

PARIS



ACCENT

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Pre-Departure  
Student Handbook

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**Dear Student,**

Welcome to the ACCENT Paris Program! We are looking forward to your arrival. Please take the time to read this pre-departure student handbook thoroughly as it will answer many of the questions you may have about the program.

Upon your arrival in Paris, you will receive *Paris at Your Fingertips* which gives you further information about living in Paris and making the most of everything this great city has to offer. This handbook, combined with the comprehensive pre-departure preparation and on-site orientation program, will provide much of the information you need to have a successful, safe and productive program in Paris.

In the meantime, should you have any further questions, please feel free to contact our San Francisco Center.

We look forward to seeing you in Paris.

A bientôt!

Melissa Smith-Simonet  
Director, ACCENT Paris Center



**ACADEMICS ABROAD**

ACCENT is an independent study abroad organization coordinating overseas study programs with over 50 colleges and universities throughout the U.S. As the program provider for your study abroad program, ACCENT is responsible for coordinating housing, excursions, classroom space and many other features of your program. The American college or university sponsoring your program offers the classes and credit you will earn for your work overseas.

**TRAVEL DOCUMENTS**

**Passports**

Your passport is your only valid form of identification while you are overseas. **Each participant must have a passport that will be valid for at least 6 months after the end of the study program.** A passport is required to board the plane in the United States and to go through immigration when you arrive overseas. Police and other authority figures overseas have the right to ask to see your passport at anytime so you should always have your passport, or a copy of the photo page of your passport, at your disposal.

If you have not already done so, you will need to apply for your passport. First time applicants will need to apply in person at the nearest pas-

port agency or acceptance facility. The quickest way to begin this process is to go online and download an application from <http://travel.state.gov/passport>. You can use this site to research everything you need to know about the application process and to locate the passport office nearest you. Application requirements include, but are not limited to: a birth certificate, driver's license, 2 passport photos and the application fee.

*Please note: current passport processing times are 4-6 weeks for routine applications and 2-3 weeks for expedited applications.*

If your current passport is not valid for at least 6 months after the end of the program, you will need to renew your passport. This may be done by mail, if you meet certain requirements. The renewal application may also be downloaded from the website listed above.

If your departure date is sooner than 4 weeks away and you have not yet begun the application process, you should consider using an expedited service such as [www.passportsandvisas.com](http://www.passportsandvisas.com). Though these services cost more than applying through a passport office, you will have the

comfort of knowing that you will have your passport before your departure date.

To check on the status of your passport application, please visit: [https://passportstatus.state.gov/opss/OPSS\\_Status\\_ip.asp](https://passportstatus.state.gov/opss/OPSS_Status_ip.asp).

**Requirements to Study & Travel in Europe (visas)**

The duration of your program is less than 90 days therefore U.S. passport holders do not require a visa. If you plan to stay overseas for more than 90 days (in the Schengen countries), you are required to obtain a visa from the French Consulate in the U.S. in order to cover your independent travel.

*A non-expedited passport may take up to 4 weeks to arrive after you apply for it.*

U.S. passport holders are permitted a one-time stay in the Schengen countries for up to 90 days within a 6 month period without a visa.

For more information about visa requirements, please visit the French Ministry of Foreign Affairs website at: <http://www.diplomatie.gouv.fr/en>.

**Non U.S. Passport Holders**

If your passport is from any country other

than the U.S., you must check with the French Consulate to see if you will need to get a visa. Each country's citizenship may have different requirements to enter and stay in France. The time it will take to process your visa application may be much longer so please begin researching this as soon as possible.

If you plan to travel to other countries while in Europe, it is recommended that you check with the consulates of EVERY country that you plan to visit as they may have different restrictions.

## LIVING IN PARIS

### Student Housing

European student residences and student hotels tend to be simple and do not include air-conditioning. The student residences in Paris are co-ed with single-sex rooms and are furnished with the necessities: a bed, a desk, a closet or armoire, sheets, pillows and blankets. **Bathrooms (toilets and showers) are located down the hall and are co-ed with dormitory style individual changing and showering stalls.** Students need to provide their own towels, soap, shampoo, etc. Residences include shared kitchenettes in the hall with limited facilities. Kitchenettes generally include a stove, a microwave oven and a sink but kitchenware and cooking utensils are not provided.

Living in a student residence requires sharing space and being respectful of the needs of others. European student residences tend to be much smaller than you may be used to and storage space in accommodations is limited, something to keep in mind as you are packing. Residences are also quiet as students generally socialize away from the residences. Student residences require that quiet hours be observed between 10PM and 8AM. Overnight guests and excessive noise are prohibited and Parisians are quite serious about this. Parties are not allowed within the student residences and students who violate these rules may be expelled. There are numerous cafés and restaurants in the vicinity of the student residences where you can gather socially.

### University Food

University restaurants, also known as Restos-U, are located throughout Paris. These cafeterias are designed specifically for students, and are extremely inexpensive as they are subsidized by the French government. Most Restos-U work on a ticket system although some only accept cash. The food is perhaps uninspired but it is inexpensive and filling. French students eat the basic fare of a main dish, bread and a vegetable for a low set price. Drinks, salads and desserts often cost extra. Vegetarians may substitute the main

dish with a salad, bread or another vegetable but vegetarian cooking is not advanced. You will be given a list of Restos-U, along with their locations and hours, at your on-site orientation in Paris.

### Eating Out

Paris offers endless options for eating out, from haute cuisine to fast food and everything in between. There are crêpe and sandwich stands throughout Paris and many bistros, restaurants and cafés offer fixed menus (i.e. a whole meal for a fixed price). In addition, shopping the open air markets is an excellent way to experience Parisian cuisine while saving money.

Although vegetarianism has not been widely embraced in France, vegetarians should be able to find meatless options at most restaurants. There are also a few strictly vegetarian restaurants in the city. The ACCENT Paris Center can provide you with a helpful list.

## COMMUNICATING WITH FRIENDS & FAMILY

### Letters from Home

Regardless of your accommodations, your mail and any packages will be received at the ACCENT Paris Center. Mail should be addressed as follows:

#### Your Name

c/o ACCENT Student Mail  
89, rue du Faubourg Saint-Antoine  
75011 Paris  
FRANCE

Be sure to write AIRMAIL on all mail sent overseas.

### Packages

Receiving packages overseas can be very costly for students, particularly FedEx and UPS packages. Please note that packages sent may be held in customs for a lengthy period of time and, when released, may include substantial customs charges. If it is necessary to receive a package while overseas, we recommend friends and family use USPS as customs taxes tend to be significantly higher with FedEx and UPS. Customs charges are usually based on the dollar value declared when a package is sent however these charges are somewhat arbitrary and therefore nearly impossible to predict. Fees as high as \$100 or more for something as simple as a coat or care package are not uncommon.

