Tufts University European Center
*Summer Programs in the French Alps*

Student Handbook

*For student participants in the* 
*Tufts in Talloires,*  
*Tufts in Annecy,*  
*and Tufts Summit programs.*
Welcome to your program.

The Tufts University European Center is thrilled to welcome you as a participant in the Tufts in Talloires, Tufts in Annecy, or Tufts Summit program. You are about to embark on an amazing journey, one that we feel will inspire you and push you to grow personally and academically!

We have prepared this comprehensive handbook to help you prepare for your upcoming program at the European Center. It is designed to give you a practical, cultural and academic framework for your time in Talloires. It contains useful information that you will want to know before you leave for Talloires and it will serve as a valuable reference guide during your stay abroad. Please read it carefully.

There will be a full orientation program for you on the first day of your program. The European Center staff and faculty will be in Talloires for the duration of your program and will be available to help you with any questions or concerns you might have.

If you have any questions after reading this handbook, please do not hesitate to contact us.

We look forward to seeing you in Talloires!

Bon voyage!

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Emergency number from the US:
From Geneva:
From within France:
011-33-630-81-43-09
00-33-630-81-43-09
06-30-81-43-09
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The Talloires Pledge

Students who participate in an academic program at the Tufts University European Center pledge to:

• Understand and comply with the terms of participation, codes of conduct, and emergency procedures of the program;
• Understand that each foreign country has its own laws and standard of acceptable conduct, including dress, manners, morals, politics, drug use and behavior;
• Respect local culture, customs and laws and be good citizens of the Talloires/Annecy community;
• Be aware of local conditions and customs that may present health or safety risks when making daily choices and decisions;
• Promptly express any health or safety concerns to the program staff or other appropriate individuals before and/or during the program;
• Accept responsibility for decisions and actions;
• Behave in a manner that is respectful of the rights and well-being of others, and encourage others to behave in a similar manner;
• Avoid illegal drugs and excessive or irresponsible consumption of alcohol;
• Keep program staff informed of any extracurricular travel.
The Tufts University European Center

The Tufts programs in Talloires provide students with a unique opportunity to study at the Tufts European Center in Talloires, France. Courses are designed to take advantage of the local region in order to enhance classroom learning. Students live throughout the greater Annecy area with host families, which provides them the opportunity to experience local cuisine, customs, and family life firsthand.

The Tufts European Center, also known as “The Priory” (or le Prieuré), is a historic building that was once part of a Benedictine monastery. The late Donald MacJannet, a Tufts graduate, and his wife, Charlotte, donated the building to Tufts in 1978. When Tufts first acquired the building, extensive renovations were carried out, and as a result, the building now provides twenty-first century standards of convenience while preserving the historical authenticity of a national monument.

The Priory itself is a composite of architectural styles, containing Gallo-Roman foundations, medieval crypts, and one of the few remaining medieval chapter halls in Europe, with a beautiful 15th century wooden ceiling. Just a few yards from the lake and surrounded by lawns and gardens, it is a truly remarkable setting in which to study.
Life in France

_Perhaps travel cannot prevent bigotry, but by demonstrating that all peoples cry, laugh, eat, worry, and die, it can introduce the idea that if we try and understand each other, we may even become friends._

–Maya Angelou, *Wouldn’t Take Nothing for my Journey Now*

**Talloires**

Talloires is a small village set on the shores of Lake Annecy, in the foothills of the French Alps. The area of Talloires has been settled since Neolithic times and in Roman times, it was a stop on the consular road leading from Milan to Strasbourg. Located in the southeastern département of Haute-Savoie, Talloires is currently home to approximately 1,500 year-round residents as well as the Tufts European Center. A well-known summer resort, Talloires has a number of very fine hotels and restaurants which make it a popular vacation destination for Europeans during the summer months.

Talloires is a close-knit, interconnected community, where the Tufts European Center is a well-known, respected institution. There is one bakery, one small grocery store and several cafés where villagers see each other on a regular (and often predictable) basis. The region around Talloires is quite rural, and has a slower, more traditional or socially conservative lifestyle. Students in Talloires will observe social, cultural, and economic patterns that are quite different from the more urban French settings and may be quite different from what they may be used to.

**Annecy**

Annecy, the city closest to Talloires, has approximately 120,000 inhabitants, and is situated about 13 kilometers/ 8 miles north of Talloires. One of the most beautiful cities in Europe, Annecy is often called the "Venice of France.” Annecy's "old city" or *la vieille ville* (not to be confused with Annecy-le-Vieux, which is actually a suburb of Annecy) is picturesque, known for its narrow cobblestone streets, shopping arcades and meandering canals. Annecy is a very popular destination for European tourists during the summer months and hosts many sporting events and cultural festivals, including the world renown International Animation Festival. Despite its large tourist industry, there are still many aspects of Annecy that are more culturally and socially conservative that what students may be used to.
The Haute-Savoie

The Haute-Savoie is a département of France located in the Rhône-Alpes region of eastern France. It sits just southwest of Switzerland and northwest of Italy. Located in the Alps, the Haute-Savoie is known for mountain sports, and is a popular tourist destination year-round. The Haute Savoie was not formally incorporated into France until the 19th century and many locals still consider themselves “Savoyard” first. With a strong tradition of “terroir,” the Haute Savoie offers many different local cheeses and specialty dishes.

France is different

In many ways, France is very similar to what we know in the US. You may be surprised to see products in the grocery store that you recognize or clothing brands that you have purchased in the US. But you will see that there are also ways that French culture is different. Learning about and evaluating these differences is what makes these programs so valuable.

As you start to think about living in France, we highly encourage you to learn more about French history, culture laws and demographics. This information will help you better understand and process some of the cultural differences and Please note: if you are reading news articles, commentaries or blogs, you should consider the lens through which the information was written. There are many online resources that offer good historical information as well as advice and personal narratives.

Here are a few areas that past students felt were examples of cultural differences:

Food

Eating in France is serious business. A lot of time and effort is put into preparing meals and generally French families spend a lot of time at the dinner table. Meals are a way for families to spend time and converse together. Eating between meals is generally discouraged, and certainly no picking at snacks or food close to meal times. For example, French people would not buy a candy bar and eat it in the parking lot on the way to the car. The idea is that everyone appreciates a healthy, well prepared meal. One more thing you will hardly ever see: anyone (other than tourists) drinking a large-sized soda anywhere. It is true that the French love bread. It’s not just a stereotype you hear about — they really do buy baguettes every day! Just like a fork is a mealtime essential, so is a baguette. It’s not an uncommon sight to see people walking down the street with a baguette and newspaper neatly tucked under their arm.
**French etiquette**

Generally, the French take great stock in etiquette. Right away you may notice that people are very polite. There’s always a merci or s’il vous plaît tacked on to any interaction at a customer service setting. Greetings are also a very important part of French etiquette culture, and people typically begin any interaction with a quick bonjour/bonsoir. They also typically address each other as Madame or Monsieur. Shopkeepers, cashiers and even random people on the street will say hello/goodbye/have a nice day in passing. Adopting these French habits of politeness is a great way to enjoy and appreciate and even integrate into the culture.

Because etiquette is extremely important to the French, it’s not unusual to see people being subtly disregarded by salespeople, waiters or others in the service industry for not minding their manners – so be mindful!

