Most problems can be avoided by contacting your bank ahead of time.

3.2 Online Banking

We assume that nowadays everyone has online banking. French ATM machines cannot display your account balance, or make transfers from savings accounts.

3.3 Using Cash

Depending on the value of the dollar to the euro, it may make sense to buy euros in the U.S. before leaving. Depending on the fees your bank charges, it may be less expensive to purchase euros, or travelers checks denominated in euros, in your own city. Most banks do not hold foreign currency at the branch, so give yourself enough time to order the currency in advance. Most American Automobile Association (AAA) travel offices sell dollar and foreign currency Travelers Checks, but do not charge a commission to members.
You may purchase euros from exchange booths at the airport or in town when you arrive in Paris, but these booths often charge significant fees and have less favorable rates. Avoid bringing cash in dollars with you. Most banks only exchange currency for account holders, and even the post office places restrictions on which denominations it will exchange. Past students have found that the cheapest way to get cash while in France is by withdrawing it from an ATM.

3.4 Travelers Checks

Travelers Checks can be an alternative to carrying cash because they are easily replaceable if lost or stolen. However, past students have found it difficult to exchange travelers checks while in France; most merchants and banks do not accept them. Few students use them any more at all. American Express offices exchange their own travelers checks, but American Express offices are only found in large cities. The best exchange rates for cashing dollar travelers checks are available in downtown Paris. Often the best rates are near the Place D'Opera and on the Rue de Rivoli. Rates vary considerably from place to place, so shop around first. Note that some places advertise the price at which they sell dollars, rather than the price at which they buy them.

3.5 Budgeting

This seems like an obvious point, but many students neglect to plan their budgets in advance, and end up running out of money. Make sure you account for the exchange rate, weekend travel, souvenirs, etc.

3.6 Wiring Money

Even when you carefully plan your budget, emergencies happen, and sometimes it is necessary to have money wired from home. Both Western Union (800-225-5227) and MoneyGram (800-926-9400) have instant international wire transfer systems. If you visit one of their overseas offices or call them, you can pick up the money from their office shortly after the wire transfer is made. Another option is wiring money from a U.S. bank to a foreign bank. As a last resort, there is the option of contacting the U.S. State Department's Citizen Emergency Center (202-647-5225).

3.7 Safety Tips: ATM Fraud

A few students have been victims of ATM fraud. While this is not always preventable, there are a few important things to keep in mind:

1. If you have a money belt, it is probably better to take out larger amounts of money in fewer ATM transactions (however, use common sense about this: you don’t want to lose or have 500 euros stolen). This is also a good idea because most banks charge fees for overseas ATM withdrawals, so using an ATM on a daily or even bi-weekly basis can really add up. Also, for safety reasons, the more ATM withdrawals you make from different ATMs, the greater your chances are of being a victim of ATM fraud.

2. Be very careful booking hotels, flights, hostels, etc. with your credit card in internet cafes. Sometimes the computers are set to remember credit card information, and the
connections may not be secure. If you don’t know how to check the computer settings, it is probably better to call to make these arrangements (but be aware that French airlines usually charge a per-minute fee for telephone reservations).

(3) Most importantly, find a way to check your bank account balance so that you know if you are a victim of ATM fraud, and keep track of your spending!

4. **MAKING YOUR TRAVEL ARRANGEMENTS**

4.1 **Booking your Flight to Europe**

**Rates**
Booking your flight should be done as early as possible because rates tend to increase as you get closer to your departure date. Priceline, Expedia, Travelocity, etc. are not necessarily cheaper than buying your tickets directly through the airline! Try Skyscanner or Student Universe. Last year, students paid anywhere from $700-$1300 for round trip tickets from Chicago O’Hare to Paris, so shop around! If you have connections via Canada or Europe, be sure to allow enough time, as you may have to go through customs or a passport control.

