

Sciences Po-Paris Exchange

Sciences Po-Reims Exchange

2019-2020 Handbook



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Program Information

Sciences Po



Sciences Po is one of Europe's most distinguished and well-known schools of social science and public affairs. Established in 1872, it is very competitive and counts most of France's political leaders among its alumni, including presidents Emmanuel Macron, François Hollande, Jacques Chirac, François Mitterrand, and Georges Pompidou.

Sciences Po has seven undergraduate campuses located throughout France. The Paris "campus" is located near the Seine, within walking distance to most major sights, such as Notre Dame de Paris and the Louvre. The Euro-American campus in Reims, which is located within France's Champagne region about 45 minutes from Paris, is the largest undergraduate campus of Sciences Po college. Sciences Po-Reims offers a campus environment in an historical setting.



Sciences Po offers a multidisciplinary, multilingual, and outward looking education. Students are expected to study at least two foreign languages in addition to French, and many courses are offered in English. Full-time and exchange students come from around the world study at Sciences Po.

Sciences Po has a number of student groups that you can join. Participating in such groups is one of the most fun and effective ways to meet and befriend Sciences Po students. For more information, visit:

<http://www.sciencespo.fr/vie-etudiante/en/content/permanent-associations>

For more information, contact a student officer directly.

Program Team

There are a number of different partners and players that make important contributions to your academic, cultural, and personal experience abroad.

At Northwestern, the team in the Global Learning Office (GLO) is available to support you before, during, and after your study abroad experience. GLO plays the following roles:

- **Liaison with Host University:** GLO works with the international office at your host university to pave the way for you to be successful. GLO collaborates with your host university to facilitate your nomination and application processes and to provide ongoing support.
- **Pre-Departure Orientation and Materials:** GLO provides you with important information about your program to help you prepare for your experience. This includes resources, such as this program handbook as well as online modules and in-person meetings related to health and safety, budgeting, travel, and academics.

- **Course Registration:** GLO will register students at Northwestern for the appropriate study abroad course(s) for their program; you will not register yourself for any Northwestern courses during your term(s) abroad.
- **Academic Credit:** GLO will collect and submit your transcript to the Registrar's Office, which will post general study abroad credits.
- **In-Country Support:** Faculty and staff at your host university will provide support for you while abroad and should be your primary resource, but if you need additional assistance or would feel more comfortable speaking to GLO staff, please do not hesitate to contact your GLO adviser (see below).
- **Re-Integration Support:** Upon your return, GLO will provide you with resources to help transition back into campus life at Northwestern, as well as connect you to other study abroad returnees and program alumni.



Karey Fuhs

Senior Associate Director, Global Learning Office (GLO)

Originally from Michigan, Karey graduated with a BA in Environmental Science from Northwestern University and an MA in International Educational Development from Teachers College, Columbia University. Inspired by her study abroad experiences in Chile and Ecuador while an undergraduate, Karey returned to Ecuador after graduation, where she worked for SIT Study Abroad for several years. She also worked at the Chazen Institute for International Business at Columbia Business School, Social Justice Initiatives at Columbia Law School, and the Cloud Institute of Sustainability Education before returning to Northwestern in 2010. She has been overseeing GLO's various study abroad programs since then.

Karey is your **GLO Adviser** and primary point of contact for any questions you may have about your program, academics, preparing for study abroad, health and safety, or any other exchange-related matters, particularly **before your departure or after your return**.

Center for the Americas, Sciences Po-Paris

The staff at the Center for the Americas at Sciences Po can provide you with information, support, and connections to student and academic life at Sciences Po. They are based in Paris and are the International Affairs Division that works with students from the United States. Your primary contact is Matthew Thomas (matthew.thomas@northwestern.edu) if you have general questions.

On the Sciences Po-Paris campus, there are contacts in a number of administrative offices who can help and guide you. Refer to this list here:

<https://www.sciencespo.fr/college/en/academics/exchange/paris>.

On the Sciences Po-Reims campus, your primary contacts for any matters related to administration, academics, and student life are:

- Matthew Baker: matthew.baker@sciencespo.fr
- Celia Guiborat: celia.guiborat@sciencespo.fr

Program Schedule

It is expected that all students studying at Sciences Po arrive in their program location in time to participate in orientation programming and then depart after exams have completed.

Orientation provides an important introduction to life at Sciences Po, with specific emphasis on academic culture and methodology, information about student clubs and services, cultural activities, and engagement with other exchange students.

Note: Orientation programming carries 2 ECTS (Paris) or 5 ECTS (Reims) credits, but since the program is taken on a pass/fail basis, these credits are not transferrable back to Northwestern.

Paris

Your program will run from August 23, 2019 (the first day of orientation) to December 19, 2019 (the last day of classes for Fall Semester) or May 18, 2020 (the last day of classes for Spring Semester).

The dates of the Welcome Programme for Fall 2019 will be August 23-30, 2019. The dates of the Welcome Programme for Spring 2020 will be published sometime during the Fall semester. Remember: The Welcome Programme is covered by Northwestern, so it is free of charge for you. For more information, visit: <http://www.sciencespo.fr/students/en/get-started/orientation-programmes/welcome-programme>.

For the dates of classes, exams, and holidays, refer to the university calendar here: <http://www.sciencespo.fr/students/en/study/handbook/calendars>.