**Pharmacy Culture**

In France, the pharmacist is there to do much more than just get you your medicine! The pharmacist will counsel, advise, and listen to your ailments almost like a doctor would. From beauty products to hygiene to over-the-counter meds and prescription drugs, the pharmacy is there for you. But a French pharmacy is just that: a pharmacy. It is not a general store – like our CVS stores in the US; you won’t find snacks or magazines. You should also note, that general stores will generally not sell goods that are health related.

**Customer service is an adventure**

Customer service is an American art form that doesn’t really translate into French culture. Do not expect the same kind of service in stores or restaurants. For example, French waiters generally don’t have to work for tips because they have a full salary. So do not expect them to ask you every five minutes if you’re doing okay. They will also not necessarily rush to give you bill – until you ask for it.

**Don’t plan on working out at 6am.**

The United States is full of 24/7 fitness centers, especially in bigger towns and cities. There is basically no excuse to not go to the gym with this type of facility. In France, there are far fewer gyms, and you’re unlikely to find one open really early in the morning, let alone 24 hours. The French prefer their exercise on the run: walking to work, cycling to school, and maybe tennis or hiking on the weekend.
Preparing for living in a new culture

Getting used to living in a new culture is a process, and everyone experiences it differently. You may have heard the term “culture shock” and while the term may sound scary, it is only part of the larger process of travelling and being abroad. While studying abroad can be an incredible experience, it often takes time to adjust to a new culture, living arrangements, food, language and immersion in the unfamiliar. Studying abroad and adjusting to a new culture is a process and each person experiences it differently. Some students may feel overwhelmed, others homesick. Whether it’s six weeks or six months, living and studying in another country means making some big changes to your daily life. You may experience some discomfort before you are able to function well in a new setting. The main thing to remember is that this is a difficult and very normal process that takes time, and everyone who travels experiences on some level. It is normal to have some ups and downs during a period of transition to a new culture.

Students who study in Talloires face a new cultural context that includes different historical and cultural understandings of diversity and inclusion around issues like race/ethnicity, gender identity, sexual orientation, religion, and disability. Customs, beliefs, laws, facilities, and social practices are likely different than in the U.S.

Many universities provide helpful guides for students as they prepare to go abroad. While these resources are not necessarily specific to Talloires or France, they will provide additional insight and we highly encourage you to check them out:

- The University of Colorado: [http://www.colorado.edu/oie/cultural-resources/adjusting-another-culture](http://www.colorado.edu/oie/cultural-resources/adjusting-another-culture)
- Brandeis University: [https://www.brandeis.edu/abroad/resourcesabroad/culture/cultureshock.html](https://www.brandeis.edu/abroad/resourcesabroad/culture/cultureshock.html)
- The University of New Hampshire: [http://unh.edu/cie/cultural-adjustment-immersion](http://unh.edu/cie/cultural-adjustment-immersion)
Diversity and identity in Talloires

At the Tufts European Center we strive for all students to be able to participate in our programs safely and securely. Each student will have different challenges during the study abroad experience, from preparation through re-entry. Your experiences will be unique to you, and will be influenced by your intersecting identities and cultural background as they relate to the dominant belief systems and cultural norms of the Talloires region, and more widely, France as a whole. It is important for all students, as they prepare, to consider how their intersecting identities will shape their time abroad. Due to its sociopolitical history and cultural norms, the social landscape in France does not directly mirror that of the US. Specifically in France, language around race, sexuality, gender, religion, and other personal identities can be more candid, pointed and direct than what you might be used to or expect in the US.

We encourage you to think about what it might be like to be YOU in France. The various ways you identify yourself at home may be challenged in France. You may encounter stereotypes, offenses, questions and curiosities surrounding your identities. Be prepared for the possibility to have experiences that lead to feelings of frustrations, isolation and fatigue. You may notice that French people speak more openly and frankly about difference, such as it relates to race and sexuality, than many Americans do. While this can be disconcerting for many of us from the US, you may want to consider whether the comments are intended to be offensive or malicious or whether it comes from not understanding this cultural barrier.

The Tufts European Center will do everything possible to keep students out of hard and to foster an accepting and welcoming environment for everyone in Talloires. Please know that the European Center staff is always available to talk about any situation or language that causes concern or discomfort.

Most importantly, please remember that as a university, Tufts is committed to fundamental values of diversity, equity, and inclusion, and seeks to create a campus environment in which all members of our community are respected.

We hope that the following online resources will help students as they prepare for and participate in programs at the Tufts European Center. If you have any questions or concerns about issues of diversity and identity, please do not hesitate to contact us at the European Center.
• Articles about issues of diversity abroad at: www.diversityabroad.com
  o For Students of Color: http://www.diversityabroad.com/guides/diversity-inclusion/racial-ethnic-minority-students-abroad
  o For LGBT students: http://www.diversityabroad.com/guides/diversity-inclusion/sexual-orientation-abroad
  o On religious diversity: http://www.diversityabroad.com/guides/diversity-inclusion/religious-diversity-abroad
• “An LGBT Student Guide to Study Abroad” at: http://www.goabroad.com/articles/study-abroad/an-lgbt-student-guide-to-study-abroad

Finally, all of the resources available to students on the Tufts campus in Medford are also available to students on the Tufts campus in Talloires via phone, Skype, or email, including the Group of Six:

• Africana Center (http://ase.tufts.edu/africana/)
• Asian American Center (http://ase.tufts.edu/asianamerican/)
• International Center (http://ase.tufts.edu/icenter/)
• Latino Center (http://ase.tufts.edu/latinocenter/)
• LGBT Center (http://ase.tufts.edu/lgbt/)
• Women’s Center (http://ase.tufts.edu/womenscenter/)

If you would like help contacting these centers, or another resource person at Tufts, via phone, Skype, or email, please let us know.
Health and safety

We are wholly committed to your safety and well-being as you travel to Talloires this summer. A critical component of having a successful study-abroad experience is staying safe, healthy, and well, and we encourage you to be aware of the resources available to you. We have developed a set of guidelines to provide practical guidance for Tufts European Center program participants. Although no set of guidelines can guarantee the health and safety needs of each student involved in a program abroad, they merit attention and thoughtful judgment by all concerned.

Online resources

- **U.S. State Department Country Specific Information for France:**
  [http://travel.state.gov/content/passports/english/country/france.html](http://travel.state.gov/content/passports/english/country/france.html)
- **U.S. State Department’s “Students Abroad”**
  [http://travel.state.gov/content/studentsabroad/en.html](http://travel.state.gov/content/studentsabroad/en.html)
- **Center for Disease Control and Prevention - Traveler’s Health**
  (specifically for travelers focusing on health matters):
- **Transportation Security Administration (TSA):** [http://www.tsa.gov/traveler-information](http://www.tsa.gov/traveler-information)
- **The U.S. Embassy in France:** [http://france.usembassy.gov/](http://france.usembassy.gov/)
- **International SOS:** [http://finance.tufts.edu/internal/sos](http://finance.tufts.edu/internal/sos)

Tufts University proudly partners with International SOS, the leading medical assistance, international healthcare and security assistance company. All Tufts European Center students will be registered with International SOS. Travel security services are provided by a joint venture of International SOS and Control Risks, the world’s leading security risk management firm.

**IMPORTANT:**

International SOS is *not* health insurance. Please consult with your insurance provider to ensure that you are covered for the duration of your stay abroad.
Tufts European Center emergency phone
If for any reason there is an emergency or you must reach someone in Talloires immediately, there will be a European Center staff person available 24 hours a day to assist you. The emergency phone number is listed below. Please feel free to give this emergency number to your parents.