Asking friends and family to declare "Used Items For Personal Use Only/No Commercial Value" on packages shipped overseas may alleviate high customs charges but be forewarned

that even inexpensive items that are correctly marked "Used Items For Personal Use Only/No Commercial Value" are not immune to customs charges or delays. Customs officials have the right to examine the contents of any package and assess their value. ***Under no circumstances should medications, food, laptop computers, cellphones or iPods be shipped overseas.***

In the event that a package arrives, ACCENT will sign for it and keep it at the ACCENT Center until you are able to come and pick it up. Under some circumstances (including packages not addressed c/o ACCENT Student Mail or customs delays and/or charges), ACCENT may be unable to sign for a package. In such cases, you will be contacted and provided with information about where you can go to pick up your package. It is important to remember that packages sent to you overseas and any customs charges incurred are your direct responsibility. ACCENT cannot intervene on your behalf with the local postal service if there are problems receiving your packages. **Any packages that arrive after the program end date cannot be forwarded or returned. If ACCENT receives a package after you leave, we will instruct the shipping company to charge any custom fees to the sender.**

If you need to receive important documents overseas, we recommend that you have them sent by private express mail (Federal Express, DHL, etc.). The item will be registered and insured and the mailing time will be less than that of the Postal Service. The express mail service offered by the U.S. Postal Service takes much longer than the private services because the express envelope enters the regular mail system once it arrives overseas.

**Please note that these are just guidelines. Before shipping anything overseas, it would be well worth your time to research the prices and regulations of various companies.**

### Faxes & Photocopying

Faxes may be received and sent at the ACCENT Paris Center. Students may also print from the computer lab and make photocopies. A nominal fee will be charged for these services.

### Making Phone Calls

Student residences in Paris all have a telephone which allows students to receive incoming calls for free. In order to call out, students are required to purchase prepaid minutes.

Most students find that the most convenient way to make and receive phone calls is to pur-

chase a moderately priced pre-paid cell phone on site in Paris. This will allow you to have a phone number at which you can easily be reached and you will not be charged for your incoming calls or text messages. Further information about purchasing cell phones will be provided at the on-site orientation in Paris.

Many U.S. cell phones work in Europe but often carry high charges for calls. Some students have had success bringing *unlocked* tri-band or quad-band cell phones from the U.S. and purchasing SIM cards overseas. Check with a cellular provider for more details.

*Laptop computers are among the most frequently stolen items from travelers*

If a family member urgently needs to contact you while you are overseas, they may call either the Paris or San Francisco Center to leave a message. ACCENT cannot give out student contact information to callers. In most cases, the ACCENT staff can only take a message and cannot guarantee when a student will collect the message however ACCENT staff will interrupt class in the event of an extreme emergency.

ACCENT Paris Center

Phone: +33 1 53 02 01 30

Fax: +33 1 53 02 01 31

ACCENT San Francisco Center

Phone: (415) 835-3744 or

(800) 869-9291

Fax: (415) 835-3749

*Note: Paris is 9 hours ahead of Pacific Time, 8 hours ahead of Mountain Time, 7 hours ahead of Central Time and 6 hours ahead of Eastern Time.*

### Email and Videochat

By far the least expensive way to keep in touch with friends and family while you are overseas is via email and videochat (using programs like Skype, iChat and Google Chat). You will have limited access to the ACCENT Paris Center Macintosh computer lab throughout the duration of your program. The lab is primarily an academic resource, but may be used for email, internet access, etc. WIFI is also available at the ACCENT Center during office hours.

*Note: students should not expect to be allowed to use chat programs at the ACCENT Center.*

### Laptop Computers

Many students will bring a laptop computer to Europe. If you do bring one, the following information will be helpful:

- Internet access on your laptop from student residences is generally available.

- Some of your courses will require you to use a computer for preparing academic course work. If you work on a laptop, you will be able to print out documents in the computer lab for a small fee.

- Do not ship your laptop overseas. Your laptop may be held for inspection by customs officials and customs fees are quite costly, even for older laptops.

- You should be certain your laptop is fully insured in case of loss or theft as the ACCENT program does not provide insurance for personal property.

- Make sure your laptop has antivirus software, runs smoothly and has been serviced recently. Repairs on-site are expensive and time-consuming.

- Be sure to carry your laptop with you at all times and never set the bag containing your computer out of reach.

Most laptop computers are equipped with a voltage converter allowing you to use the 220V electricity in Europe. Please read your manual to confirm. You will still need an adapter to change the plug shape to be able to plug your laptop into the wall however an additional converter should not be necessary.

## MONEY MATTERS

We recommend that you budget around \$300 to \$450 for each week that you are going to be in Paris. You will need this amount of money to cover basic living expenses: meals, personal necessities and entertainment. If you manage your basic expenses well, it may also cover some of your weekend traveling expenses. However, if you plan on traveling often, you may want to consider budgeting much more than this.

It is important to think about how you will handle your money overseas. We have found that the forms of money listed below are the most practical for students. The way in which you divide your money into the various forms is entirely up to you and how you feel most comfortable. We do recommend, however, that you choose several different forms of money so that if you have a problem with one, you will still have access to funds. **Above all, do not carry large amounts of cash which can be lost or stolen!**

### ATM Withdrawals

We strongly recommend that you bring an ATM card linked to your checking account in the U.S. This is by far the easiest way to access your money overseas and you will receive a more

favorable exchange rate. Ask your bank whether your ATM card will work overseas. The Cirrus and Plus systems are common ATM networks throughout Europe. In addition to finding these symbols on the back of your card, you should confirm with your bank that your PIN (personal identification number) will work in Europe. **Generally, any four digit PIN will work but you should call to be sure. PINs with fewer or more digits generally do not work overseas.** Keep in mind when choosing a PIN that ATMs overseas do not have letters on the keypads as they do in the U.S. Check with your bank to determine your daily withdrawal limit overseas and any fees associated with using a foreign ATM (there may be European ATM withdrawal limitations as well). Some banks have sister banks overseas; please inquire at your local branch. Students have had trouble accessing their savings account from Europe. Using a checking account and signing up for online banking is an alternative that allows you to easily transfer money between accounts and monitor bank fees, etc. Be sure to check with your bank about online banking fees and transfer limits.

### Foreign Currency

We highly recommend that you purchase \$100 – \$150 worth of euro from a bank or exchange office before leaving the United States. The first few days of your program will be structured with orientations and activities so you may not have time to locate the bank nearest to your accommodations. By arriving with euro in

hand, you will have a ready source of money for the first day or two until you get to know the layout of your neighborhood.

### Credit Cards

Credit Cards are useful in case of emergencies or for larger purchases such as train tickets and hotel rooms.

VISA is the most widely accepted credit card in Europe followed by Mastercard. American Express is not widely accepted. You should notify your bank and/or credit card companies that you will be traveling overseas. This will prevent them from questioning unusual activity and potentially freezing your accounts.

### Credit Card Cash Advance

You may obtain a cash advance with your VISA or Mastercard from a bank offering this service though, this can be an expensive way to access cash. We recommend that you obtain an international PIN for your credit card in the event that you need to obtain a cash advance. Your PIN is not usually required if the transaction is conducted inside the bank but you must show

*For better access to your bank accounts overseas, sign up for online banking and get a four digit PIN from your bank!*

your passport. Keep in mind when choosing a PIN that overseas ATMs do not have letters on the keypads as they do in the U.S. If you plan to use your credit card for cash advances, check with the issuing bank in the U.S. before departure to confirm that the card will be accepted by European banks and ATMs.

### Money From Home

Plan your finances carefully to avoid needing additional funds sent from home. You will need to plan for independent travel expenses as well as all incidentals not covered by the program. If you find it necessary to obtain funds from home, the following options are available:

**ATM Withdrawals.** The easiest and fastest way to receive money from the U.S. is for someone at home to deposit money into your checking account for you to withdraw overseas. The funds are usually available within several days. Remember, there may be a maximum withdrawal per day.