Participants must arrange and pay for their own transportation, including transportation from Paris to Arcachon. While airfare can be purchased at your convenience, train tickets to Arcachon should not be purchased prior to notification by the program director. All students must travel to Arcachon as a group and the director will provide the necessary information when itinerary details are finalized in the spring. Alternatively, you may purchase a Eurail Pass and utilize it for the trip to Arcachon. You will still be required to travel with the group, but may utilize the Pass when you are provided with the itinerary. The cost of airfare and train travel will be part of the financial aid budget.

**Destination**
Since the program will begin on May 16, you will want to arrive at one of the Paris airports no later than that day. You will need to make arrangements to get to Arcachon. A few people may fly. Most take an Air France bus to the Montparnasse train station, and then take a high speed TGV train to Arcachon via Bordeaux. The trains leave hourly and take about 3 hours to Bordeaux where you change to a local train which takes another hour.

If you plan to return directly to the States after the program, arrange your flight for June 17, the day after the close of the program. We will come as a group to Paris on June 13 to finish the French law course.

**Timing**
When time allows, students occasionally choose to arrive in Paris a few days before the program begins. A word of caution for Iowa students: if you plan on applying for a journal, you should seriously consider NOT going early.
Frequent Flyer Programs
If you don’t have a frequent-flyer account set up with a particular airline, it might be smart to set one up prior to buying your tickets. Students have received up to 6,000 frequent flyer miles for this trip, which can really help toward free tickets in the future. If you already have a frequent-flyer account, try to purchase tickets through the same airline to benefit from the additional miles this trip will give you. Airlines usually still give frequent flyer miles for tickets purchased on sites like Expedia and Travelocity.

4.2 Airport Check-In

Arrive early, at least two and a half to three hours before your plane is scheduled to depart. Security measures are even greater for international flights. Upon arrival at the airport, go to the check-in counter for your airline. Call your airline in advance to check international regulations on allowable luggage and weight limits.

For those of you planning to fly within Europe on time off, and for all those attending the post-program tutorial, please note that the weight limit is 20 kilos (44 lbs.) for checked luggage. This is a very light amount!! You will have to pay EXTRAORDINARILY HIGH fees at the airport ticket counter if you exceed it. Check with your airline as to the fees and as to the weight of the carry-on bag as well. You cannot carry on the 21-inch pulley bags that we use in the U.S. when you are in Europe or elsewhere. The weight limit for a carry-on can also be as low as 8 kilos (17.6 lbs). With these facts in mind, consider packing very, very lightly or plan to incur shipping costs to ship items back to the U.S.

You should also pack your carry-on bag so it can be easily opened by security. Make sure you have identification information both outside and inside the luggage. Your identification information should contain the following address of the Villa Regina Hotel in Arcachon, so your luggage can be delivered there if it is lost.

Your name
c/o Villa Regina Hotel
11 Allee Corrigan
33120 Arcachon
FRANCE
Telephone 00 33 5 56 22 02 00

Please cooperate with all security personnel.
Do NOT make any jokes with them about terrorists, bombs, etc.

4.3 The Flight

If you have never flown outside of the U.S. you should be prepared for a very long flight. It takes approximately nine hours from Chicago, not counting layover time. If you are not able to sleep on the plane, you should bring books, magazines, etc. to entertain yourself. Those students applying for journals might want to work on their submissions on the plane. This will alleviate some of the pressure of completing them while in Arcachon, though students applying for journals should be
aware that the proximity of departure to the end of finals makes it likely that you will be very busy working on your journal applications.

If you get motion sick, don’t forget your Dramamine. Chewing gum can prevent your ears from popping on the plane’s descent. You will probably be served two meals on the flight, along with several drinks. If you have special dietary restrictions, you need to notify the airline in advance. You may want to bring snacks in case the airline food is not to your liking. It is advisable NOT to drink alcohol on the flight, as it tends to prolong jet lag. There is a 7-hour time difference between France and Chicago/Iowa (it is seven hours later in France). Therefore, if you haven’t slept on the plane, you will have missed the night. To adjust to the new time zone, you should plan on staying up all day and going to sleep at your normal bedtime in the evening. You also may want to avoid taking a nap the first day to make the adjustment easier.