If you are unable to get through, please leave a voicemail and we will get back to you as soon as possible.
- From the U.S.A. .............................. 011-33-630-81-43-09
- From within France ......................... 06-30-81-43-09
- From Switzerland ........................... 00-33-630-81-43-09

Other important emergency numbers
- Talloires police .............................. 04-50-60-70-42
- Annecy hospital ............................. 04-50-88-33-33
- Doctor Favrot (Talloires) ................. 04-50-60-70-21
- Talloires Taxi ................................. 06-08-78-43-62
- AeroTaxi (Annecy/Talloires) ............ 04-50-44-34-32
- Directory Information (in French) ...... 12

In an emergency, you can dial the following numbers from anywhere:
- SOS/911 – throughout Europe ........... 112

In France:
- Closest police station ..................... 17
- Fire department ............................. 18
- Ambulance or medical assistance ...... 15

Insurance
All students enrolled in Tufts European Center programs are required to have health insurance. Even with insurance, you will most likely still be required to pay up front for any doctor visits or medical costs in France. Depending on your health insurance plan, you may be able to be reimbursed by your insurance company when you return to the US. Please check with your provider to learn more about your health coverage while abroad.

TO DO: Bring a copy of your health insurance policy with you, and be aware of your policy’s limitations and requirements in case of an accident.
Accidents and emergencies
Should you require medical attention during the program, consult with a staff member who will then make a doctor’s appointment for you and accompany you to the doctor’s office. Please call the European Center if you are involved in an accident or need assistance at any time. The European Center’s 24-hour emergency number is listed above and at the beginning of this handbook. You will receive a wallet card with our emergency number upon arrival in Talloires.

In the unlikely event of an emergency that impacts all students on a Tufts European Center program, such as a natural disaster, civil disturbance, terrorist attack, or pandemic, all students are asked to do the following:

• Remain alert to surroundings;
• Stay tuned to news reports;
• Follow instructions issued by the police;
• Contact the European Center (via the office phone, Director, Program Coordinator, or emergency phone) as soon as possible;
• Contact parents or guardians as soon as possible.

The Director will phone and/or text all students, and they will be instructed to contact the Director within two hours to confirm their whereabouts.

In the case that a student goes missing, all students have the option to register a confidential contact person to be notified in the event the student is determined to be missing. The confidential contact person, if one is so designated, may be in addition and separate from the person designated by the student as an emergency contact. Only authorized campus officials and law enforcement officials will have access to this information. If a student opts to register a confidential contact person, a Missing Student Contact Registration Form should be completed and forwarded to the Department of Public Safety. The form can be found on the Tufts University Department of Public Safety website at http://publicsafety.tufts.edu/police/httpgooglhlhnyi4/ and should be submitted via email at pubsafinfo@tufts.edu.

Crime, violence and disease
Talloires is a predictably safe and secluded environment. However, there are precautions that all travelers must take in order to ensure their safety and well-being throughout their time abroad.

There are a number of precautions you can take to decrease the possibility of being victimized. These include:
• When in large cities and other public areas where concentrations of people are high, keep a low profile and make yourself inconspicuous. Do not draw attention to yourself either through expensive dress, personal accessories (cameras, phones, etc.) or careless behavior, and do NOT carry large amounts of cash!
• Be aware that pickpockets are commonplace in Europe especially in areas like subway stations and crowded markets. Be on guard at all times, keep purses and/or backpacks on your person at all times, preferably on the front of your body. Double or triple check each time you get off a bus or a plane--have you left anything behind?
• Do not impair your judgment with excessive consumption of alcohol, or through the use of drugs.
• Female travelers may be more likely to encounter harassment, but regardless of your gender, you should avoid walking alone at night. Do not agree to meet a person whom you do not know in a non-public place.
• If you are traveling, make sure a staff member or your host family knows where you are and how to contact you in an emergency. Also make sure that you leave your host family or a staff member a copy of your travel schedule and itinerary, even if only overnight.
• Know local laws: laws and systems of justice are not universal. Do not assume that because it is legal in the United States, it is legal abroad.
• The US government monitors the political conditions in every country around the world. For current information, advisories, or warnings, refer to the State Department website (www.travel.state.gov).
• Be aware of local health conditions abroad. For current health conditions on your travel destinations, contact the country desk at the State Department (www.travel.state.gov), or the Centers for Disease Control (www.cdc.gov/travel).

Outdoor safety
Lake Annecy looks very inviting – you may want to plunge in immediately and enjoy its crystalline waters. Always swim from public beaches and never from ports because of the large number of boats. For your safety, never swim at night, while under the influence of alcohol, or when alone. Always swim with a partner.

Similarly, the mountain peaks surrounding Annecy and Talloires invite walkers, hikers and nature-lovers to head for the hills. We offer a variety of guided hikes, short day- and half-day trips from Talloires as well as overnight trips. It is strongly recommended that you never go hiking alone.
Hike with your host family or go on one of our guided trips. On all excursions into the mountains, even in fine weather, hikers should be equipped with:

- hiking boots or shoes, not sneakers
- a rain coat or poncho
- a warm sweater or pull-over
- sunglasses
- sunscreen
- water and food

If you expect to go for a hike with your friends but without a guide, you should also pack:

- trail map and compass
- small flash light and batteries
- first aid kit
- waterproof matches

Be sure to always follow these hiking safety tips:

- Hike with a partner. **Never hike alone!**
- Always let someone on the staff (and your host family) know which trail you and your friends will be hiking, and when you expect to return. Stick to your planned hike.
- Stay on the trail. This keeps you from getting lost and will help preserve fragile plant life.
- Be prepared! Carry a day-pack that contains the items listed above.
- Carry out all trash.

**Sexual harassment and sexual violence**

In some cultures, male chauvinism might be more prevalent or more overtly expressed than is typical in the US. Women might experience or observe catcalls and other sexually-charged attention on a more regular basis, which can feel threatening. While it may seem counter to your principles, it is recommended that you ignore the attention or feign a lack of understanding, as engaging with aggressors can serve to encourage them and may escalate the situation. Ask your local friends or host family on how best to deal with such attention. There is a great article on sexual harassment in an international context found here: [http://globaled.us/safeti/v1n22000ed Sexual Harassment and Prevention](http://globaled.us/safeti/v1n22000ed)

Unfortunately, sexual assault can also happen overseas, and the intercultural context presents certain challenges in this respect. Lack of familiarity with the language, culture, and the area can make students more
vulnerable and less in a position to keep themselves safe. Additionally, differences in cultural norms regarding personal boundaries and romantic relationships can sometimes lead to miscommunication regarding intention, expectation, and consent. Students who experience sexual violence while abroad should seek safety first.

Some tips on staying safe:
• Have fun, enjoy meeting new people, but don’t throw caution to the wind.
• Follow your gut. Many victims have a “feeling” something isn’t right just before an assault takes place
• You don’t have to be polite. It is okay to say no.
• Stay with the group or person you are traveling with.
• Be aware of cultural norms in the country you are traveling to. Looking at someone in the eyes when you speak to them in the USA is normal. In another country it may mean you are interested in that person.
• Blend in with the crowd. Be aware of your surroundings. Are the women wearing long skirts and long sleeve shirts? If you are wearing shorts and a tank top you are going to stand out.
• Don’t look like a tourist. Don’t swing an expensive camera around your neck. Don’t open a map on the street corner and turn around in circles looking lost.