**Wiring Money.** One option for wiring money is to use the international transfer services operated by Western Union. All fees are paid in the U.S. American Express also maintains a wire service but please note that American Express charges high fees.

A third option for wiring money is the MoneyGram from Thomas Cook. All fees are paid in the U.S. For more information, contact a Thomas Cook office. For addresses of branches in Paris, please check: [www.thomascook.fr](http://www.thomascook.fr).

*Note: always remember to bring your passport when attending to financial transactions overseas.*

### The Euro

The euro is the currency unit for countries in the European Union (excluding the UK). When you first arrive, we recommend that you quickly familiarize yourself with the European currency. Keep the current exchange rate in mind but try to think in euro rather than converting to dollars.

At the time of this printing, approximately €0.75 = U.S. \$1.00. Divide euro amounts by 0.75 to gauge the price in dollars. Exchange rates fluctuate on a daily basis. You may wish to check out the most current exchange rate at [www.xe.com](http://www.xe.com) just prior to your departure.

**La Monnaie (Coins).** There are 100 cents in 1 euro. Coins come in denominations of 1 cent, 2 cents, 5 cents, 10 cents, 20 cents, 50 cents, 1 euro and 2 euro.

**Les Billets (Bills).** Euro bills vary in size and color. You may encounter denominations of €5, €10, €20, €50, €100, €200 and €500.

*Note: commas and periods are reversed in European monetary notation. For example, 1,00 is what we would consider 1.00 and 1.000 is what we would consider 1,000.*

## HEALTH & TRAVEL

Travel stress is a common condition experienced by travelers. Travel stress may cause you to become confused, critical, forgetful or anxious, to lose the ability to problem-solve and to experience physical side effects such as nausea, dry eyes, light-headedness, stiffness and headaches. The most obvious and well-known result of travel stress is jet-lag, an abnormal sleepy feeling during the day and an inability to sleep through the night.

These symptoms result from the disruption of your body's normal physiological rhythm. It takes time for your body to adjust to the new time zone but there are steps that you can take to reduce travel stress and help your body return to normal more quickly.

- Avoid heavy or irregular meals before departure and eat lightly and regularly during readjustment.
- Avoid caffeine, alcohol and tobacco before and during the flight.
- Get sufficient rest.
- Relax by stretching, walking and breathing deeply. Wear loose, comfortable clothing.
- Exercise after arrival. Take a walk to acquaint yourself with your new surroundings (and don't forget your map!).

No matter how well you take care of yourself, a change in diet, water and daily habits may, at some point, impact your health. A bout of the common cold or flu is not uncommon during the readjustment period.

### Over-the-Counter & Prescription Medications

You may want to bring over-the-counter medications for common cold and flu symptoms, especially if you have a brand you prefer. If you take prescription medications, make sure to bring more than enough medication for your time abroad as some medications are not readily available overseas (this includes birth control). It can be extremely difficult or even impossible to have prescription medications refilled or sent to you while you are overseas. Do not pack prescription medications in your checked luggage. Be sure to keep all medications, over-the-counter or prescription and dietary supplements in their

original containers and bring a copy of any prescriptions from your doctor in your carry-on luggage.

### Medical Insurance

ACCENT requires that you carry health and accident insurance which will cover you while you are overseas. Please check with your American carrier to determine whether you will be covered overseas.

If your current policy will not cover you overseas, or if you do not have insurance, please contact ACCENT, an insurance broker or a travel agency for more information on travel health insurance.

Should you need to see a doctor or be hospitalized overseas, the ACCENT Paris Center will recommend English-speaking doctors. It is a good idea to bring reimbursement forms with you from home, and make sure to save all bills and receipts as you should be prepared to pay for medical services up front and be reimbursed later by your insurance company.

### Travel Cancellation & Personal Property Insurance

It is highly recommended that all participants purchase travel cancellation insurance and personal property insurance that is valid abroad as these are not included in your program. Please contact an insurance broker or a travel agent for more information.

### Medic Alert

If you have any serious allergies or any other condition not easily recognized such as diabetes or epilepsy, you may want to acquire a Medic Alert emblem. For more information, contact the Medic Alert Foundation International at (888) 633-4298 or [www.medicalert.org](http://www.medicalert.org).

### Immunizations

Those already immunized within American standards do not typically require supplementary immunization shots for Western Europe. For further information, contact your physician or the Centers for Disease Control and Prevention ([wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel) or tel. 800-232-4636) regarding recommended immunizations and inoculations for living in France and for any countries you plan to visit. For France, the Centers for Disease Control recommend that you have a current tetanus booster and are up to date with your measles/mumps/rubella vaccination. In addition, you may want to consider a vaccination for Hepatitis A and/or B.

*Personal checks, U.S. bank checks and cashier's checks cannot be cashed in Europe.*

*Be prepared to pay for medical services up front and be reimbursed by your insurance company.*

## Travel & HIV

Please consider the precautions you normally take at home concerning the transmission of HIV and be equally aware overseas. The AIDS epidemic has left no corner of the world untouched. For specific information on HIV and international travel, please contact The Centers for Disease Control and Prevention at (800) 342-AIDS or <http://www.cdc.gov/travel>.

## Personal Safety

Paris is a large urban city with similar problems and issues American cities encounter. It is important to remember you are in another culture and you need to be especially attentive to your surroundings. Part of participating in a study abroad program is being responsible for your personal safety and well-being.

Staying safe in Paris means using the same common sense and street smarts that you would use in any big city in the United States. This includes not putting yourself into risky or threatening situations. In the late evening, we strongly recommend that you never walk or travel alone. Arrange ahead of time to walk home with a friend and always carry enough money for cab fare home.

Most of the safety problems students have experienced while overseas are related to drinking excessively. Please remember that you signed an alcohol agreement with ACCENT which we expect you to uphold. Alcohol is viewed differently in the French culture than it is among many American college students. The French may enjoy a glass of wine with dinner where it is considered part of the meal and they do not normally drink to excess. It is extremely important to recognize the abuse of alcohol as a safety risk, especially when you are not in your home country. In Europe, being intoxicated will make you stand out as a foreigner and is more likely to make you a target of crime or harassment.

Petty theft is a common crime in Paris. Pickpockets are professionals and they are good at what they do! They prefer tourists and can usually spot one easily. It is the one moment when your attention is elsewhere that you may lose your purse or wallet to them. To decrease your chances of becoming their next victim, it is important to be as inconspicuous as possible. Try to always look like you know where you're going, even if you don't. Plan ahead when you are in an unfamiliar part of the city so you don't have to pull out a map on the sidewalk and announce that you are lost. You may also wish to dress so that you blend in more with the local

*Plan ahead when you are in an unfamiliar part of the city so you don't have to pull out a map on the sidewalk and announce that you are lost!*

culture. College sweatshirts, sweatpants, baseball caps, flip-flops and shorts are all associated with Americans and may make you stand out as more of a target to an eagle-eyed pickpocket. Pickpockets tend to work in heavily touristed and crowded areas, including the Métro, airports, train stations and busy shopping areas.