4.4 What to Do When You Arrive

When you fly into Paris, you will go through immigration showing your passport (and visa if required for certain non-U.S. and non-EU citizens). You will pick up your checked luggage and then may be subject to customs inspection. If you have problems with receiving your luggage, you must put in a claim before leaving the baggage area. The easiest way to get to downtown Paris to the Montparnasse train station will be to take the Air France bus there which costs approximately 20 euros. http://transfer.airport-paris.com/air-france-coach-service.htm. Alternatively, you can take a taxi, which is very expensive but has the benefit of going quickly.

If you arrive early and plan to stay in Paris, you can surf the web while still in the States and look for accommodations in an area of Paris in which you might wish to stay. Buy a new edition of a France or Paris guide from a company like Lonely Planet or Frommer’s to assist you in this process, as well as to consult generally. Alternatively, once you get your luggage at Charles de Gaulle airport, visit the tourism office at the airport and make a hotel reservation there. They may have listings for places (maybe some that are cheaper) that do not have web sites.

4.5 Arrival at the Hotel

You should arrive at the hotel on Tuesday, May 17, which is the first day your housing will be available. We will give out information at the hotel, including location for the opening dinner nearby. If you arrive after 7:00 p.m. (really try not to), we will be at the opening dinner. We will leave directions. IF YOU WILL BE DELAYED AND WILL NOT ARRIVE ON TUESDAY, PLEASE LEAVE A MESSAGE FOR ME EITHER BY EMAIL, FACEBOOK, OR MY U.S. PHONE (001-319-621-7674, when calling from France). I will email my French cell phone number shortly after my arrival in France.

5. PHONING HOME

5.1 Skype and GChat

Many students use Skype, which is the cheapest way to stay in contact with your family/friends.
The software is free to download (www.skype.com) and you use it to call regular phone lines via the internet. You can use it to call any number in America for $.02 per minute. Skype also has calling plan options that give you unlimited minutes to call America for a low flat fee (i.e. $5-$15 per month of service). Again, this is the cheapest option. You can also use Skype to chat and video chat for free.

Google allows you to make free international phone calls through your gmail account. You can make phone calls through the Call Phone option. It is free to open an account (www.gmail.com) and you can use it to make international calls toll free.

5.2 Cell Phones

Check with your cell phone provider about whether your U.S. phone can be adapted for use in Europe. Check the international roaming and text messaging rates as it may be cheaper to buy a French phone instead. Some companies can unlock your cell phone so all you need is a French SIM card. If you do use a U.S. phone in France, you will need to bring an adapter for the French plugs.

Many students are now buying French cell phones in various stores and at the post office. For your family’s peace of mind, you may want to strongly consider this option. Last year, it cost under 25 euros for a phone with a SIM card. Phone cards give various levels of time. Cell phone companies offer more free additional minutes the more you spend. For example, if you pay 100 euros, your phone will often be recharged for the equivalent of 150 euros. You may also be able to resell this phone for a reduced price to future program participants. A few people rent international phones from the U.S., but this is not as convenient as having a French phone.

Please leave the Villa Regina Hotel phone number, 011-33-5-56-22-02-00, with your family for emergencies, as well as my U.S. cell phone, 011-319-621-7674 (calling from the U.S.). Calling my U.S. phone in France will be a local, i.e. U.S. call for your family. I will also have a local French cell phone and will let you know that number as soon as I get a new number.

5.3 Pay Phones / Phone Cards

The French telephone system works differently than our own. Public telephones require either coins or telephone cards. Telephone cards are available in various denominations and are sold at the France Telecom Office, Tabac stores, and at the PTT (the French post office). These cards are the cheapest option. If you want a phone card for use in a phone booth, ask for one for “une cabine.” Otherwise, you may get one only for use in a cell phone. STA Travel issues international student ID cards that offer a relatively low cost for telephone service. Moreover, these cards work in all countries.