Responsibilities of Tufts University
To the extent reasonably possible, Tufts University endeavors to provide for the health and safety of its students. In so doing, program staff:
• Conduct periodic assessments of health and safety conditions for the program, and develop and maintain emergency preparedness processes.
• Provide health and safety information for prospective students so that they and their parents/guardians can make informed decisions concerning preparation, participation and behavior while on the program.
• Provide orientation to students on-site, which includes information on safety, health, potential health and safety risks and appropriate emergency response measures.
• Require students to show evidence of appropriate health and travel accident insurance coverage.
• Assist students in obtaining medical and other professional services as needed and provide information to their parents/guardians, as appropriate.
• Communicate codes of conduct and the consequences of non-compliance to students. Take appropriate action when aware that students are in violation.
• In cases of serious health problems, injury or other significant health and safety circumstances, maintain good communication amongst all who need to know.
• Provide information for students and their parents/guardians regarding when and where the sponsor’s responsibility ends and the range of aspects of student’s overseas experience that are beyond the sponsor’s control. In particular, Tufts University:
  o **Cannot** guarantee or assure the safety of students or eliminate all risks from the study abroad environment;
  o **Cannot** monitor or control all of the daily personal decisions, choices and activities of individual students;
  o **Cannot** prevent students from engaging in illegal, dangerous or unwise activities;
  o **Cannot** assure that U.S. standards of due process apply in overseas legal proceedings or provide or pay for legal representation for students;
  o **Cannot** assume responsibility for the actions of persons not employed or otherwise engaged by Tufts, for events that are not part of the program, or for situations that may arise due to the failure of a participant to disclose pertinent information;
  o **Cannot** assure that home-country values and norms apply in France.

**Responsibilities of students**

During the Tufts in Talloires program, as in other settings, students can have a major impact on their own health and safety through the decisions they make before and during the program and their day-to-day choices and behaviors. Students should:
• Consider their health and other personal circumstances when applying for or accepting a place in this program;
• Make available to staff complete physical and mental health information and any other personal data that is necessary in planning for a safe and healthy study abroad experience;
• Assume responsibility for all the elements necessary for their personal preparation for the program and participate fully in on-site orientation;
• Understand and comply with the terms of participation, codes of conduct, and emergency procedures of the program, and obey host-country laws;
• Be aware of local conditions and customs that may present health or safety risks when making daily choices or decisions. Promptly express any health or safety concerns to program staff;
• Behave in a manner that is respectful of the rights and well-being of others, and encourage others to behave in a similar manner;
• Accept responsibility for their personal decisions and actions;
• Follow program policies for keeping program staff informed of their whereabouts and well-being.
Before you go

*We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures we can have if only we seek them with our eyes open.*

–Jawaharil Nehru

**Preparing your documents, forms, and finances**

**Passport**
You must have a valid passport to travel outside the United States. If you already have one, be sure that it is valid at least one month beyond your anticipated return date. If you do not have a passport, it is necessary to apply for one at least six weeks before departure. For information and forms visit [travel.state.gov](http://travel.state.gov).

You should carry multiple photocopies of your passport—in your wallet, in your carry-on, and in your checked suitcase. It is also a good idea to scan your passport so that you have a digital copy and to have extra passport photos with you in case of an emergency.

**Visa**
Students attending Tufts European Center programs travel with a tourist status. American citizens do not need a special visa to enter France and the Schengen area as tourists. However, as a tourist, you are **limited to a 90 day stay** in the Schengen area. For a list of countries in the Schengen area, and more information, please visit: [http://travel.state.gov/content/passports/en/go/schengen-fact-sheet.html](http://travel.state.gov/content/passports/en/go/schengen-fact-sheet.html).

All non-US citizens should consult website of the French Consulate in Boston ([www.consulfrance-boston.org](http://www.consulfrance-boston.org)) to determine whether or not you need a visa to enter the Schengen area.
Money
The basic unit of currency in most of Europe is the euro. You should be aware of the current exchange rate at all times. Check online at www.xe.com for the most up to date information.

SPENDING MONEY
Though your host family will provide you with breakfast, lunch, and dinner each day (unless you are away on a field trip), you will want to have some spending money for recreation, shopping and personal needs. Weekly expenses for personal items may average $125-$150, depending on your individual activities and spending habits. Even if you do not plan on spending this much, it is a good idea to know that you can access funds (via your ATM account or credit card) in case of emergency.

ATMs
Most ATM cards will work in France. ATMs (called distributeur or guichet automatique in France) are usually equipped with instructions in English. When you withdraw euros, the dollar amount of your withdrawal is debited from your account based on the exchange rate for that day. There is usually a fee for the withdrawal and your financial institution may limit the amount you may withdraw per day.

CREDIT CARDS
Credit cards are the best and safest way to pay for goods and services in Europe because they eliminate the need to carry large sums of cash and they provide you with a record of your purchase. Credit card companies might also provide the best rate of exchange on the day of the purchase. MasterCard and Visa credit cards are widely accepted in France (AmEx less so), although many smaller stores and restaurants do impose transaction minimums (10 – 15 euros) for credit cards.

IMPORTANT:
Be sure to check with your credit card company about their policy on international transaction fees!
Getting there
The closest international airport to Talloires is in Geneva, Switzerland. The European Center provides transportation on arrival and departure days from the Geneva airport or Annecy train station to Talloires.

Arriving at Geneva Airport
Tufts arranges for students to be picked up at the Geneva Airport on the arrival day of their program. You will be transported directly to the European Center in Talloires to meet your host family.

Once you have arrived at the Geneva Airport, go to the arrivals level of the airport and wait in the lobby outside the “customs” door - the area where airline passengers exit after collecting their luggage. A Tufts representative will be in this area of the airport. Please be sure to present yourself to the Tufts representative. You will then be transported to the European Center to meet your family, or directly to your host family in Annecy.

ATTENTION!
There is a small part of the Geneva airport that is located in France. Make sure to exit out of the Swiss side of the Geneva airport, even though you are ultimately going to France. Most passengers exit through the Swiss side, so just follow the crowds!

Should your flight be delayed, your arrival plans change, or if you have difficulty locating the Tufts representative at the airport, please contact the Tufts University European Center office in Talloires. Do not leave the airport. There are several telephones at the Geneva airport that accept Visa/MasterCard. (From Geneva, dial 00-33-450-60-74-04.) Remember that almost everyone in the Geneva airport speaks English so don’t be shy about asking for help if you need to.

All students arranging their own transport must provide the Tufts European Center with their flight information well in advance so that we can coordinate your transport to Talloires. Please schedule your arrival in Geneva prior to 5pm on arrival day.
Arriving at the Annecy train station

Students traveling from elsewhere in Europe can consider arriving at the Annecy train station. (There is a TGV – *Train à Grande Vitesse*, or high speed train – which leaves from the *Gare de Lyon* station in central Paris for Annecy several times per day. The trip to Annecy takes about three hours and 45 minutes. Train schedules are available on www.voyages-sncf.fr).

Please try to arrive in Annecy by 5pm so the European Center staff can meet you at the train station.

If you have any questions about transportation from the US to Talloires, please do not hesitate to contact the European Center.

Packing: What to bring

In general, French people dress more formally than people do in the US. French people tend to own fewer clothes of higher quality, rather than having full closets of cheap finds. Fewer, nicer items may take you further than bringing your entire wardrobe.

Simplicity is the key – pack for all weather conditions, but don't load yourself down! Remember, it is best to travel light! (You will also want to pay attention to airline baggage limits on both weight and quantity.) On many occasions, you will be responsible for carrying your own bags. Lay everything out that you think you need and then pack half of it.

A word about group flights...