To better protect yourself while overseas, try to keep the following suggestions in mind:

- Always be aware of your surroundings.
- Try not to attract undue attention. Be conservative in attire. Keep in mind, dressing to go out in a private car in the U.S. and going out using public transportation are two very different things.
- If you are on a public street, don't walk carrying your cell phone in your hand. Use it quickly and discreetly and then put it safely away. Cell phones are easily snatched in big, crowded cities.
  - If you insist on wearing headphones while out and about in the city or on public transportation, be sure to have the volume low enough so you can hear what is going on around you and are fully aware of your surroundings.
- Never walk alone at night; be prepared to take a taxi home.
- Be careful about who you approach for directions if lost.
- Never get into a car with someone you don't know or have just met.
- Don't carry large amounts of cash.
- Carry your wallet in a front or breast pocket, and not in your back pocket.
- Carry your purse or bag with the strap diagonally across your chest.
- If you are using a backpack, do not store your camera or other valuables where they can be removed without notice.
- When in crowds or on the Métro, swing your backpack or bag around in front of you where you can see it.
- Leave anything you don't need that particular day in your accommodations. Most importantly, this includes your passport. We recommend making a copy of the first page of your passport to use as a form of ID so you can leave your actual passport safe in your room. In case of loss or theft of your passport, immediately notify the nearest American Embassy or Consulate, local authorities and the ACCENT staff.

Please keep in mind that you are responsible for all of your belongings both **inside** and **outside** of program housing. It is vital you lock all windows and doors whenever you are not in

your apartment, residence or homestay regardless of how long you'll be gone or how far you'll be going. Many thefts occur due to student negligence in securing their accommodations when leaving.

*Note: the topic of safety in Paris will be covered in greater detail at your overseas orientation.*

## Cultural Adjustment

Cultural adjustment is a normal and predictable part of living or traveling abroad. Often, students underestimate the cultural differences between the U.S. and European nations and what their reactions will be to these differences. Although the cultures tend to be similar, life in Europe is indeed different, enough so to cause varying degrees of what is commonly known as "culture shock."

Adjusting to a new or unfamiliar culture may cause physical and psychological reactions like disorientation and feeling overwhelmed by the unfamiliar. Typical physical markers and feelings associated with cultural adjustment include: fatigue, illness, mild depression, changes in appetite, changes in sleeping patterns, headaches, irritability, social withdrawal and stereotyping or rejection of the host culture. The best way to ride out the cultural adjustment period is to know what to expect, to recognize typical reactions and to know that eventually you will feel more comfortable.

Although each case is different, adjusting to cultural differences tends to follow a general pattern. When you first arrive, you may experience a period of elation or wonder at your new surroundings. As challenges in communication or assimilation present themselves, however, you may soon experience a downturn in mood. Gradually, as you learn the language, develop your own routine and rediscover the wonder that you felt upon arrival, the physical and psychological stressors related to cultural adjustment will diminish.

If you are struggling to adjust to a new cultural situation, you may find it helpful to keep the following in mind:

- These feelings will wear off in time.
- Although it is tempting to isolate yourself or to surround yourself only with other Americans, it will only intensify the problem. Especially avoid others who are feeling critical of the host culture.
- Try to look at your situation objectively. Be tolerant of your feelings but at the same time, recognize them for what they are: a temporary reaction to an unfamiliar situation.

- Try to develop your own “routine.” This will automatically come with time but some extra focus at this stage may take your mind off any negative feelings.

Many students have found the following activities helpful in riding out the cultural adjustment period and making the most of the experience:

- Before you leave, make a short list of why you are going abroad and what you hope to gain from the experience. Keep this list handy for when you are feeling down.
- Keep a journal. You will experience a variety of very high and very low moments overseas and processing them in a journal can help you see things objectively and, at the same time, chronicle your time abroad.
- Make a list of things to do in your host city that will raise your spirits. Climbing to the top of a monument and admiring the view is a great way to remember why you chose to study abroad.

As you may expect, people in your host culture may do things differently than Americans. It is difficult, without doing some extensive research or traveling, to predict what those differences will be. Sometimes the smallest things can be the most disorienting. Cultural differences are just that: differences. For example, students often find it surprising that when you order a soda in a café or restaurant, not only does it come in a small glass, it also comes without ice. Avoid the temptation to think that such things are wrong or bad. Europeans coming to the U.S. are equally shocked by large glasses of ice water.

### Returning to the U.S.

Perhaps what surprises students most about cultural adjustment is that it does not end upon returning home. In addition to feeling confused as you relearn your old cultural skills, you may react differently to the objects around you. Americans returning home often comment on the size of automobiles, the newness of buildings and the enormity of selection at the grocery store. It can also be difficult to note changes that have occurred in your absence. You may feel disoriented seeing buildings that have been built or torn down, homes remodeled, etc. You may find it equally disorienting to note that it seems nothing has changed in your absence.

Finally, you may feel the need to process the experience with your family and friends upon return. Naturally, since these people did not take part in your experience, it may feel unsatisfying or even frustrating to discuss it with them. As you cope with this and other aspects of reverse cultural adjustment, you may find it helpful to

try the same methods you used overseas. In addition, to help alleviate these feelings and help you keep in touch with your overseas experience, we recommend trying one or more of the following:

- Keep in touch with the friends you made overseas. Get together for a reunion party to reminisce and share photos.
- Get involved in a cultural, foreign language or study abroad organization, or give presentations on your experience to students thinking of studying overseas.
- Continue to write in your journal as you did overseas, including all of your feelings about coming home again.
- Continue to study your new language, join a conversation group or tutor other students.
- Consider hosting a foreign exchange student.

The most important thing to remember is that both the cultural adjustment period overseas and the re-adjustment period upon return to the U.S. are completely normal reactions and to be patient with yourself as you experience them. At the same time, however, keep in mind that you are overseas to learn about a new culture and in doing so, you will naturally learn more about your own. Complete rejection of either culture will not allow you to make the most of your overseas experience.

One final note: every ACCENT staff member in every Center has studied, lived and/or traveled extensively overseas and therefore has firsthand experience acclimating to cultural differences. We are a terrific resource and encourage you to seek our help in adjusting to overseas living.

### Visiting Friends & Family

Having friends and family visit while you are studying overseas can be a great way to share your experiences abroad. However, please keep in mind that overnight guests are not allowed in any ACCENT housing and that program activities and ACCENT facilities, including the computer lab, are reserved for ACCENT student use only. Upon arrival overseas, you can request information about affordable lodging for visitors. For a list of local resources, please visit the Paris section of the ACCENT website: [www.accentintl.com](http://www.accentintl.com).

### DATES & TIMES

Europeans write the date differently than Americans. Whereas we write February 1, 2012 as 2/1/12, Europeans put the day first, then the month: 1.2.12.

The 24-hour clock is used most frequently throughout Europe. Instead of 6:00PM, you will most often see 18:00. To convert from the

24-hour clock to the 12-hour clock, simply subtract 12 from all hours after noon. Times between midnight and 10AM are written with a 0 in front of the hour (e.g. 09:45 is 9:45AM). Another common notation is 9h45 or 9H45.

### GETTING THERE

You must arrive between 9AM and 5PM at the ACCENT Center the day the program begins. Participants who are unable to check in at the ACCENT Center by 5PM are considered late arrivals and must be prepared to make and pay for their own accommodations for the first night, checking into ACCENT the following morning at 9AM. Remember most flights from the U.S. arrive in Europe one day after departure. The address where you will need to check in is:

#### ACCENT Paris Center

89, rue du Faubourg Saint-Antoine  
75011 Paris

**ACCENT is not able to accommodate early arrivals.** You may arrive early on your own but housing is not available until the day the program begins in Paris. You must check in at the ACCENT Center on the first day of the program. Participants must notify the San Francisco Center of their travel and arrival plans prior to departure.