Reims

Your program will run from August 23, 2019 (the anticipated first day of orientation) to December 19, 2019 (the last day of classes for Fall Semester) or May 18, 2020 (the last day of classes for Spring Semester).

The dates of Orientation Week in Reims had not been published at the time this guide was printed, but anticipated dates for Fall 2019 are August 23-30, 2019. The Orientation Week in Reims is free of charge. For more information, visit:

<https://www.sciencespo.fr/college/en/academics/exchange/reims>.

The 2019-2020 academic calendar for the Sciences Po-Reims campus had not been published at the time this guide was printed. Refer to the university calendar here:

<http://www.sciencespo.fr/students/en/study/handbook/calendars>.

Academics

Refer to the **Academic Planning** section of the GLO website for more information about academic information, expectations, and policies:

<https://www.northwestern.edu/abroad/study-abroad/academic-planning/index.html>

In addition to familiarizing yourself with the information below, it is important that you take some time to learn about the academic culture of your host university. Speak with past Northwestern students who have studied at your host university, as well as exchange students from your host university who are currently studying at Northwestern.

Choosing Courses, Registration, and Enrollment Requirements

For the term(s) that you will be abroad, you will be enrolled at Northwestern in a placeholder course, which corresponds to your program. GLO will register you for your study abroad course(s), so please do not register yourself for any classes.

At Sciences Po, course registration for undergraduate exchange students typically happens in July for Fall Semester and in January for Spring semester. The exact dates and times will be sent to you via email prior to registration, but you can also refer to the Sciences Po Course Registration calendar to see your registration time:

<http://www.sciencespo.fr/students/en/study/handbook/course-registration/calendar>.

You will get ample information from Sciences Po about the registration process, but this section provides some additional information and guidance about choosing courses, online registration at Sciences Po, and other planning steps.

By the time registration opens, you are strongly encouraged to have reviewed the course listings for your campus carefully:

- Paris: Course options and schedule:
<https://www.sciencespo.fr/college/en/academics/exchange/paris>
- Reims: Course options and schedule:
<https://www.sciencespo.fr/college/en/academics/exchange/reims>

The online registration period is short, and once it closes, you cannot add any more classes. Also, past students have indicated that courses can fill quickly. Therefore, despite the time difference, you should plan to be available to register for classes at the time the registration period opens. Also, be sure to have your course plan ready along with a number of backup course options, in case you are not able to get in to your preferred courses. Don't worry about registering for your French as a Foreign Language course; focus on getting into the content

(Economics, Political Science, International Relations, Legal Studies, Humanities) courses first.

You are encouraged to register for 30 ECTS credits, the maximum number allowed, since you cannot add courses after the registration period. Refer to the Sciences Po website for more information about registration:

<http://www.sciencespo.fr/students/en/study/handbook/course-registration>

Some other important considerations/reminders:

1. Review all materials from Sciences Po regarding course selection and registration *very carefully*.
2. To maintain full-time enrollment at Northwestern while you are at Sciences Po, you must *receive* the minimum number of credits listed in the table below. However, you are encouraged to attempt more credits, in case you do not end up earning a C grade in one or more courses, and those credits are not transferrable back to Northwestern. (Refer to #5-8 below.)

Term	Minimum Credit Requirement	Recommended # of Credits
Fall	12 ECTS	20-30 ECTS
Winter/Spring	22 ECTS	30 ECTS
Full Year	36 ECTS (18 per term)	50-60 ECTS (25-30 per term)

3. Certificate Programs. *It is not obligatory for you to pursue a certificate at the Paris or Reims campuses.* These are optional and designed to guide students toward a particular set of courses for thematic study.
 - a. **Paris campus:** If you wish to pursue the Certificate in Social Sciences and Humanities, you must enroll in a full course load of five courses for 30 ECTS, which includes: 1 lecture course (10 ECTS credits), 3 seminar or elective courses (each 5 ECTS credits), and 1 French language class (5 ECTS credits).
 - b. **Reims campus:** If you wish to pursue one of the four certificate programs (International Affairs & Strategy, European Affairs, Economics and Business, Journalism & Communication), you must enroll in a full course load of 30 ECTS, which includes: two seminars, two courses in your chosen track, one language course, and one elective.
4. Language Requirement: Students on both the Paris and Reims campuses are required to enroll in at least one French course. This can be a French as a Foreign Language class or, if qualified, a content course in French.
5. You must take all courses for a grade at Sciences Po, and course credit will only be transferable back to Northwestern if you earn a grade of 10 or above (out of 20), which is equivalent to a C grade.
6. Attendance in class at Sciences Po is mandatory, and if you miss more than two classes, you will receive a “default” on your Sciences Po transcript and no credit.

7. You are welcome to enroll in any of the optional civilization courses in English or French, but you will not receive credit at Northwestern for any of these courses. Because these courses are optional, they are not taken for a letter grade, and are, therefore, not transferrable back to Northwestern.
8. **Add/Drop Policy:** After online registration closes, you will only be able to add courses by email request. As mentioned above, you should register for 30 ECTS, the maximum number permitted. We encourage you to attempt 30 ECTS credits, but if you determine that you want or need to drop down to the recommended or minimum number of ECTS credits provided in the table above, you have until the end of the first week of classes to officially drop a course. After the drop deadline, you will not be allowed to drop any courses, so it is important that you choose classes during registration that align with your interests. Unlike at Northwestern, there is no shopping period for classes, so you are encouraged to research class options – including speaking with past students about their course recommendations – prior to enrolling.