For students in the **Tufts in Talloires** program, there is an optional group flight from Boston to Geneva. Details of the group flight will be emailed to you by the Program Coordinator.

Students in the **Tufts Summit** program are *required* to take the chaperoned group flight from Boston to Geneva, unless your parents make other arrangements with the Program Coordinator. Details will be emailed to you by the program Coordinator.
That being said, the weather in Talloires varies – make sure that you pack for cold wet days and hot sunny days. Plan to dress in layers. Please note that **even on the warmest days it can be very chilly inside the classroom building** — so be sure to bring a sweater or sweatshirt that you can wear to class. You should also plan to bring a fleece, a waterproof jacket, and umbrella.

Washing machines in France are fairly tough on clothes so bring sturdy fabrics unless you plan to wash by hand.

**Business casual attire**
You are **required** to bring at least one set of "business casual” attire. A more formal dress code is mandatory for most class trips and will be expected at official receptions, parties or evenings out with the program or your host family. Skirts and dresses should be below the knee, and shirts should be more forma (not be tank tops, tube tops, or belly shirts). Please note that flip-flops, running shoes, and shorts are not appropriate business casual footwear. However, it is important that you wear comfortable shoes on class trips – so please be mindful of your feet when packing.

**Medical prescriptions**
If you are taking prescription medications, be sure to bring sufficient quantities for the time you are in France, along with a copy of the original prescription. When preparing to fly, be sure to pack your medication, in its original packaging, in your carry-on bag. You will want to have it with you in case your checked baggage is delayed or lost!

Allergy sufferers should plan to bring their allergy medicine. During the spring and summer months, there is an extraordinary amount of pollen from the many flowering plants and trees in Talloires which can be very difficult for people with allergies.

**Electronics and computers**
Electrical sockets (outlets) in France are different from those in the US, thus you will need a travel plug adaptor in order to plug in. Travel plug adaptors change the shape of your appliance’s plug to match whatever type of socket you need to plug into.
However, travel plug adaptors do not change the voltage of the electricity coming through the outlet. Outlets in France supply electricity at between 220 and 240 volts AC, while North American outlets supply electricity at between 110 and 120 volts AC. Your appliance very well may be compatible with the higher voltage found in France. Most cell phone chargers, camera chargers, and laptop chargers are. To check, look for the electrical input specification on the label of the appliance or charger itself, near where the brand and model name appear. Look for the word “input” followed by “100-240V”. If the input fits somewhere in this range, encompassing the voltage output of both North American and French outlets, you’re all set! If not, you will need a voltage converter.

Double check each plug to make sure the device can handle 220 volts of electricity and bring 2-3 plug adaptors.

We recommend that you do not bring any electric appliances from the United States, such as clocks or hairdryers, unless they are designed to accommodate European current.

If you have a laptop computer, we recommend that you bring it along with you. The European Center offers plenty of working wireless space for personal laptops. All laptops will convert the electric current to the correct voltage. However, as noted above, it is important to bring the correct plug adaptor. If you bring a laptop, it is advisable that you carry it on board the plane – do not pack it in your suitcase.

Gift for your host family
Bringing a gift for your host family is a very kind gesture you can make to show your family that you appreciate their welcome. They will be helping you navigate both the geographic and cultural landscape, providing you with meals and shelter, and possibly including you in family activities and events. So it is nice to bring a token of appreciation when you arrive.

Some suggestions include:
• A book with photos of the area you’re from
• T-shirt(s) from Tufts or your home town
• A small American-made gift (linen towel, salt water taffy, brownie mix, maple syrup, etc.)
• Any gifts typical of the state you’re from (for example, dried cranberries from Massachusetts)
Here’s an idea...

Many students enjoy cooking a meal for their host families – something they typically eat in the US, or something that represents their family’s heritage or culture. Some ideas are: breakfast (a recipe for pancakes or French toast), brownies, or chocolate chip cookies (bring the chocolate chips!).

Suggested Packing List

CLOTHING
- Pants (jeans and slacks – no holes please)
- Shorts
- T-shirts / light weight shirts
- Long-sleeved shirt(s)
- Socks (including hiking socks)
- Underwear
- Pajamas
- Fleece or jacket
- Sweater(s) or cardigan(s)
- Bathing suit and beach towel
- 1 pair of sneakers or running shoes
- 1 pair of comfortable dress shoes (to be worn with “business casual outfit”)
- 1 pair of waterproof hiking shoes (recommended for students enrolled in ENV 105 and for students interested in participating in day hikes – best purchased in the US.)
- Business casual outfit (this is required attire for most field trips and other official events.)

OTHER ITEMS
- Small day pack (useful for carrying bathing suit, towel, sweatshirt and books - required for students going on an overnight hiking trip)
- Travel umbrella
- Waterproof jacket or rain poncho and wind/rain pants (recommended for students interested in the hiking trips and enrolled in ENV 105)
- Sunglasses
- Sunscreen

IMPORTANT:
Your ATM and credit card, as well as your passport, airline ticket and other important documents should be kept safely with you, and not packed in your suitcase.
• Medical prescriptions or medications (these must be in their original containers in case they are inspected at the airports)
• Extra glasses or contacts (if you need eyewear)
• Plug adaptors
• Course books and a French-English dictionary
• A USB flash drive
• A gift for your French family
• A copy of your health insurance policy
• A copy of your passport kept separately from the passport itself
• A copy of your itinerary and any important information

If you do carry cash of any kind, it is recommended (especially for students traveling outside of the Annecy area) that you use a money belt which conceals the cash under your clothing.
While in France

To my mind, the greatest reward and luxury of travel is to be able to experience everyday things as if for the first time, to be in a position in which almost nothing is so familiar it is taken for granted.

–Bill Bryson, The Best American Travel Writing 2000

Rights and responsibilities of Tufts affiliates
As a member of the Tufts community, participants in Tufts European Center programs are expected to be respectful of staff, faculty, fellow students, their host family and roommates, and to abide by French and European Union laws. It is sometimes helpful to recall that rules are established to protect members of the community. Most rules are based on common sense and promote the consideration of others.

Policies

University policies on student conduct
The Tufts European Center offers students a unique learning opportunity. We expect that all students will behave as responsible adults in a manner that will reflect well on Tufts University’s reputation in the region. Adherence to program policies is a condition of each student’s continued participation in the program. The European Center maintains the same policies regarding student conduct as does the Medford Campus, thus students are also expected to act in accordance with policies set out in the Tufts University Code of Conduct. Refer to the Tufts University Code of Conduct in the Student Handbook: http://uss.tufts.edu/studentAffairs/documents/tuftsStudentHandbook.pdf

Sexual harassment
All Tufts policies and procedures regarding sexual harassment apply to Tufts students, staff, and faculty on the Talloires campus. The Tufts University Sexual Harassment Policy is located online at: http://oeo.tufts.edu/policies-and-procedures/sexual-misconduct-policy/, and also contains a list of Sexual Harassment Resource Persons in the Tufts community.

Inquiries concerning sexual harassment should be directed to the Office of Equal Opportunity at (617) 627-3298 or by email at oeo@tufts.edu.
Alcohol
Moderate social drinking of wine and beer is part of a long tradition in France, and most young people in France over the age of 18 drink alcohol at special family events. Getting drunk however, is considered to be in very poor taste. In many countries, wine and beer have been elevated to a sort of cultural art form, revered as a fine accompaniment to a meal or enjoyed over good conversation at a pub. With respect to both personal safety and physical and mental health, students will be safer if they drink in moderation (if they choose to drink at all).