From anywhere in France, dial 0800-99-0011 for an AT&T operator in the United States (who can handle credit card and collect calls). MCI operators can be reached by dialing 0800-99-0019. Sprint is available by dialing 0800-99-0087. Those who have other long distance carriers are advised to obtain information on making international calls before leaving for France.
To call Paris from Arcachon, dial 01- plus the 8-digit phone number. To call anywhere else in France, dial the regional prefix (02 thru05) plus the 8-digit phone number. The regional prefix for the Arcachon/Bordeaux region is 05.

6. FOOD

There are several grocery stores in Arcachon, including Casino, which is closest to the Villa Regina and most frequented by students. Other grocery stores are the Monoprix, and LeClerc. There are also numerous bakeries, charcuteries (sort of delis), green grocers, etc. scattered throughout Arcachon. A better flavor of France can be obtained by visiting the town market ("le marché") downtown near City Hall. It is open mornings, Tuesday through Sunday; about half the stalls are also open Monday mornings. A large supermarket called “Intermarché” is within short biking distance in the neighboring town of La Teste. It offers better prices and a larger selection of food and other necessities.

Eating out isn't cheap. Arcachon is a resort town and the restaurant prices reflect a well-to-do French person's vacation budget. There are, however, several less expensive places scattered about town, including sandwich shops and pizza places. Within a ten minute cab ride is a McDonalds, in case you can’t do without. Please note that many more French people smoke than Americans, but the restaurants are nonsmoking. Most restaurants also allow dogs.

7. GETTING AROUND IN ARCACHON AND IN EUROPE

7.1 Getting Around in Arcachon

Bring comfortable shoes, because walking will be your main mode of transportation. Walking to the downtown and beachfront will take 10 minutes.

7.2 Getting Around in Europe

If you are interested in traveling around Europe, you might wish to consider a Eurail pass, which can ONLY be purchased in the U.S. You can visit a travel agent for further information and schedules or go online. While this is option can be a beneficial and cost-saving option, it should be seriously researched, as there may be potential issues, particularly with regard to scheduling. Go to www.RailEurope.com. Passes purchased online may take weeks to be delivered, or you can sometimes pay to have them sent via Federal Express a few days before you leave. If you are under 26 and planning on either going to Europe a few days before the program or spending time in Europe after the program, this is probably going to save you money.

If you do plan to buy a pass, try to coordinate with your friends while you are in the U.S. so you can carefully pre-select the countries you will actually travel through. If you end up not traveling through the countries you pre-selected, the pass is wasted. Also, you may then be paying extra on site to travel to countries you did not pre-select.
Additionally, check into cheap flights within Europe. Last year, some students did not use their pass as much as they thought they would, because it turned out to be cheaper and quicker to fly!

Bicycles, mopeds and motorcycles are available for rent in Arcachon, at a store on the beachfront. It costs about 75 euros to rent a bicycle for a month, and you can also rent bikes for smaller intervals. Cars may be rented from AVIS and Eurocar (affiliated with National) located in the train station and on Avenue General LeClerc across from the train station. Please note, though, that most cars available are manual transmission.

8. HOUSING

You will be given your roommate and housing assignment prior to departure. The program will make every effort to assist students if any problems arise with their accommodations. You should expect the hotel to provide approximately the same level of services you would receive in the United States in a medium level hotel. The apartments are very small, so the pack light admonition below is very important.

9. PACKING

9.1 REMEMBER THE PACK LIGHT ADMONITION!!

Remember you may be hauling your luggage by yourself up and down stairs through airports and subways without elevators. You may also have to pull it to the hotel. Remember you are carrying your course materials, notebook and other heavy things. I strongly recommend one checked piece, one carry-on that hooks or sits on the larger piece, and one small personal item such as a purse or small backpack. Put luggage tags outside each piece and put a sheet of paper with the address and phone of the hotel (see infra) inside each bag so that it can be sent to you if the outside tags fall off. Check with your airline about the weight limit per bag. Some airlines now charge extra for any bag over 50 lbs and may even put limits on the weight of the carry-on!!! Your books must fit in along with your notebooks. A laptop will count as your carry-on or personal item and you should not put it in your checked luggage!! Also do not check any valuables such as medicines, money, passport, jewelry etc. Carry them on. Leave valuable items (jewelry, watches, rings etc.) at home totally. Pickpocketing abroad can be a much bigger problem than in the U.S.