For more information about enrollment requirements and credit conversion, visit the GLO website: <https://www.northwestern.edu/abroad/study-abroad/academic-planning/registration-credit/exchange-credit-transfer.html>.

Transcripts and Credit

Following completion of your program, you will be issued a transcript from Sciences Po, and eligible course credit will be transferred to Northwestern, as long as students follow all rules regarding course transferability and earn course grades of C (or equivalent in the local grading system) or above. For more information about credit transfer, visit these sections of the GLO website:

- Transfer Credit Rules: <https://www.northwestern.edu/abroad/study-abroad/academic-planning/choosing-courses.html>
- Transfer Credit Process: <https://www.northwestern.edu/abroad/study-abroad/return-home/credit-transfer/index.html>

Also be aware of the following:

- Transcripts will be held by Sciences Po indefinitely if you do not complete your teacher evaluations at the end of each semester. These are available in your Sciences Po Student Space. Be sure to complete these evaluations shortly after your program ends.
- Sciences Po transcripts can take a long time to be issued. You do not need to take any action to request your Sciences Po transcript; it will be delivered to GLO automatically. However, transcripts typically do not arrive until the end of Winter Quarter.

Accommodations

As a reminder, students participating in exchange programs in France are responsible for making their own housing arrangements. Be advised that proof of accommodations is required as part of the French visa application process. You are encouraged to begin looking into housing options early.

Paris

Finding accommodations in Paris will depend largely upon your goals and your budget, and there are wide variety of housing options in Paris, with varying degrees of comfort, commuting times, and prices.

GLO has compiled a brief housing guide with some information and tips from past students: <https://northwestern.box.com/s/3scyt68vks3of1cdeq423buartepca1f>.

You are also strongly encouraged to contact past students directly for resources: <https://www.northwestern.edu/abroad/student-experiences/connect-with-students/index.html>.

Reims

Sciences Po has partnerships with a number of different student residences in Reims, as well as a homestay provider. For more information, visit the Sciences Po website:

<http://www.sciencespo.fr/students/en/living/housing/student-residences>.

You are also strongly encouraged to contact past students directly:

<https://www.northwestern.edu/abroad/student-experiences/connect-with-students/index.html>.

Note: Based on feedback from past students, you are strongly encouraged to decide on your preferred housing option and submit your housing application early. This will better guarantee that you will be offered space at your preferred residence. Review any and all correspondence from Sciences Po about housing options carefully. Also be prepared to have to pay for the full cost of housing up-front. If you have any questions or concerns about this, you can contact Karey Fuhs (k-fuhs@northwestern.edu) and/or the exchange coordinator at Sciences Po-Reims.

France

French history and culture are both rich and complex. We provide some basic information below, but we encourage you to do some research about the history of your host country as well as general country information, including the political system, geography, the economy, population, culture, and current events. Your ability to take full advantage of your time abroad will be influenced by the amount of preparation and research you do before you go, so read as much as you can! Refer to the list of resources in the **Links & Recommended Reading** section.

Fast Facts¹

- Surface Area: 643,801 sq km (slightly less than the size of Texas)
- Population: 67,364,357 (July 2018 est.)
- Government type: semi-presidential republic
- GDP per capita: \$44,100 (2017 est.)
- Major industries: machinery, chemicals, automobiles, metallurgy, aircraft, electronics; textiles, food processing; tourism

Population²

France has an estimated population of over 67 million. Paris is the largest city in France in terms of metropolitan area population. The 1789 revolution set the precedent that it was illegal for the French state to collect data on ethnicity and race, and this was reaffirmed in the constitution of 1958. Therefore, official statistics on demographic data based on race and ethnicity is not available.

Language

French is France's official language. Interestingly, France has an official authority on the usages, vocabulary and grammar of the French language, called the Académie Française, though its recommendations carry no legal power. You will find that many people, particularly in stores and restaurants, are able to communicate in English as well. (For some useful tips and phrases, see **Appendix I.**)

Transportation

There are many modes of transportation in Paris and Reims, some of which are safer and more reliable than others. Below is some basic information about how to get around, but also refer to the **Health, Safety, and Security** sections of this Program Handbook for tips about safe travel.

Paris

- **Foot:** First and foremost, Paris is a walking city. This is often the fastest, most convenient, and most beautiful method of transportation. Sciences Po-Paris is in a neighborhood that is within walking distance from the Louvre, Musée d'Orsay, and other points of interest. It is safe to walk in Paris during the day, but be more cautious

¹ <https://www.cia.gov/library/publications/the-world-factbook/geos/fr.html>

² <https://www.insee.fr/en/accueil>

at night, especially in certain neighborhoods. It is always advisable to avoid walking alone at night.

- **Metro:** The Metro in Paris is fast, safe, and reliable. The time between stations is about 1 minute, and trains come about every 3-5 minutes during peak hours. Note: The Metro only runs until 12:40am on weekdays and until 1:40am on the weekends.
Budgeting Tip: It is common for students to purchase a monthly Metro (Navigo) pass. This pass costs between 60 and 80 euros, depending on which part of Paris you live in, and can be purchased in most Metro stations. This is about the same as the cost of a monthly CTA pass, but the Metro is much more efficient and convenient than the 'El.'
- **Bike:** Paris's very successful bike-share program, known as the Vélib, changed operators in 2018. The rollout was riddled with problems, and ridership plummeted. There are now a few different bike-sharing programs, but since the bike-sharing industry has been in flux in many major cities, including Paris, you are encouraged to tread carefully. Also be sure to review the fine print of any agreements, as fees can be hefty.
- **Taxi/Uber:** Taxis are abundant in Paris. While they may be difficult to hail, there are convenient taxi stands located every few blocks on major streets. Taxis are not too expensive, but prices can change depending on the hour or even the driver. Try to use as much French as possible to get a fair rate, or share rides with friends. Uber also operates in Paris.