Unfortunately, the majority of health and safety incidents that happen to students abroad do generally occur following overconsumption of alcohol and a resultant impairment in judgment and/or physical coordination. In addition, use or overuse of alcohol can not only jeopardize academic performance but will violate the Tufts’ code of conduct.

Please note that University policies concerning alcohol and substance abuse are the same on the Talloires campus as they are on the Medford campus. No student may bring open containers of any alcohol to the Tufts University European Center. Any abuse of alcohol will not be tolerated.

Drugs
Any member of the Tufts community, including students participating in Tufts European Center programs, possessing, using, selling, providing, sharing, or distributing illegal drugs or drug paraphernalia will be subject to judicial action that will result in automatic dismissal from the program.
Please remember that you will be crossing both the French and Swiss borders and penalties for drug offenders in both countries are very stiff. US authorities have no jurisdiction in foreign prisons and Tufts University will assume no responsibility if you are arrested for drug possession.

Smoking
In accordance with University policy as well as French law, no smoking is allowed within the European Center. Smoking is only permitted in the parking area out front or in the gardens. Please be careful to dispose of cigarettes in appropriate containers and avoid throwing butts in the flowerbeds or on the ground.

Valuables
The Tufts University European Center cannot be responsible for your personal items while you are at the Center. We encourage you to leave your valuables at your home, or carry them with you at all times.
Use of grounds and facilities
Although there is no dress code at the European Center, shirts and shoes are required at all times. Occasionally, the Center is rented to other groups for meetings or other functions. At those times, we ask that you respect our requests to avoid certain rooms and maintain proper decorum.

Everyone is invited to use the lawns outside of the stone wall surrounding the inner garden. The inner garden is reserved for classes and lectures in nice weather. We ask that you respect our neighbors by staying on our property and keeping noise to a minimum.

Should you notice that something is broken, leaking or not working, please inform a staff member as soon as possible.

Common and private areas
The gardens, library, and classrooms have been made available for your use and we hope that you will enjoy them. We ask only that you respect the needs of the staff by observing that the floor above the dining room, on which staff quarters are located, and the kitchen are private. Students are welcome to use the balcony; however the staff reserves the right to use this space for meetings and meals.

Academic matters

Academic life in Talloires
While it’s easy to get distracted by the beauty of Talloires and the joie de vivre of French life, it is important to remember that the student programs in Talloires are intensive academic experiences. Your classes are regular Tufts classes and thus will be rigorous and demanding. At the same time, we believe that studying in Talloires will offer you a unique opportunity to benefit from the excellence of a Tufts education enhanced by the local environment and culture.

For all of our programs, staff and faculty members are available to support you at any time. Please try to address questions and concerns early – the time, whether for your four-week or six-week program, will fly by more quickly than you imagine! Don’t hesitate to reach out to the staff and faculty with any questions or concerns.
**Academic honesty**
Academic freedom and honesty are essential to the Tufts academic community in Talloires. To restrict the free exchange of ideas, to submit the product of another’s efforts as one’s own, or to fabricate research is to undermine the foundation on which the academic community is constructed. The guidelines for academic honesty are available in the Tufts University Bulletin at: [http://students.tufts.edu/registrar/bulletin](http://students.tufts.edu/registrar/bulletin).

**Textbooks**
Information about the textbooks required for your courses will be emailed to you before the start of you program.

**Computers and internet**
The European Center’s computer lab offers eight desktop computers. The computers are equipped with Windows and Microsoft Office. Students writing papers or conducting research related to courses have priority use of these desktop computers.

Wireless internet is available throughout the European Center for students to use with their personal laptops or smartphones.

**Library**
The European Center library contains a small collection of reference texts, dictionaries, books and videos related to courses that have been offered in Talloires in the past.

Students are welcome to use the library facilities and are required to follow library procedures for renewing and/or returning borrowed materials.

**Academic resources**
Students are welcome to contact academic resources on the Medford Campus at any time. If you would like help contacting a person or department at Tufts, please ask the European Center staff.

Student support services are available through the Office of Student Life at [http://students.tufts.edu/](http://students.tufts.edu/). Services include the Academic Resource Center, undergraduate advising, and the registrar.
Homestay information

The use of traveling is to regulate imagination by reality, and instead of thinking how things may be, to see them as they are.

—Samuel Johnson

Please remember that your host family is not a hotel. Students have a unique and special opportunity to be a part of a local host family and to learn about how families live in France. We expect that you will participate in the family and household activities.

When you arrive in Talloires, you will be given a list of questions in French and in English to guide a discussion with your host family about their rules and expectations for you. It is important that you set these guidelines at the beginning of your stay, in order to avoid any potential misunderstandings or problems.

If your family invites you to spend a weekend or a Sunday afternoon with them in the country, take advantage of it! No one knows the region better than they do, and it will give you the opportunity to see places you would otherwise miss.

Living with your hosts

Living with a host family is an integral part of the Tufts European Center programs. This is a unique way to see from the inside what life is like in another county.

This may be the most challenging aspect of your time in Talloires but it has the potential to be the most rewarding. Living with another family – even in a familiar culture – requires a lot of patience, openness, willingness on the part of both the student and the host family. We hope that you will remember that you are a guest in the home of your host family and the onus is on you to adapt to the ways of your hosts, rather than trying to impose your customs on them.

This does not mean that you will always agree with what they say and do! Living with a host family provides you with a unique insight and we hope that you will observe and process and grow from this perspective. Through discussion, agreement, and discord, both you and your host family can get to know one another better, and learn more about yourselves and the world. That is the magic of cross-cultural exchange!
You may find that your host family tends to be overprotective; they feel responsible for the people entrusted to their care. Try to be sensitive to and considerate of their good intentions. It is important to be on time for meals (the evening meal is generally served at a set time around 7:30 – 8:00 p.m.), and to spend some time in the evenings and on weekends with your family. Remember that you may never again have the opportunity to share six weeks with a European family. Get to know them! They have graciously agreed to share their house with you and they want to get to know you.

**Speaking French**

Your host family will expect you to try to converse with them, and it will improve your French. If you don’t speak French – fear not! You’d be surprised how much can still be communicated through the language barrier.

**Respect**

Respecting your host family means many different things. The better you understand what is important to your family, and understand how the family functions, the better you will be able to respect them. This will also help you integrate into your host family.

Basic elements of respect include informing your family if you will not be home for dinner, informing them of any travel plans you make and always providing a way to be reached, and saying please and thank you. Ultimately, making a large effort to be a part of the family is the best thing you can do to promote mutual respect and understanding.

One other way that French people show love and respect is through food. Whoever cooks in your family will most likely take great pride in preparing the meals, and appreciating their food and being thankful for is a crucial way to show that you respect your family.

Most of the host families we work with are accustomed to having American students stay with them, but this *does not* mean that “anything goes” while you are living with them. They are not expected to tolerate behavior that includes staying out all night, waking them at 3am, coming home in an unacceptable state, or sleeping all morning. Be considerate of your family’s house rules, and let them know if you will be out late and what time you expect to return.
When staying with a host family, you must walk the fine line between being part of the family and being a guest. You do not have free reign of the house; unless you are explicitly invited, do not help yourself to food from their refrigerator, and always ask permission before storing food there. Your family's house is not your house. You are a guest. Do not bring friends home to chat; go to a café instead. Most importantly, do not bring friends to stay overnight.