If your arrival flight changes due to cancellations, delays, etc., be sure to contact the ACCENT Paris Center to inform them of your new arrival time.

Students can obtain information about booking independent transfers (shuttle, limousine, etc.) prior to their departure from the U.S. by visiting the Paris Local Resources section of the ACCENT website: [www.accentintl.com](http://www.accentintl.com).

The easiest, although most expensive, way to get from the airport to the ACCENT Center is to take a taxi. This is an option you may wish to consider if you have a large amount of luggage or if you arrive in Paris during rush hour when the RER and Métro are extremely crowded. Taxis cost approximately €50-60 from Charles de Gaulle and €40-50 from Orly. Prices vary with traffic conditions. Approximately €1 per bag is charged for luggage.

If you are planning to take the Métro to the ACCENT Center, here is a brief explanation of the system. Paris has two rail systems that are interconnected: the RER and the Métro. The RER is a light rail system that serves the suburbs of Paris and has many stops within the city itself. The Métro is confined to the Paris city limits.

RER lines are designated by letters, and Métro lines, by numbers. Both systems indicate the direction of the train by listing the last stop on the line (for example, Métro line 4 away from central Paris to the south would be denoted as Porte d'Orléans, the last stop on line 4 in that direction). Many stops serve several Métro and/or RER lines and are places to transfer trains. If you are remaining within the city limits, you do not need to buy a new ticket when transferring trains; simply follow the signs for the new line and the proper direction.

Following are directions to the ACCENT Center from various locations in Paris using public transportation:

#### **From Charles de Gaulle (CdG)/Roissy Airport Via RER**

If you arrive into Terminal 1, look for signs to the CDGVal train or the shuttle sign (*navette*) to transfer you to the RER station (this transfer is free). Terminal 2 arrivals can walk to the RER station which is located inside the terminal. Purchase an RER ticket to Paris at a vendor window (approx. €8.70). Take RER B heading towards Paris. The ride will last about 35 minutes. The number of stops will vary greatly depending on the train. Get off at Châtelet-Halles, then transfer to Line 1 of the Métro (follow signs marked M 1 direction Château de Vincennes). Take the Métro in this direction and exit the station at Bastille. Follow the directions below to the ACCENT Center from the Bastille stop.

#### **From CdG/Roissy Airport Via Air France Shuttle Bus**

After exiting baggage claim, go outside through the glass doors. The shuttle bus ticket window is located on the curb in front of the bus departure area. Purchase a one-way ticket to the Gare de Lyon (direction: Montparnasse) which will cost approx. €15. At this stand you can pay either with a credit card or in euro, but if you buy a ticket from the bus driver, you can only use cash. You must stamp your ticket after getting on the bus and indicate to the driver that you will be getting off at the Gare de Lyon stop. After exiting the bus and collecting your bags, you may walk ten minutes to the ACCENT Center or take a city bus. To walk, turn right upon exiting the bus and cross the street (boulevard Diderot). Walk down rue de Lyon and turn right on avenue Ledru-Rollin. Follow until you come to rue du Faubourg Saint-Antoine - ACCENT is located at no. 89 to your left. To take a city bus, walk to the bus stop located next to the Gare de Lyon and get on bus 61. Purchase a ticket once on the bus (€1.70). Take the bus two stops

to Ledru Rollin-Faubourg Saint-Antoine and exit the bus. After exiting the bus, cross avenue Ledru-Rollin and walk down rue du Faubourg Saint-Antoine until you reach no. 89.

#### **From Orly Airport**

Look for signs for the ORLY BUS. Buy a ticket (approximately €6.60) and ride the bus to the end station: Denfert Rochereau. Go into the RER/Métro Station and purchase a ticket. Get on the Métro Line 6 in the direction of Nation. Get off at the stop Place d'Italie, follow the signs for Line 5 of the Métro, direction Bobigny/Pablo Picasso. Take the Métro in this direction and exit at the station Bastille. Follow the directions below to the ACCENT Center from the Bastille stop.

#### **From the Train Stations**

Follow "M" and/or "RER" signs and take the Métro or RER transferring to Métro lines 1, 5 or 8 in the appropriate direction. Exit at Bastille station and follow the directions below to the ACCENT Center.

#### **From the Bastille Stop - Métro Lines 1, 5 & 8**

Follow the exit (SORTIE) signs for rue du Faubourg Saint-Antoine. Turn left onto rue du Faubourg Saint-Antoine, remaining on the left (odd-numbered) side of the street. At No. 89, shortly after crossing rue de Charonne, you will see a passageway on your left called Cour de la Maison Brûlée. The ACCENT Center is located at the end of this passageway. The address is 89, rue du Faubourg Saint-Antoine.

## **GETTING AWAY**

If you are planning to travel in Europe before or after the program, you may want to purchase a railpass. For more information or to purchase a pass, contact a travel agent or go to [www.raileurope.com/us](http://www.raileurope.com/us). Please note that while some railpasses are available overseas, it is much less expensive to purchase them in the U.S.

Numerous discount airlines offer inexpensive flights within Europe and can be a good alternative to train travel.

## **DRUGS & THE LAW**

### **Illegal Drugs**

The use of illegal drugs is strictly prohibited. Possession of illegal drugs is a serious crime and may warrant more severe penalties in Europe than in the U.S. An American apprehended under the influence of or in possession of drugs will be dealt with very harshly, even in places where the use of drugs by the local population seems to be tolerated. Remember, once you leave the U.S., you are no longer covered by U.S. laws

and constitutional rights. If you are apprehended abroad, the U.S. Embassy can only notify your family and arrange for legal representation but cannot intervene in any other way.

**ACCENT will not tolerate the use or possession of illegal drugs. Please review the ACCENT Policy on illegal substances at [www.accentintl.com/policies](http://www.accentintl.com/policies). Any student caught using or possessing illegal drugs will be expelled from the program without recourse or refund.**

### **Alcohol**

Alcohol is a legally controlled substance in Europe. ACCENT requires you to follow certain guidelines pertaining to alcohol use. Please review the Alcohol Agreement you signed; a reference copy is included at the back of this handbook.

It is important to recognize alcohol as a safety risk, especially when you are not in your home country. The laws governing consumption of alcohol vary by country but are generally set at a minimum age of 18 years old. Europeans drink alcohol at meals and gather in bars the way Americans do but they very rarely drink excessively. Being intoxicated will make you stand out as a foreigner, and it will also make you a much more likely target of crime or harassment. Furthermore, abuse of alcohol can result in your expulsion from the program without recourse or refund.

### **Sexual Harassment**

ACCENT has a strict no tolerance policy for sexual harassment. This policy is available in its entirety at [www.accentintl.com/policies](http://www.accentintl.com/policies). The student contract you signed in your enrollment materials indicates that you have fully read and understood this policy.

## **CUSTOMS & IMMIGRATION**

When you reenter the United States, U.S. Customs requires you to declare all items purchased overseas. Returning residents and citizens are allowed to bring back up to \$800 worth of foreign purchases without having to pay duty. Alcohol, tobacco and perfume are subject to stricter regulations. You will not have to pay duty on gifts mailed from Europe costing less than \$25 as long as you do not send more than a single gift to any one person on any given day. Make sure to keep all receipts for the purchases you mail home or bring with you as you may need them when you reenter.