Reims

- **Foot:** Reims is also a walking city. Although Sciences Po-Reims is slightly outside of the downtown corridor, it is not far to walk between campus and downtown Reims. It is safe to walk in Reims during the day, but be more cautious at night, especially in certain neighborhoods. It is always advisable to avoid walking alone at night.
- **Bus/Tram:** There are bus and tram lines throughout Reims. Refer to the CITURA website for information about the public transportation system in Reims: <https://www.citura.fr/>
- **Bike:** There are bicycle rental companies in Reims that cater to tourists wishing to visit champagne houses, vineyards, and/or the lovely natural areas in and around Reims. If you enjoy cycling, you may wish to purchase a bike. Contact past students and/or inquire upon your arrival about any used bike shops.
- **Taxi/Uber:** Taxis are common in Reims, but taxi stands can have long lines at certain times of day. You can call a taxi, but it may take some time for taxi drivers to arrive after you call them. Taxis are not too expensive, but prices can change depending on the hour or even the driver. Try to use as much French as possible to get a fair rate, or share rides with friends. Uber also operates in Reims.

Getting To/From the Airport

You are responsible for getting yourself from the airport to your housing in Paris or Reims.

Paris

GLO **strongly recommends** that you take a taxi or airport shuttle from the airport directly to your accommodations in Paris, rather than trying to navigate the RER train/metro with your luggage. A taxi is the quickest and easiest - but most expensive - option, as taxis from

Charles de Gaulle (CDG) to the city center cost about 50-70 euros. You can also arrange for a shuttle transfer; this option may take a bit longer, but it will also take you directly to the hostel and will be less expensive than a taxi. Possible shuttle services include:

- Super Shuttle: <https://www.supershuttle.com/locations/paris-bva-ory-cdg/>
- Airport-Shuttle.com: <http://www.airport-shuttle.com/>

Be very careful with your belongings at the airport and when boarding a taxi or shuttle. Make sure your bags are in your possession at all times.

Reims

There are a few different ways to get to Reims from Charles de Gaulle (CDG) airport. GLO provides two possibilities below, but you are encouraged to contact past students for advice.

1. Take a high speed train (TGV) from Charles De Gaulle airport directly to Reims. In this case, just follow the signs to the TGV at the airport, and then take the TGV to Champagne-Ardenne. From there, you can either take the TER or the tramway into the Reims city center, or you can just take a taxi. Taxi drivers will know where Sciences Po is, and depending on where you will be staying for your first night, they should also know where hotels and student residences are.
2. An alternative is for you to take a taxi or shuttle into Paris, which drops you off at the Gare d l'Est. From there, you can take a train from Paris to Reims GARE (not Champagne-Ardenne). From the Reims GARE, you can take a taxi.

You can book train tickets in advance at <http://uk.voyages-sncf.com>. There are a number of trains each day, so you have options. But if you decide to book your train ticket before you arrive (they can be a bit cheaper if you buy in advance, and trains can fill up), be sure to give yourself ample time to collect your bags.

Also, you'll have lots of luggage, so be very careful with your belongings at the train station(s). Don't let your belongings out of your sight!

Visas

As a reminder, you will need a long stay student visa in order to study in France. This visa has a two-part application process, which is outlined in detail in the Visa Guide(s) already distributed. The process can take up to two months, so we encourage you to complete the visa application process before leaving campus.

Money Matters

Refer to **Appendix II** for cost information for your program. Also reference the Money Matters section of the GLO website and the relevant modules in Canvas for information about billing, financial aid, and budgeting: <https://www.northwestern.edu/abroad/money-matters/index.html>. If you have any questions about billing, financial aid, or scholarships, email Krista Bethel in Undergraduate Financial Aid at krista@northwestern.edu.

Identity Abroad

The sections below provide some basic information, summarized from the Diversity Network Country Diversity Climate Notes for France³, and reflections from past students about the cultural climate of France. Also reference the Identity Abroad pages on the Global Learning website: <https://www.northwestern.edu/abroad/student-experiences/identity-diversity/index.html>.

Cultural Adjustment: Reflections from Past Students

Pre-Departure

- *“French stereotypes abound in the United States. I suggest avoiding cliché YouTube videos about Paris and what Parisians are like. Remember that you have a responsibility to showcase the best of your home university’s students, so make sure to avoid asking intrusive or impolite questions. I recommend asking your orientation leader questions about the university you’re going to be attending, as well as what the students are like.”*
- *“Watching films really helped me. I tried to watch as many french new wave films and get a strong background in that. It helped that I followed the presidential elections in the country that took place just before i got there, but that is hard to replicate on yearly basis i think. Reading newspapers in French or just following French news in English through the BBC or other sources are very useful.”*
- *“...read le monde, and understand French politics. Take classes.”*

While abroad:

- *“This has been said before and will be said again, but don't get overwhelmed by Paris! Know that you don't HAVE to go to every famous place, even if people pressure you. I know that I didn't see everything, but I feel like the famous monuments and museums I saw were only half of what made my experience so enjoyable. It is the places that you find on your own or with friends that are the most culturally stimulating and exciting anyway.”*
- *“This was my first time living in a major city, commuting by the metro, and speaking a different language constantly. All these things require adjustment.”*
- *“You won't regret going out or going to some new Parisian neighborhood instead of just going home after class. It's important to stay healthy and rested, but take advantage of the downtime!”*
- *“Culture-wise, be open-minded about your experiences. I realized how U.S/America-centered my education has been and it was good to expand my horizons and learn about a different culture and society.”*
- *“I dressed differently, acted more reserved walking and traveling through the city, [and] ate a different diet.”*
- *“I think I began to smile less and be so expressive. I began to notice more things too though. I learned to be more observant and curious.”*
- *“I would go to popular locations in the area and sit and observe how the French behave and interact with one another.”*
- *“...go to markets, and involve yourself in student groups or take an art studio.”*

Gender Roles & Identity

Female students traveling to France can expect a level of protection and respect equivalent to what they experience in the United States. However, it is still important that all students –

³ Adapted from the Diversity Abroad Network. (2019).

regardless of gender – follow the guidelines and precautions outlined in the **Gender and Health & Safety** sections of the Global Learning website, as well as the pre-departure modules in Canvas related to gender, sexuality, sexual health, and sexual violence response.

Gender Identity: Reflections from Past Students

- *“I was not prepared for the aggressive way men approach women in France, so that was a big adjustment that we had to deal with on a consistent basis while being there.”*
- *“I wasn't prepared for the amount of sexual harassment that I experienced in Paris.”*
- *“I experienced very little harassment (as I am a woman.) I felt very safe.”*
- *“Just as a woman studying abroad, I recommend seeking out information about how to protect yourself in Paris.”*

Race and Ethnicity

Although Paris is an ethnically diverse city, and Reims has a large and diverse student population, French national identity is based on its Gallic heritage. According to the same 2015 Eurobarometer, 82 percent of respondents believed discrimination based on ethnic origin to be widespread in France⁴. Students of color may find France to be less prejudiced, in general, than many parts of the U.S., but others may experience individuals with significant ignorance of racial and ethnic diversity. Resource:

- Mouvement Contre le Racisme et pour l'Amitié entre les Peuples: www.mrap.fr

Race & Ethnicity: Reflections from Past Students

- *“One of my biggest challenges was the racism I experienced both walking on the streets of Paris and in my homestay... Race and ethnicity are regarded very differently in France. The French promote social solidarity and no differentiation and don't even have censuses. However, this thinly disguises the racial tensions that occur and it's important to be aware of that, especially as a POC...If you're a POC, be aware that perspectives on race and ethnicity are much different in France. Although some people may not realize the significance of their words, they may still be saying things that do not run well with you.”*
- *“The French talk about race in a manner very different than in the United States, and it might be perceived as insensitive by some. I had some difficulties with that.”*
- *“Be mindful that if you are not Caucasian, people might ask you where you are from and probe you about your ethnic origin. Most don't mean to be racist or ignorant, they're simply curious.”*
- *“I never felt less aware of my racial (Indian) identity than I did in France. I felt acutely AMERICAN, but rarely felt aware of my ethnic background...I experienced no racial microaggressions/discrimination. That being said, the discourse and language around race is very different, and might come across as offensive.”*
- *“They don't really understand divorces or mixed race or ethnically ambiguous people and will often outright ask about your parentage, so be prepared to repeat it many times.”*
- *“Most Parisians are very open-minded and welcoming. During my travels though, I did experience some harassment for being Asian/woman. Just be smart and safe.”*
- *“French people have a different way of speaking about race than Americans, and discrimination/racism exists outside the U.S. But you should keep in mind that not all the questions French people ask about race are meant to be offensive; they just have a different understanding of race and ethnicity.”*

⁴<http://ec.europa.eu/COMMFrontOffice/publicopinion/index.cfm/Survey/getSurveyDetail/instruments/SPECIAL/surveyKy/2077>

Sexual Orientation and Identity

According to a 2015 Eurobarometer, 72 percent of respondents believed discrimination based on sexual orientation to be widespread in France⁵. In general, however, French society is highly tolerant and upholds LGBTIA rights. It has recognized same-sex civil unions since 1999. Laws protect individuals and groups from all hate crimes and discrimination based on sexuality. There are gay clubs, bars, and businesses, so LGBT students will likely be able to find a community of friends, groups, organizations, and establishments in Paris. Resources:

- Centre Lesbien, Gai, Bi et Trans de Paris: <http://www.centrelgbtparis.org/>
- Paris (GlobalGayz.com): <http://www.globalgayz.com/europe-paris-1/475/>

High Financial Need

France has a large social welfare system and less economic inequality than the United States, but there has been a growing gap separating the wealthiest French citizens from the rest of the population. According to a December 2017 Eurobarometer, 85 percent of French citizens believe that differences in people's incomes are too great. These growing inequalities – and limitations in government policy – have sparked debate and protest.

The cost of living in Paris is higher than in Evanston. In general, you may find that the price of items is similar to what you would experience in the United States, but in Euros instead of dollars. This means that every item you purchase will be about 15-20% more expensive, given the currency conversion.