Be considerate of security. Often your family will entrust you with a key to the house. Do not lose it! And remember to lock doors when you return. Treat their home with as much – if not more - respect as you would your own precious belongings. **Remember, the home into which you have been welcomed is not a hotel!**

The key is to be sensitive and aware of your family’s actions and reactions. Many of our families have received students for years and are accustomed to young Americans. Some are more old-fashioned and, depending on their age, may have lived through war and hard times. In general, almost all people in France avoid waste, conserve energy and make do with much less than Americans.

Finally, be reminded that people in France are extremely respectful of property. Generally, they do not walk or lie on public lawns and are conscious of appropriate public behavior and manners. Please be careful not to litter, spit or deface public or private property.

**Greetings and farewells**
Always shake hands when greeting someone in France. The ritual of greeting can seem complex, but it is easy to learn. Observe the local people from the moment you arrive in France and try to remember, “When in Rome, do as the Romans do.”

When greeting your French parents, always say "Bonjour Madame/Monsieur" (whichever applies). Do not use the last name, as this is considered to be too familiar. If you meet a person you know very well, use his or her first name and kiss both cheeks (usually just by touching your faces together at the cheek).
The French do not begin a conversation by launching into business. When you enter a room, greet everyone in it. The French greet you first with a “Bonjour” or a “Salut”. This is accompanied by either a handshake or brief kiss(es) on the cheek, depending on your gender and on how well you know the person. (Note: A French handshake is light and fairly quick. When shaking hands, do not use a firm, pumping handshake; shake hands with a quick, slight pressure. Note that men usually don’t kiss each other unless they are relatives.) The same process is followed when you leave a group or person except that you say “Au revoir Madame/Monsieur.”

**Bisous: A word about kissing**

*Bisous* is the French word for kiss, and each region of France has its own *bisous* culture. *Bisous* are small kisses given on the cheek, normally just by pressing one’s cheek to another’s and making a kissing noise with your mouth. Depending on where you are, people may do two or three kisses, and start on either the right or the left. In the Annecy/Talloires area, it is common to do two *bisous* – first on the right, then on the left.

**Conversation**

Good topics of conversation with your family include where you come from, the local food, customs, and attractions, as well as sports, your studies, and your own family. Expect to find people in France well informed about the history, culture and politics of other countries, as well as their own. Be prepared, as the French love to talk about politics! Unlike the United States, topics considered by some French people to be indiscreet include the prices of things and where they were bought, income, age and personal health.

Like anywhere, it is impossible to say what French people do and do not speak about. In general, French people tend to be more frank in their conversation than many Americans. They do not have the same concept of “political correctness” that we find in many of our communities, but this does not necessarily mean that they do not share the same values of inclusiveness and diversity. Being aware of this may help you as you engage and converse with your family and others in the Talloires/Annecy community.
Table manners
Before taking a seat at your family’s table, check to see if your host or hostess wants to seat you at a specific place. When wine is served, be aware that the host will continue to pour wine throughout the meal. If you do not care to drink much, take small sips, always leaving your glass almost full. It is considered rude to drink more than your hosts do at a meal. **It is also considered rude to serve yourself wine – your host/hostess will take care of your glass.**

A meal often consists of numerous courses so budget your appetite; do not eat tons of bread at the beginning. Bread is often used to soak up sauce or push food onto the fork. Put your bread on the table next to your dinner plate, as the French do not use bread-and-butter plates. Salad is traditionally served after the main course. Be sure to finish everything on your plate because leaving food is considered impolite and wasteful. Try a taste of everything, but please let your French mother know (delicately) if you have a special diet or prefer not to eat certain foods.

The French are used to smaller portions of food than Americans, due to the richness of some dishes and the number of courses in a typical French meal. If you have a large appetite, have a sandwich or pastry in the afternoon so that you will not be absolutely starving when you arrive home for supper. Overeating is sometimes interpreted as a sign of rudeness. Of course not all host family experiences are heavily centered around elaborate meals, so try to work with adapt to your host family’s style and habits.

Laundry
Laundry is usually done in your home with your French family, but most likely less frequently than you are used to. Do not expect your family to do your laundry for you, although some host families may wish to do so. If you are lucky enough to be in such a family, do not allow yourself to abuse the privilege by asking to do loads too frequently. Observe the habits of the family you live with and try to adjust accordingly.
Getting around

Buses
There are two primary bus services in the Annecy/Talloires region: The SIBRA Bus System operates within the city of Annecy and the suburb of Annecy-le-Vieux. The Crolard Bus Company is the service which brings students from Annecy to Talloires, stopping at each town on the way. Expect to take one or two buses on your commute to the European Center. Upon arrival in Talloires, you will be given a bus pass which will allow you to ride the necessary busses as much as you need. It is important to note that although Annecy is a city, the public transportation is very limited. Buses between Talloires and Annecy run about eight times a day and stop in the early evening.

Taxis
Talloires in not New York! Taxi service in the city of Annecy and the surrounding communities is very different from a large metropolitan area. Taxi service is limited and must be organized significantly ahead of time. Note that taxis can be very expensive, especially between Annecy and Talloires, so it is best to take the bus whenever possible!

Trains
Annecy has a train station (La Gare SNCF), which connects the city with many other major cities in France and beyond. Information about schedules and pricing can be found at www.voyages-sncf.fr.

Independent travel:
If students on the Tufts in Talloires and Tufts in Annecy programs would like to travel independently during the program, they must fill out a travel form and give it to the European Center staff. These forms will be available in the office.

Students on the Tufts Summit program are not permitted to travel independently outside of the Annecy/Talloires area during the program. But don’t worry – there are plenty of group excursions and outings to keep you busy!
Communication

Sending and receiving mail
Mail between the US and France can take anywhere from one to two weeks in either direction. Postage stamps are available at the post office.

Please use this as your mailing address:
Your name
Tufts University European Center
Le Prieuré, 113 Chemin de la Colombière
74290 Talloires, France

When you receive a piece of mail, it will be kept for you in the office and you will be notified via email.

Calling
Many students find it most economical to use Skype or similar internet services for long-distance communication. Alternatively, you may place a phone call from France by calling card or pre-paid phone card.

Always ask permission if you want to use the phone at your host family’s home, and certainly, always use your phone card if you are making a long distance call. Phone calls that you make and that are made to you at your host family’s home should be kept short and made at a reasonable hour of the day. Do not forget that there is a 6-hour time difference between Boston and Talloires. When it is 3pm in Boston, it is 9pm in France.

To make an international call from France dial:
00 + country code (USA is 1) + the area code and number.
Local Annecy / Talloires numbers all begin with 04.

Cellphones
While you may decide to rent a phone or purchase an international phone plan for your current phone before leaving the US, a number of past students have waited until their arrival in France. French telecoms stores such as Orange or Bouygues offer inexpensive pay-as-you-go phones at stores in Annecy. The European Center has a guide to purchasing a pay-as-you-go phones upon request in Talloires.
Weekly newsletter

*Le Talloirien* is a newsletter published by the European Center’s staff on a weekly basis for the benefit of students and faculty. It details upcoming and current events, announcements, and other items of interest and, along with the Bulletin Board located at the downstairs entrance to the building, is the best way to get information. You are welcome to submit news or other items in English or in French to be included in this publication.

Blogging

Many students choose to keep a blog during their time in Talloires, which is a great way to share experiences with family and friends back home. If you have a blog or a post that you would like to share with us, please let us know! Blogs can be a great way for the European Center to share with our network what wonderful and meaningful experiences students are having.