To avoid any delays when passing through Customs, please be sure to keep all medications

and dietary supplements in their original containers, and bring a copy of any prescriptions from your doctor.

If you are taking expensive items not made in the United States (cameras, watches, etc.) with you overseas, you may want to bring the original receipts or register them with U.S. Customs before you leave the U.S. When you reenter, if you have not registered them ahead of time and do not have a receipt, you may have to pay duty on them. This pertains mostly to luxury items that are less than 6 months old.

For more information, consult “Know Before You Go,” a publication of the U.S. Customs Service: <http://www.cbp.gov/xp/cgov/travel/vacation/kbyg/>.

## PACKING YOUR BAGS

When deciding what to pack, remember airline baggage rules can be complicated and vary from airline to airline. Depending on the airline, baggage allowance is normally one 50-pound bag but please remember that many airlines now charge a fee for checked luggage. Check with your airline before departure for the most up-to-date information on baggage allowances, restrictions, and fees.

As you will be responsible for carrying your own bags for quite some distance, you should aim to bring no more than 50 pounds or one large suitcase. If you cannot carry your bags, they are too heavy. You will be responsible for carrying your luggage to your housing and most accommodations do not have elevators. In addition, many cities in Europe are not set up with wheelchair ramps and, consequently, you may need to carry your rolling luggage.

When packing, also remember that you will be responsible for keeping your luggage with you at all times, even while you are traveling before or after the program. It is very expensive to have bags shipped home or consigned at an airport or train station. Most students find that they can get by on much less than they brought. Many students find that a large, internal frame backpack is more convenient than a suitcase. Backpacks are easy to carry and especially handy if you are planning to do any traveling by train.

Here are some more packing tips:

- Keep one change of clothing and a toiletry kit, including any prescription medications, in your carry-on luggage in case your checked luggage does not arrive with your flight. Be sure to check airport security guidelines for toiletry items.
- Take versatile items of clothing that are easily layered, especially dark clothing that does not need to be laundered as often. Laundry facilities are expensive in Europe (approximately \$8 per load of wash) and are often hard on clothes.
- Daytime temperatures will range from low 30s to high 90s, depending on the time of year. Winters can be quite cold. Semester students will want to bring a coat.
- With numerous cultural activities, excursions and on-site lectures, you will be doing a lot of walking overseas. Comfortable shoes are a necessity; make sure they are well broken in before you leave.
- Europeans do not generally wear sweatshirts, shorts, sweatpants, flip-flops or jeans with holes or tears. You may feel more comfortable if you try to dress to “fit in.” Wearing dressy clothes is obviously not practical for everyday purposes, and you can get by wearing nice

*Pack a raincoat and/or umbrella as rain is a possibility year round.*

shirts, blouses or sweaters with pants or nice jeans. Do include a couple of nice outfits for evenings out or visits to churches and museums. Former participants highly recommend bringing dark or black clothing to wear out in the evenings.

- If you take any medicine regularly, take more than enough with you to last the duration of the program, leave it in its original container and bring a copy of your prescription (this includes birth control).
- Bring an extra pair of prescription eyeglasses and contact lenses.
- You may want to consider bringing favorite brand name products such as your favorite brand of antiperspirant, pain relievers and other over-the-counter medications, particular brands of contact lens supplies, etc. Brand name items may not be available abroad though you can often find a local equivalent.
- Do not pack your passport, currency, jewelry, medication, other travel documents or valuables in your checked luggage. Keep them in your carry-on bag and in sight.
- Pack two photocopies of the first page of your passport in your checked luggage. They should always remain separate from the actual documents.

We recommend leaving all electrical appliances at home. Electricity in Europe is 220 volts AC which means that American appliances will not work unless they are dual voltage or you have a voltage converter. An adapter is also needed to connect U.S. flat-pronged plugs into European round-pronged outlets. Voltage converters are expensive and do not always work well and often American appliances are of a high wattage which can overload older electrical wiring. A hair dryer is readily available overseas for \$20-\$30.

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## BON VOYAGE!

We at ACCENT hope this information has been valuable in helping you prepare for your study abroad program. If you have questions, please contact the ACCENT San Francisco staff at (800) 869-9291.

We wish you all the excitement and possibility associated with discovering a new culture! Have a safe and wonderful experience.

*\*A pre-departure checklist, recommended resource list and reference copies of the ACCENT student contracts are included on the following pages.*

## OFFICIAL DOCUMENTS & NECESSITIES

- Passport
- Photocopies of the photo page of your passport (packed separately)
- French visa and photocopy of the visa for the ACCENT Center (if applicable)
- Airline ticket/e-ticket itinerary and photocopy (packed separately)
- ACCENT Center address and phone number (in carry-on bag)
- ATM card, credit card, local currency
- List of credit card numbers, important phone numbers, etc. (leave a reference copy with a friend or family member in the U.S.)
- Health insurance policy card and reimbursement forms

## SCHOOL SUPPLIES

- Backpack or bookbag
- Language dictionary
- Course textbooks (if they are to be purchased in the U.S.)

## MISCELLANEOUS PERSONAL ITEMS

- An outlet adapter
- Prescription medications in their original containers and copies of the prescriptions
- Extra prescriptions for medications, glasses and contact lenses
- Contact lens cleaning supplies
- Phone numbers and addresses for friends and family
- Money belt (for overnight trains)
- Health kit containing aspirin, bandages, etc.
- Dietary supplements (protein bars, vitamins, etc.), especially for vegetarians
- Towel
- Toiletries (check airport security guidelines)
- Shower shoes
- Umbrella and/or rain poncho
- Travel alarm clock
- Camera (be sure to bring the USB cord that connects a digital camera to the computer)
- Memory cards and extra batteries for a digital camera
- Journal
- Small travel bag for weekend trips
- Pocketknife (do not pack in your carry-on)
- Small flashlight (pocket or key-chain)
- Padlock (luggage padlocks approved by TSA are available at stores in the U.S.)
- Pictures of family and friends
- Favorite music and portable listening device
- Small personal objects that will help you feel comfortable away from home
- Maps, guidebooks & budget travel guides such as *Lonely Planet* or *Let's Go*
- Book for the plane ride (see reading list)

## RESOURCES FOR PARIS, FRANCE

Being familiar with your host country's history, political situation, language and traditions, and being prepared to answer questions about the U.S. will aid in your adjustment and expand possibilities for cross-cultural discussion. You will find it beneficial to keep current with the news and world issues, familiarize yourself with domestic issues, read travel guides, study maps and do some in-depth reading on Paris and France. The following bibliography is intended to assist your exploration of reading materials on culture, travel and cross-cultural adjustment.

## FICTION

Angelou, Maya. *All God's Children Need Traveling Shoes*. Vintage Books Edition, 1991.  
Hemingway, Ernest. *A Moveable Feast*. Scribner, 1996.  
Labro, Philippe. *The Foreign Student*. Ballantine Books, 1988.  
Twain, Mark. *The Innocents Abroad*. Dover Value Editions, 2003.