The cost of living in Reims is lower than in Paris, but there are some items that may be more expensive than in Evanston and others that are less expensive or a similar price. The price of food – purchased at markets or in cafes and restaurants – will likely be higher than in Evanston and closer to what you would experience in Paris. However, transportation costs and personal expenses may be lower. Also, keep currency conversion rates in mind.

The student budget sheets in **Appendix II** reflect average out-of-pocket costs experienced by past students, but these totals can be challenging to manage over the course of the semester-length program. All students, but especially students with high financial need, are encouraged to keep a weekly and monthly budget to track their spending. Refer to the **Budgeting & Planning** section of the GLO website for more information:

<https://www.northwestern.edu/abroad/money-matters/budgeting-planning/index.html>.

Students with high financial need may find that the French people that they meet assume that they are wealthy, because they are from the United States. They may also experience pressure from their friends and other exchange students to travel often. Some students may be able to afford to travel outside of Paris multiple times, but many will not. Like you do with your daily living expenses, you are encouraged to set a travel budget, if you plan to travel, and stick to this. Also seek out free and low-cost options in and around Paris and Reims. There are many discounted activities for students!

⁵<http://ec.europa.eu/COMMFrontOffice/publicopinion/index.cfm/Survey/getSurveyDetail/instruments/SPECIAL/surveyKy/2077>

Budgeting & Finances: Reflections from Past Students

- *“I think that budgeting was the most challenging part of the abroad experience. I was able to lower my costs by keeping a very detailed ledger and adjusting my spending accordingly each month. I also ended up buying groceries occasionally to keep breakfast and lunch costs down.”*
- *“You will spend more than you think! Everyone that I talked to spent much more than they expected, especially the first month. Make sure you have everything sorted with your bank before you arrive so you can avoid unwanted charges.”*
- *“[I wish I had known h]ow easy it is to spend money! I greatly exceeded what I had thought was a reasonable budget beforehand. Of course, much of that is my own poor planning, but it is much easier to spend money than I thought!”*

Religion and Spirituality

The majority of French citizens identify as Roman Catholic, but many are agnostic, and many practice other religions, including Protestantism, Judaism, and Islam. A number of places to worship exist in Paris and Reims, so students wishing to attend church, mosque, or synagogue services will have easy access to do so. Religion is an important – and in some cases, contentious – issue in France, so students may experience intellectual discussion and debates around religion and religious freedoms, among other political and cultural issues.

Resource:

- Places of Worship in Paris: <http://en.parisinfo.com/what-to-see-in-paris/place-of-worship>

Health, Safety, and Security

The sections below provide information about health and safety risks and resources in France, including reflections from past students. Refer back to the **Health & Safety** section of the GLO website and the modules in Canvas for more information about preparing for and responding to health, safety, and security concerns.

Staying Healthy

In its 2000 assessment of world health care systems, the World Health Organization found that France provided “the best overall health care” in the world. Private hospitals and medical staff are of an international standard, and all large centers have full specialist care with providers who speak English.

Food and water are safe in most locations, but you should always wash your hands with soap or use an alcohol-based hand sanitizer before eating. If you are traveling out of Western Europe, be sure to do some research on food and water safety before you go.

Safety and Security

In addition to the **Travel Safety** information outlined on the Global Learning and Global Safety and Security websites, you are advised to follow the precautions below during your time in France.

- Refer to the U.S. Department of State Country Information Sheet for safety and security guidelines: <https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/France.html>
- Petty crime is common at airports, on public transportation, and in tourist locations. Be vigilant, and care for your belongings.
- Crimes of opportunity are more likely to become violent: 1) on the street late at night, and/or 2) when the victim resists. If you are confronted, COOPERATE! Give the criminal what they ask for. Concentrate on remembering a description, which you can provide to the police.
- France has been the target of several high-profile terror attacks, so French and European governments have been taking action to guard against terrorist threats. Students should keep their phones on, charged, and loaded with airtime, so that they are reachable in case of emergency. Students are also advised to avoid large crowds or crowded places when possible and to exercise particular caution. In the event of heightened threat, students should return to (or remain at) a safe location, such as Sciences Po or their accommodations, until further notice.
- Civil protest in France over various social issues (salaries, retirement, human rights, etc.) is quite common, and this typically takes the form of peaceful demonstrations. As a reminder, students are not permitted to participate in—or attend—any kind of public demonstration. In the event of severe civil unrest, students should return to (or remain at) Sciences Po or in their homes, avoid the demonstration route, and stay there until the situation stabilizes. On-site administrators will contact students with information about demonstration routes, dates, and times.
- Women should exercise extra caution. While the incidence of sexual assault is statistically low, attacks, harassment, and other forms of sexual violence do occur.

- Refer to the Paris Police Prefecture pamphlet in English, which offers practical advice and useful telephone numbers for visitors.
 - “Guide to Staying Safe in Paris”:
https://www.prefecturedepolice.interieur.gouv.fr/content/download/3275/15387/file/guide_paris_2013_gb_bd.pdf

Frequently Asked Questions (FAQs)

Packing

Is there anything special that I need to pack for my program?

Past students have recommended bringing good walking shoes and boots, as walking will be the primary method of transportation in Paris and Reims.

Food & Water

Can I drink the water?

Yes. Tap water is very safe in France. Do not be shy in asking for water at restaurants if you are not immediately offered this. Bottled water in restaurants can be expensive, and it is typical to ask for tap water (“une carafe d’eau”).

What is typical food?