At the very minimum, you should carry a travel toothbrush, toothpaste, deodorant, comb/brush in your carry on, along with a change of underwear and maybe a fresh t-shirt, as you are flying overnight and will arrive in the early AM. If your luggage does not arrive, at least you have these basics with you. Remember to wear a flat fabric money belt underneath your pants (not an outside pouch) containing your credit cards, passport, cash, and travelers checks, if you use them (I don’t). Pick pockets can abound at the airport or train stations. Wear very comfortable clothes and shoes on the plane as your feet are likely to swell.
9.2 Electrical Appliances

The French electrical system is DC, 220 volts. We use AC in the U.S. If you plan to use an electrical appliance, you should purchase both a converter (to convert DC to AC) and an adapter (to adapt your plug to the shape of the outlet) before you leave for France. **IT MAY BE EXTREMELY HARD TO PURCHASE CONVERTERS OR ADAPTERS ONCE YOU GET TO EUROPE, SO IT IS IMPERATIVE THAT YOU DO IT BEFORE YOU LEAVE!!** Some places you may find converters include Walmart, Radio Shack, Best Buy, or other major department or travel stores. You can also find them online at retailers such as Amazon. Students bringing laptop computers may only require an adapter, but are encouraged to check their computer’s converter, manual, or contact the manufacturer for compatibility information. There are no computers available for classroom use, so you must bring your own. Le Clerc and several other stores sell French hair-dryers for around 25 euros. This may be a better option than bringing one from home, especially if you plan to return to Europe in the future. Hair dryers tend to get fried, even with an adapter and a converter, especially if you stay in hotels or apartments with older wiring.

9.3 Clothing

**Again, pack lightly: try one week’s clothing as a base.** The Villa Regina hotel has a laundry service at approximately 5 euros per wash and 3 euros per dry. You may want to consider bringing some of your own laundry detergent and wash some clothes by hand. There are dry cleaners nearby to launder suits or other items. Temperatures may range from the low 50s in May (maybe with rain), to the high 70s or even 80s by the time we leave. Students are therefore advised to bring clothing suitable for spring/late winter, as well as summer attire. Air conditioning in all European countries is RARE, and there is none in the hotel. In Arcachon, shorts, low cut or belly tops etc. are not worn much in town on the street, and certainly cannot be worn while we are traveling as a group. These items, as well as swimwear, can be worn on the beach or at the hotel pool. Most of you may want to bring a bathing suit, flip flops, sunscreen, etc. (French women of all ages may go topless on the beach, but I advise our women not to adopt this custom while there!!!) We have a selection of beach towels or you can buy one in Arcachon. Relatively conservative dress is expected on the street, even in a resort town like Arcachon. Europeans generally do not wear shorts. You should bring things that are durable, easy to wash, and things that require little ironing.

You should bring at least one nice conservative outfit, since there will be visits to courts or other professional environments. **PLEASE BUY THESE ITEMS BEFORE ARRIVING IN EUROPE!!** For men, this attire will be a sport coat, tie and dress shirt, or a suit, along with dress shoes. For women, this can be a dress, pant suit, or suit with a skirt. Bring a pair of dress shoes that will be **comfortable,** since you may have to walk a great distance or wear the shoes for long periods. Some women bring a suit for court and a more festive outfit for dinners or going out. If you intend to visit a church or mosque, shorts or tank tops are usually not permitted. Sneakers or walking shoes are a must. You should also bring one or more sweaters, a raincoat, socks, umbrella etc., since May (but seldom June) can be quite chilly.

For those going on the post-program trip, women should bring a scarf that can cover all their hair as that will be necessary to enter a mosque. A separate email will indicate any additional clothing
suggestions.