## NON-FICTION

Asselin, Gilles & Ruth Mastron. *Au Contraire! Figuring Out the French*. Intercultural Press, 2001.  
Blume, Mary. *A French Affair*. First Plume Printing, 1999.  
Carroll, Raymonde & Carol Volk. *Cultural Misunderstandings: The French-American Experience*. University of Chicago Press, 1990.  
CasaBianca, Louis. *First-Time Europe*. Rough Guide Ltd., 2001.  
Gendlin, Frances & Orin Hargraves. *Culture Shock! Paris at Your Door*. Graphic Arts Center Publications, 1999.  
Griffiths, Tom. *Student Travellers' Handbook*. Virgin Publishing Ltd., 1999.  
Miller, Stuart. *Understanding Europeans*. Avalon Travel Publishing, 1996.  
Nadeau, Jean-Benoit & Julie Barlow. *60 Million Frenchmen Can't Be Wrong*. Sourcebooks Trade, 2003.  
Otteson, Paul. *The World Awaits: How to Travel Far and Well*. Avalon Travel Publishing, 2001.  
Platt, Polly. *French or Foe*. Distribooks, 2003.  
Reid, T.R. *The United States of Europe: The New Superpower and the End of American Supremacy*. Penguin Press, 2004.  
Sorti, Craig. *The Art of Crossing Cultures*. Nicholas Brealey Publishing, 2nd Edition, 2001.  
Steves, Rick. *Postcards from Europe*. John Muir Publishing, 2000.

## ANTHOLOGY

Gannon, Martin. *Understanding Global Cultures: Metaphorical Journeys Through 28 Nations, Clusters of Nations, and Continents*. Sage Publications, 2003.  
Lewis, Tom J. and Jungman, Robert E. (eds.) *On Being Foreign: Culture Shock in Short Fiction: An International Anthology*. Intercultural Press Ltd., 1986.

## WEBSITES

Resource for students abroad created by the U.S. Department of State:  
<http://studentsabroad.state.gov>

Your guide to everything French:  
[www.discoverfrance.net](http://www.discoverfrance.net)

Check out the Paris Pages: [www.paris.org](http://www.paris.org)

Qu'est-ce qui se passe à Paris ce mois-ci? *Time Out* knows: [www.timeout.com/paris](http://www.timeout.com/paris)

Learn about Paris neighborhoods: [www.goparis.about.com/od/parisneighborhoods](http://www.goparis.about.com/od/parisneighborhoods)

African, African-American & Caribbean culture:  
[www.cafedelasoul.com](http://www.cafedelasoul.com)

Visit the Louvre: [www.louvre.fr](http://www.louvre.fr)

Château de Versailles:  
[www.chateauversailles.fr](http://www.chateauversailles.fr)

LGBT resources in Paris:  
[www.discoverfrance.net/France/Paris/Paris\\_bigayles.shtml](http://www.discoverfrance.net/France/Paris/Paris_bigayles.shtml)

For public transit trip planning, check out:  
[www.mappy.fr](http://www.mappy.fr)

Paris metro and transit: [www.ratp.info](http://www.ratp.info)

Guide for English-speaking Parisians:  
[www.parisvoice.com](http://www.parisvoice.com)

ACCENT Paris blog:  
[www.accentblogs.com/paris](http://www.accentblogs.com/paris)

## ACCENT/Student Responsibility Contract

I hereby agree to the conditions in this contract for your university's program and confirm that I have a genuine interest in the educational and cultural opportunities offered. Accordingly,

1. I have read ACCENT's policies concerning Alcohol Use, Student Housing and other applicable policies within ACCENT's Enrollment Forms. I have also read ACCENT's policies concerning Harassment and Drug/Substance Abuse. Copies of these policies are found at ([www.accentintl.com/policies](http://www.accentintl.com/policies)). I understand all of these policies and agree to faithfully fulfill all of these requirements, terms, and conditions.
2. I understand that my sponsoring College/University is ultimately responsible for the program's educational content, its duration, modifications, and/or cancellations, and supervising and disciplining students and faculty. I hereby agree that in the unlikely, but possible event of an infectious disease threat, that I shall follow the directions of my sponsoring school and comply with relocation and mitigation directives, whether these are delivered by local government authorities, my school, or indirectly through ACCENT. I understand that my failure to do so may result in my expulsion from the program without any refund or recourse. I understand that this program is deemed to commence on the contracted arrival date, and to terminate on the contracted departure date from Europe as specified in the program materials.
3. I agree that ACCENT reserves the discretion to reasonably modify my program schedule for logistical and service purposes, including without limitation, to conform to schedules of host country institutions, to conform to schedules of transportation companies and other service providers, to consolidate programs for viability purposes, etc. Such modifications shall be deemed to be standard conditions of my program, and shall not be grounds for withdrawal from the program or for any refund or credit.
4. I acknowledge that foreign travel, and living in European cities that are hundreds or thousands of years old, is an adventure which exposes me to risks, living conditions, inconveniences and standards that I do not normally encounter at home, and I hereby assume those risks as an adult. I accept that I will have to tolerate foreign customs, habits, noise, traffic, foods, cultural practices, laws, police requirements, living conditions, amenities such as air conditioning and heat, elevators, transportation schedules, etc., which are more onerous and less convenient than those I am used to at home. When I encounter such conditions that I may not like, I accept that I am responsible for resolving problems concerning them in mature and constructive ways and I realize that I may be required to accommodate myself to them as part of my experience of living in a foreign country. I also understand that it is my responsibility to promptly inform ACCENT's local Center Director in writing if I encounter conditions that I believe should be remedied pursuant to the terms and conditions of this contract.
5. I understand that, while unlikely, there is always the possibility that I could become ill or incapacitated or involved with a foreign country's police. I also understand that while ACCENT does not function in the capacity in loco parentis, I hereby authorize ACCENT to take emergency action it deems necessary including, without limitation, obtaining medical, hospitalization, legal or other assistance for me at my sole cost.
6. I agree to abide by the applicable laws of my host country, and I understand that I am solely responsible for the consequences and costs, legal and otherwise, that result should I become involved in any civil dispute or criminal matter under applicable laws.
7. I understand that it is illegal under French and American criminal and civil laws for me to upload or download copyrighted materials, including peer file sharing, without the express permission of the copyright owner. If I do download and/or distribute copyrighted materials without such permission, I understand that I will also be violating ACCENT's, and my own College/University's policies. Accordingly, I acknowledge that such misconduct on my part will subject me to severe legal penalties which can include fines of thousands of dollars, and expulsion from my overseas program and housing without recourse or refund.
8. I agree that I must conduct myself according to the policies and standards of the sponsoring academic institution, and those of ACCENT, and I agree to cooperate with representatives of the sponsoring institution, ACCENT staff, and my fellow participants for our mutual benefit. I understand that misconduct by me, including but not limited to, possession or use of prohibited substances or drugs, misuse of alcohol, violation of my sponsoring school's strict attendance requirements, and student conduct codes, violence, destruction of property, offensive public behavior, behavior which endangers others or myself, or violation of other policies is likely to result in my expulsion from the program without refund of fees, or recourse, and my return home will be at my expense.
9. I understand that my friends and relatives are not entitled or permitted to attend any portion of the program or utilize my residence or any ACCENT facilities which are reserved exclusively for officially enrolled participants who have paid applicable fees.
10. I agree that neither ACCENT, nor its employees, nor its representatives shall be liable to me, directly or indirectly, for consequences beyond ACCENT's reasonable direct control, including without limitation, Acts of God, criminal acts such as theft, war, terrorism, strikes or other labor actions, acts of government authorities, acts by persons who are not employees of ACCENT, pandemics or epidemics or other health threats, acts by employees of transportation companies, and others.
11. I understand that ACCENT urges me to protect my personal property, valuables, and other property for which I am responsible by purchasing commercial insurance, and whether I insure or not, I agree that ACCENT shall not be liable for any losses of or damage to my personal property, valuables, and other property, and that I alone shall be responsible for any losses which might occur whether through theft, damage, or otherwise. Furthermore, I acknowledge that I am personally responsible for all costs relating to my medical care, relocation, and or the costs of alternative accommodations in case of contagion, infestation, injury, other emergency, or other conditions not directly caused by negligent or deliberate acts of ACCENT or its employees. I understand that my failure to protect myself with insurance does not change my responsibility for such costs should they occur.
12. I agree that this contract is between me and ACCENT as the sole parties thereto, that my parents or guardians are not parties to this contract, (and I have so informed them) because I am 18 years of age or older, I have independent rights of privacy and that this legal relationship is controlling irrespective of who might be paying all or part of my costs to ACCENT. Nevertheless, I understand that ACCENT reserves the right to discuss and transact business concerning my account directly with my parents, guardians, and others who may be paying for all or part of my costs arising in connection with this Contract.
13. I understand that ACCENT endeavors to respect each student's privacy. Accordingly, I am responsible for informing my family members, friends, and others wishing to contact me of the particulars of my contact information including my address, telephone number and other such information. However, ACCENT will reasonably relay to me a request from someone wishing to contact me, and upon being so informed, I may then decide whether to contact that person or not. I also understand that ACCENT reserves the right, in circumstances that it deems to be business necessity, emergency, or health or safety matters, to communicate directly with others regarding my role and activities in connection with the program, including without limitation, the sponsoring institution, and the foreign host institution(s).
14. ACCENT programs are, by their nature, of public interest as they usually involve students, faculty, or resource people engaged in educational programs and various student activities. Students, faculty, school representatives, ACCENT, and others are usually free to take photographs of ACCENT-related program activities, fellow students, faculty, and ACCENT personnel, and to use such photos for lawful purposes. All concerned are hereby reminded that they shall have no claim to the photos taken by others, nor any expectation of privacy or confidentiality in such photos.
15. I understand that any questions about program fees, payments or refunds must be addressed to my sponsoring academic institution, which solely determines the amounts of all fees, payment and refunds. I understand that if I leave the program early, I will receive no refund from ACCENT. I further understand that if I withdraw from the program, I shall not be entitled to participate in any program activities, and I must immediately vacate program housing.
16. I understand that this contract shall become effective upon receipt by ACCENT, and that it shall be interpreted and governed by the laws of California, in the County of San Francisco, the location of ACCENT's U.S. office.
17. I understand that fulfillment of my above commitments is a requirement for me to remain eligible to participate throughout this program, and in order to receive the benefits of ACCENT's services. I agree to comply with all of them, and I understand that should I fail to do so, it shall be considered to be a material breach of this contract which then may be terminated without refund or recourse.