French cuisine is considered one of the best in the world. Each region prides itself on a specialty, so take some time to explore all of the different kinds of food that are considered “French.” In general, the food that is eaten in restaurants can be very different from the food that is eaten in French homes. Paris and Reims, furthermore, are international cities. It might be a little difficult to track down your favorite ethnic cuisine, but there are several neighborhoods that specialize in certain kinds of world foods.

Is the local cuisine vegetarian friendly?

French cuisine is not inherently vegetarian-friendly, but Paris and Reims are metropolitan cities and becoming more and more aware of the needs of vegetarians!

Money

How much does the program cost?

See **Appendix II** or refer to the program website for a breakdown of program costs.

Are meals included in my Program Fee?

No. All room and board costs are out-of-pocket costs for students. Only tuition, orientation expenses (if applicable), and GeoBlue travel health insurance are included in the program fee billed by Northwestern.

How much money should I plan to spend?

Refer to the student budget in **Appendix II** for an estimate of costs for room and board, books, local transportation, and personal expenses. The figures included in the budget represent averages reported by past students spent over the entire duration of the program.

Be aware that your student budget does not include personal travel, and traveling can quickly add up. Travel costs will depend upon the nature of your trips, but weekend trips will likely cost no less than 150 euros.

How much cash should I bring?

For safety reasons, you are advised to bring no more than \$200 cash with you, plus a credit card and an ATM or debit card to use for purchases and to access additional funds. It is also

recommended that you bring a second credit card in case of emergency. If you choose to bring more U.S. dollars, be sure to pack safely and monitor your belongings while traveling.

Communications

How do I get a cell phone that works in France?

In Paris, the vast majority of students opt to get a plan through Free Mobile:

<http://mobile.free.fr/>. Free Mobile tends to offer the best rates for students and other short-term visitors to France. There is one Free Mobile store in Paris and one in Reims. There are three primary cell phone providers in France, each of which has its own offers: Orange, SFR, and Bouygues. You should still review your options and make decisions based on how you intend to use your phone for calling, texting, and data.

As a reminder, if you intend to use your U.S. smartphone with a French SIM card, you have to make sure that your phone is unlocked. Contact your U.S. cell phone provider for more details. Contact previous students for tips on cell phone purchase and use. Also refer to information on the GLO website: <https://www.northwestern.edu/abroad/study-abroad/prepare-and-go/communication.html>.

Transportation & Travel

Will I be picked up from the airport?

No. You will need to arrange your own transportation from the airport to your accommodations.

How will I get back to the airport for departure?

You will be responsible for getting to the airport for your return flight.

How much free time do I have? What can I expect to do outside of class?

This is up to you and how you organize your class schedule. There are a wide variety of places for you to explore in and around Paris and Reims. Contact the Ambassadors for your program to get suggestions for things to do in your spare time:

<https://www.northwestern.edu/abroad/student-experiences/ambassador-program/student-ambassadors.html>

Links & Recommended Reading

Program & Country Information

- GLO: Sciences Po-Paris program page: <https://www.northwestern.edu/abroad/study-abroad/explore-programs/europe/sciences-po-paris-exchange.html>
- GLO: Sciences Po-Reims program page: <https://www.northwestern.edu/abroad/study-abroad/explore-programs/europe/sciences-po-reims-exchange.html>
- Sciences Po-Paris: Exchange Programme Page: <https://www.sciencespo.fr/college/en/academics/exchange/paris>
- Sciences Po-Reims: Exchange Programme Page: <https://www.sciencespo.fr/college/en/academics/exchange/reims>
- Student Blogs: <https://sites.northwestern.edu/studyabroadblogs/>
- Connect with past students: <https://www.northwestern.edu/abroad/student-experiences/connect-with-students/index.html>
- CIA World Factbook France: <https://www.cia.gov/library/publications/the-world-factbook/geos/fr.html>
- U.S. Department of State Country Guide for France: <https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/France.html>
- Sciences Po: Living in Paris: <http://www.sciencespo.fr/students/en/get-started/campus/paris>
- Sciences Po: Living in Reims: <http://www.sciencespo.fr/students/en/get-started/campus/reims>
- Paris tourism site: <http://en.parisinfo.com/>
- Reims tourism site: <https://www.reims-tourism.com/>

Health & Safety

- Northwestern Office of Global Safety and Security: <http://www.northwestern.edu/global-safety-security/index.html>
- Northwestern Counseling and Psychological Services (CAPS): <http://www.northwestern.edu/counseling/>
- Northwestern Center for Awareness, Response, and Education (CARE): <http://www.northwestern.edu/care/>
- Northwestern Travel Health Services: <http://www.northwestern.edu/healthservice-evanston/medical-services/travel-health-services/index.html>
- World Health Organization: France: <http://www.who.int/countries/fra/en/>
- CDC: Health Information for France: http://wwwnc.cdc.gov/travel/destinations/traveler/extended_student/france
- GeoBlue Health Insurance: <https://www.geo-blue.com/>
- Smart Traveler Enrollment Program: <https://step.state.gov/step/>

Appendix I: Language Tips & Useful Phrases

When you walk into a store or restaurant, always greet the employees or owner. When you leave, say thank you and goodbye. You will quickly observe that all the French customers do this as a sign of courtesy and respect. Simply saying “bonjour” goes a long way in France, even when getting on a bus or asking for directions. Not saying hello can ensure poor service!

Below are some useful phrases for communicating and getting around while in Paris.