WARNING: Due to anti-American sentiment or the possibility of terrorism, do not bring items that have American flags or American places printed on them such as University of Iowa, New York, sports teams, etc!!! I will not permit you to participate in a group activity if you are wearing such an item.

9.4 Other Items

Buy all toiletries, contacts, prescription and over-the-counter medicines, and personal items in the U.S. In Europe, the brand you want or the item itself may not exist, or may exist under another name with slightly different ingredients. If you do forget or run out, the local pharmacies and grocery stores have many items. Bring a still or video camera. If you forget, you can purchase these items in Paris or Arcachon, but the prices are much higher.

9.5 Sample Packing List

(This is not all-inclusive, and I strongly suggest you make your own!)

Carry-On: [Check with your airlines re allowable items, size and weight of carry-ons, etc.] Passport, printed e-ticket, Student ID card, Eurail pass, credit cards, money, contacts, contact solution, contact case(s), hairbrush, glasses, sunglasses, prescription medicine, Advil, spare underwear, essential toiletries in plastic baggy, (toothbrush, toothpaste, deodorant, etc.) (in case your luggage gets lost), Dramamine, Benadryl/Claritin/Epi-pen, umbrella, camera, computer, IPod, Bluebook (if you are planning on doing journal applications), reading material for planes and trains (disposable magazines and paperbacks are great.)

Suitcase: deodorant, toothbrush, toothpaste, makeup, soap, shampoo, etc., notebook(s), school books, clothes (see infra. §9.3), swimwear, comfortable shoes, hair dryer, travel books (any countries you plan to visit), converter/adapter(s), travel iron, alarm clock.

10. OTHER THINGS YOU SHOULD KNOW

10.1 Respect for Foreign Customs

It is often easy to forget when traveling overseas that YOU are now the foreigner. While the French and other Europeans are normally very polite and helpful, you should not expect them to go out of their way to help you simply because you are American. While many French and other Europeans speak excellent English, do not assume that everyone speaks English or is willing to speak English with you! It is better to first ask the person whether he or she speaks English. Also keep in mind the following:

- Always respect local habits and customs. For example, in France and elsewhere in Europe, they eat later than in Iowa. They also take two hours or more for dinner, viewing dinner as an opportunity for socializing, during which food will come out at various intervals. It can
be next to impossible to turn around a meal in an hour or less. I have found if I am in a “hurry,” it is better to eat in my apartment. When ordering, most waiters do not approach the table to take orders until all menus are closed, signaling that everyone is ready.

- When visiting museums, churches, and other attractions, keep your voices down (Americans stand out because they are loud!), and refrain from touching anything. Also, be sure to look presentable (no shorts, tank tops, etc.).
- Usually there will be no warnings to this effect, but Europeans expect these customs be heeded.
- Be careful about getting into political discussions. You may encounter anti-American sentiment or anti-American-government sentiment.
- Be wary about the combination of alcohol, politics, and innocent discussions with local members of the opposite sex, etc. Bar fights can occur in France, as well as the U.S.
- Remember rude or unhelpful people can occur in any culture.

10.2 Tipping

The practice of tipping in France is different than the practice in the U.S. The French utilize the concept of the “pourboire,” or a small tip for very good service in French restaurants. This means rounding up to the next euro or two, instead of the 10-15% standard in the U.S. Be aware that large tips can create uncomfortable situations—often the waiters will try to give it back to you. There is also no way to tip on your debit or credit cards, as you can in the U.S. Consult a guidebook for tipping rates for taxis, hotel luggage carriers, etc.

10.3 Medical Matters

International health insurance coverage is mandatory for all University of Iowa students traveling abroad for educational purposes. All students traveling abroad for such purposes must register with the Office of Study Abroad by completing the Study Abroad Registration Form. Upon registering, students are automatically enrolled in a University policy provided through Cultural Insurance Services International (CISI). This “blanket” policy will be U-billed at a cost of $1.15 per day for the duration of your trip. Cost of the insurance is calculated into the student financial aid budget. Information and necessary forms are available on the program website.