## Alcohol Agreement

REGARDING STUDENT'S FULL PERSONAL RESPONSIBILITY AND ASSUMPTION OF ALL RISKS FOR ANY AND ALL ALCOHOL USE OR CONSUMPTION AND ABSOLUTE RELEASE OF ACCENT AND WAIVER OF LIABILITY BY ACCENT, AGREEING TO HOLD HARMLESS, DEFEND AND INDEMNIFY ACCENT.

1. ACCENT programs are located in European countries which have laws prohibiting, controlling, and regulating uses and consumption of alcoholic drinks including wine, beer, liquor, especially by minors.
2. Each University or College sponsoring an ACCENT program may have its own prohibitions and restrictions which it requires to be applied to the use and consumption of alcohol by its students enrolled in ACCENT programs in foreign countries.
3. Accordingly, each ACCENT student is individually and personally responsible for complying with all legal requirements of the nation where they are located, the rules and regulations of his/her sponsoring University or College and ACCENT's requirements as described in this Agreement and otherwise.
4. Any and all consumption or usage of alcohol by an ACCENT student is wholly the student's own personal responsibility. Each student is responsible to inform himself or herself of the country's laws, his/her University's or College's rules, and ACCENT rules before using or consuming alcoholic beverages. Legally underage students are absolutely prohibited from consuming alcohol, and may be expelled from an ACCENT program without recourse or refund if they violate this rule.
5. ACCENT does not act in loco parentis, and a student's full responsibility for complying with alcohol consumption rules is not reduced in any way whatsoever whether or not ACCENT may, or may not act as an alcohol "policeman". Warning: the most severe consequences may be applied by ACCENT to any violation of applicable rules, whether or not such rules were previously enforced, and irrespective of how they were previously enforced.
6. Consequences for prohibited uses or abuses of alcohol, at ACCENT's sole discretion, include without limitation: temporary suspension, probation, immediate dismissal from an ACCENT program, and eviction from residence facilities, without recourse or refund.
7. ACCENT acknowledges that the cultures of host countries, including England, France, Spain and Italy, may promote the consumption of alcohol from time to time: whether wine, beer, liquor or other beverages. When ACCENT deems it to be appropriate, ACCENT may provide occasional social or program access to alcoholic beverages on a strictly optional basis. On such occasions each student remains wholly and individually responsible for complying with applicable rules irrespective of usage by others, and no student is required to or expected to consume alcohol.
8. ACCENT's good standing, acceptance, and reputation in its host country is adversely affected if and when ACCENT students are arrested or otherwise involved in civil or criminal proceedings where alcohol use is implicated. ACCENT reserves full discretion to prohibit the use of alcohol by specific students, and/or all students, or to establish conditions for such use or consumption while enrolled in an ACCENT program, whether such use is on ACCENT-sponsored premises or otherwise.
9. As an ACCENT student I understand and agree that ACCENT will not assume any responsibility whatsoever should I, or another student, choose to consume alcohol, and I understand that alcohol is a drug which can cause serious health consequences and unacceptable behavioral manifestations.
10. In consideration for my being permitted to be enrolled in an ACCENT program, I hereby accept all the above conditions, and I agree to conform to all applicable rules and regulations. I understand that even one violation of such rules and regulations may result in my immediate dismissal from ACCENT programs without refund or recourse, or other severe penalties, at ACCENT's sole discretion.
11. I understand and agree that ACCENT's policies apply to me whether I consume alcohol on or off ACCENT premises, so long as I am enrolled in an ACCENT program. I understand that these policies include rules that may prohibit consumption of alcohol in the public spaces of student residences.
12. I hereby agree to hold harmless, indemnify and defend ACCENT, its employees, agents, and representatives from any claims, costs including attorneys' fees, actions, arbitrations, lawsuits, and otherwise, arising out of or in connection with use or consumption by me of alcohol while I am a participant in an ACCENT program and/or utilizing facilities provided by ACCENT.
13. I understand that I have a right to consult with my own attorney before signing this document which I agree shall be construed to be a General Release and Waiver of all rights and claims: past, present, and future, against ACCENT, its employees, agents, representatives, contractors, successors, and assigns, directly or indirectly relating to the use or consumption of alcohol by me.
14. I further understand that I shall not be entitled to participate in any ACCENT program unless I agree to this agreement.

This copy is provided for your reference



800.869.9291  
www.accentintl.com  
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