English	French
Hello	Bonjour or salut (more informal)
Goodbye	Au revoir
Good evening	Bonsoir
Yes	Oui
No	Non
Please	S'il vous plaît or S'il te plaît (more informal)
Thank you	Merci
Excuse me	Excusez-moi, or pardon
I'm sorry	Désolé
How are you?	Comment allez-vous? Comment ça va?
Where is...?	Où est...?
What?	Comment?
My name is	Je m'appelle
I would like	Je voudrais
Could you please take a picture of us?	S'il vous plaît, pouvez-vous nous prendre une photo?
Could you please take a picture of me?	S'il vous plaît, pouvez-vous me prendre une photo?
Where is the bathroom?	S'il vous plaît, où sont les toilettes?
Can I please get the check?	L'addition s'il vous plaît?
How much is it?	Ça coûte combien, s'il vous plaît?
Can you help me?	Pouvez-vous m'aider?
Do you speak English?	Parlez-vous anglais?
I do not speak French	Je ne parle pas français
I do not understand	Je ne comprends pas

Appendix II: Cost Breakdown

2019-2020 Program Cost Information Sciences Po-Paris Exchange (Paris, France)

FEES CHARGED BY NORTHWESTERN			
	Fall 2019	Full Year 2019-20	Winter/ Spring 2020
Program Fee Students are charged a program fee equivalent to the Northwestern University tuition rate. The program fee covers program expenses, including academic fees, program administration, and orientation (if applicable). It also includes GeoBlue Global Health Insurance, which is purchased by GLO on students' behalf for the full length of the program.	\$18,744 1 quarter of tuition	\$56,232 3 quarters of tuition	\$28,116 1.5 quarters of tuition
Study Abroad Administrative Fee Students are exempt from the Study Abroad Administrative Fee.	\$0	\$0	\$0
TOTAL FEES CHARGED BY NORTHWESTERN	\$18,744	\$56,232	\$28,116

ESTIMATED ADDITIONAL COSTS			
International Airfare Students are responsible for making arrangements to fly round-trip to their host city. International airfares vary greatly based on the point of departure, carrier, and type of ticket purchased as well as volatility of airline industry pricing. Students may choose to take advantage of frequent flyer or other airline awards available to them, which could significantly lower their travel costs.	\$1,500	\$1,500	\$1,500
Room & Board Students are responsible for making their own accommodations arrangements, based on suggestions from GLO and the host institution (if applicable). Costs can vary by housing type. Housing and meal costs provided here represent expected averages.	\$7,200	\$14,400	\$7,200
Visa Fees	\$290	\$290	\$290
Books & Supplies	\$200	\$400	\$200
Local Transportation	\$400	\$800	\$400
Personal Expenses Personal expenses vary based on individual spending habits and budgets. Figures represent student-reported averages and include incidentals and living expenses, such as clothing, toiletries, entertainment, and communication expenses. Students who plan to travel outside of their program location should estimate an additional \$500-\$2,000.	\$1,200	\$2,400	\$1,200
TOTAL ESTIMATED ADDITIONAL COSTS	\$10,790	\$19,790	\$10,790

TOTAL STUDENT BUDGET (Fees + Estimated Additional Costs)	\$29,534	\$76,022	\$38,906
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**2019-2020 Program Cost Information
Sciences Po-Reims Exchange (Reims, France)**

FEES CHARGED BY NORTHWESTERN			
	Fall 2019	Full Year 2019-20	Winter/ Spring 2020
Program Fee Students are charged a program fee equivalent to the Northwestern University tuition rate. The program fee covers program expenses, including academic fees, program administration, and orientation (if applicable). It also includes GeoBlue Global Health Insurance, which is purchased by GLO on students' behalf for the full length of the program.	\$18,744 1 quarter of tuition	\$56,232 3 quarters of tuition	\$28,116 1.5 quarters of tuition
Study Abroad Administrative Fee Students are exempt from the Study Abroad Administrative Fee.	\$0	\$0	\$0
TOTAL FEES CHARGED BY NORTHWESTERN	\$18,744	\$56,232	\$28,116

ESTIMATED ADDITIONAL COSTS			
International Airfare Students are responsible for making arrangements to fly round-trip to their host city. International airfares vary greatly based on the point of departure, carrier, and type of ticket purchased as well as volatility of airline industry pricing. Students may choose to take advantage of frequent flyer or other airline awards available to them, which could significantly lower their travel costs.	\$1,500	\$1,500	\$1,500
Room & Board Students are responsible for making their own accommodations arrangements, based on suggestions from GLO and the host institution (if applicable). Costs can vary by housing type. Housing and meal costs provided here represent expected averages.	\$5,600	\$11,200	\$5,600
Visa Fees	\$290	\$290	\$290
Books & Supplies	\$200	\$400	\$200
Local Transportation	\$500	\$1,000	\$500
Personal Expenses Personal expenses vary based on individual spending habits and budgets. Figures represent student-reported averages and include incidentals and living expenses, such as clothing, toiletries, entertainment, and communication expenses. Students who plan to travel outside of their program location should estimate an additional \$500-\$2,000.	\$1,200	\$2,400	\$1,200
TOTAL ESTIMATED ADDITIONAL COSTS	\$9,290	\$16,790	\$9,290

TOTAL STUDENT BUDGET (Fees + Estimated Additional Costs)	\$28,034	\$73,022	\$37,406
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