Non-UI students should check with your insurance company before you leave to make sure you are covered in Europe. Some companies charge additional premiums for overseas coverage. The International Student Identity Card also includes medical insurance while overseas.

10.4 Journal Applications

For Iowa students applying for law journals, completing applications in the time allotted can be a challenge. The time you will have to complete the applications once you arrive in Europe will fly by as you cope with jet lag, going to classes, moving, coping with new roommates, and a new
language and environment. Each year, however, many program students do apply for and receive positions with journals. In 2015, almost all participants who applied for journals were accepted, proving that it is well worth the effort involved. Access to printing is limited and expensive in France. We do have a program printer/scanner for limited use.

11. CLASSES

There is a draft schedule of courses available on the program website. Any revised schedules will be distributed when you pick up your materials, and there may be later updates distributed if there are any changes.

12. INTERNET ACCESS

Free wifi (wee-fee in French) Internet access is available in the public areas of the Villa Regina Hotel. Various restaurants and cafes may have internet, as well. Free wifi at the beachfront Café de la Plage has made it a favorite spot with students for study in the past.

13. SPORTS

Swimming is an obvious one, although the water may be very cold well into June. During our time there, the sun certainly will become warm enough to lay out. Cycling is also an option, as are fishing, boating, and golf. Running on the boardwalk and beach is great, but rare, especially for women. Arcachon has a beautiful 18-hole golf course about one mile from the town's center. There is a tennis club, as well. A rather large gym with weight equipment is located near Carrefour in La Teste, a reasonable biking distance away, and students can join on a temporary basis. And if you want to try surfing, Biarritz is a great weekend trip destination.

14. WEEKEND TRAVEL

While in Arcachon, you may wish to travel over one or more weekends, especially the three day weekend. These trips can be arranged while in Arcachon, but should be done as early as possible, to secure good prices on tickets, etc. Past students have traveled as far as London, Ireland, Barcelona, Geneva, Germany, Italy, Amsterdam, Greece, and Corsica. The most popular destinations for regular weekend travel have been Paris, the prehistoric cave paintings in the Dordogne, the Bordeaux vineyards, the Riviera (Nice, Marseille, Monaco, Cannes), and Spain. Students may travel by train or rent a car for the weekend. Car rentals can be very expensive; online sites offer better prices. Car rental companies give better pricing for longer rentals. Gas can be $10 dollars a gallon or more, and is sold by the liter. There are 3.8 liters per gallon, so you may see prices of 1.12 or 1.20, but be aware that these are in liters and euros! Most cars for rent are manual shift. If they have automatic cars, it will be more expensive. Also, many companies do not rent to people under age 25. It might be smart to pack a smaller bag, like a duffel bag, to carry less
with you on weekend trips. This smaller bag may be helpful if you end up buying a lot during the program. It is advisable to take your class materials with you so that you will be prepared when class resumes.

Although students often want to make the most of their time in Europe by travelling every weekend, I would advise staying in Arcachon at least one weekend—maybe the first or last weekend—to explore. You will not have all the time in the world to do that when you have class, so take some time to explore the awesome seafood restaurants, walk along the boardwalk, and stroll through the shops in Arcachon. After all, it is a beach resort town so you should enjoy it.

15. TOURIST INFORMATION

In addition to any guidebooks you may purchase, information is available at tourist offices in most cities. Many European cities have tourist offices that are often staffed with English speaking employees. In Paris, there is a tourism bureau at the Paris airport, as well as elsewhere in town. Consult current travel guides for the location of these offices, in addition to local hotel and restaurant information. And, of course, the internet is always an excellent resource.

16. OTHER LOCAL INFORMATION

Information about Arcachon and the local area can be obtained from the local tourist office, located between the railroad station and the main post office. Check out the city website at http://www.arcachon.com/. There is a casino in Arcachon. The International New York Times and USA today are available in limited quantities in Arcachon, and are widely available in Paris. The Villa Regina hotel television system does have the BBC English language channel.