Please be careful when blogging. Do not reveal personal information about yourself or your host family, such as their address, full names, or phone number. Further, while we cannot and do not wish to censor your writing, please note that we take great pride in the relationship that we have built with our host families and with the Talloires/Annecy community. We hope that you will also take pride in representing Tufts in the Talloires community, and will not publish anything that could hurt this relationship.

Dates and times of the day

In France, 1/4/17 is not January 4, 2017, but April 1, 2017. In other words, the day is always given before the month.

Time is generally expressed by the 24-hour clock. Thus,

- 8am = 8h or 8h00
- 8pm = 20h or 20h00
- Midnight = 24h, 24h00, or *minuit*
- Noon = 12h, 12h00, or *midi*
- 12:30am = 0h30
- 5pm = 17h or 17h00
Food

In France, cooking is as serious as an art for and a national sport. -Julia Child, My Life in France

Without butter, without eggs, there is no reason to come to France. -Paul Bucose

In France, food is a big deal. This can rarely be understated. Food, and the quality of it, is seen as central to French life. Meals are occasions to connect and share with friends are family, and are never eaten on-the-go. Your host family may spend many hours preparing dinner each day, and it is through the preparation of this food that they show their love to their family. Thus, being appreciative of your host family’s food is important in forming a close relationship with them.

If you have listed any dietary restrictions on your housing form, this information has been given to your host family. However, upon arrival it is still important to verify that they know and understand your specific dietary needs. This will help them to prepare food that is safe for you to enjoy. Information on how to speak to your host family about dietary needs will be included in your welcome folder upon arrival in Talloires.

Restaurants

Should I tip?

At restaurants and cafés, the service charge (tip) is usually added on to the bill; if it has, it will say service compris. You can still leave some small change (2-3€) for exceptional service, but the main tip has been included, and you are not expected to leave any more. Tip a taxi driver 10-15% of the total on the meter.

Most restaurants (and families) serve lunch and dinner at standard times, but do not have continuous service throughout the day. Lunch is usually served from 12:00 noon through 2:30 pm and dinner from 7:30 pm until 10:00 pm. Don’t expect to walk into a fine restaurant at 3:00 pm and be served lunch.
Stores
Some stores close for 2 hours at lunch (usually 12pm-2pm) and then re-open later in the afternoon.

As you enter a shop, always say "Bonjour Madame/Monsieur" (whichever applies) to the sales clerk and "Au revoir Madame/Monsieur" when you leave. At open markets or in small shops, don’t select your own fruit and vegetables – let the vendor serve you.

Wait...which floor am I on?!
The floor on which you enter a building is not referred to as the first floor, but the rez-de-chaussée (RC). In France the street level is not officially a floor. Thus, the premier étage (first floor) is actually what Americans would refer to as the second floor of the building. So if your family lives on the 5th level (4ème étage) of an apartment building, press “4” on the elevator button.
Returning home

Why do you go away? So that you can come back. So that you can see the place you came from with new eyes and extra colors. And the people there see you differently, too. Coming back to where you started is not the same as never leaving.

-Terry Pratchett, A Hat Full of Sky

No one realizes how beautiful it is to travel until he comes home and rests his head on his old, familiar pillow.

—Lin Yutang

Departure

It is expected that you will leave your host family’s home on the scheduled departure day for your program. It may be possible to arrange for an extended stay in one of the less expensive hotels or at the youth hostel in Annecy, or to continue to travel in Europe or beyond.

We will give you a Departure Form about one week before the last day of the program. This information allows us to arrange departure-day transportation to the Geneva airport.

Please note that you are travelling to Europe as a tourist and are therefore limited to a 90-day stay.

TUFTS SUMMIT STUDENTS:

You are required to take the group flight back to Boston, unless other arrangements are specifically made by your parents with the Program Coordinator.

Staying in touch

We hope that you will stay in touch with your host family after your departure from Talloires! Students repeatedly say that their continued relationship with their host family is one of the most rewarding aspects of the Tufts European Center programs. Before leaving, be sure to take the phone number, address, and email address of your host family. They love hearing from former students!

And of course...

We hope that you will stay in touch with us here at the European Center!
Getting started with French

Below are some common French phrases, questions, and responses that may help you during your time in France!

<table>
<thead>
<tr>
<th>English</th>
<th>French</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you speak English?</td>
<td>Est-ce que vous parlez l’anglais?</td>
</tr>
<tr>
<td>I don’t speak French</td>
<td>Je parle pas français</td>
</tr>
<tr>
<td>My name is __________</td>
<td>Je m’appelle __________</td>
</tr>
<tr>
<td>I don’t understand</td>
<td>Je ne comprends pas</td>
</tr>
<tr>
<td>Can you speak more slowly?</td>
<td>Pourriez-vous parler plus lentement s’il vous plaît?</td>
</tr>
<tr>
<td>How much does this cost?</td>
<td>Combien ça coûte?</td>
</tr>
<tr>
<td>Do you take credit cards?</td>
<td>Acceptez-vous les cartes de crédit?</td>
</tr>
<tr>
<td>Where is the bathroom?</td>
<td>Où se trouve les toilettes?</td>
</tr>
<tr>
<td>I need help</td>
<td>J’ai besoin d’aide</td>
</tr>
<tr>
<td>Help me please</td>
<td>Aidez-moi s’il vous plaît</td>
</tr>
<tr>
<td>I am lost</td>
<td>Je suis perdu(e)</td>
</tr>
<tr>
<td>I am an American</td>
<td>Je suis un(e) américain(e)</td>
</tr>
<tr>
<td>I am from the United States</td>
<td>Je viens des États-Unis</td>
</tr>
<tr>
<td>Numbers 1-10</td>
<td>Un-Deux-Trois-Quatre-Cinq-Six-Sept-Huit-Neuf-Dix</td>
</tr>
<tr>
<td>Good morning/afternoon</td>
<td>Bonjour</td>
</tr>
<tr>
<td>Good evening</td>
<td>Bonsoir</td>
</tr>
<tr>
<td>Goodbye</td>
<td>Au revoir</td>
</tr>
<tr>
<td>See you tomorrow</td>
<td>À demain</td>
</tr>
<tr>
<td>See you soon</td>
<td>À bientôt</td>
</tr>
<tr>
<td>Thank you</td>
<td>Merci</td>
</tr>
<tr>
<td>You’re welcome</td>
<td>Je vous en prie</td>
</tr>
<tr>
<td>How do you say ____________?</td>
<td>Comment dit-on ____________?</td>
</tr>
<tr>
<td>I would like ____________</td>
<td>Je voudrais ____________</td>
</tr>
<tr>
<td>I like/I don’t like __________</td>
<td>J’aime/Je n’aime pas __________</td>
</tr>
<tr>
<td>Excuse me</td>
<td>Excusez-moi</td>
</tr>
<tr>
<td>I’m sorry</td>
<td>Je suis désolé(e)</td>
</tr>
<tr>
<td>Nice to meet you</td>
<td>Enchanté(e)</td>
</tr>
</tbody>
</table>

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Important phone numbers, websites, and addresses

Tufts University European Center

In the US:  
108 Packard Avenue  
Medford, MA 02155  
(617) 627-3290

In France:  
Le Prieuré  
113 Chemin de la Colombière  
74290 Talloires, France  
+33 (0)4-50-60-74-04

Tufts European Center Emergency Phone
+33-630-81-43-09

Other French emergency numbers

SOS/911 – throughout Europe................. 112
Closest police station ......................... 17
Fire department .................................. 18
Ambulance or medical assistance............ 15
Talloires police .................................... 04-50-60-70-42
Annecy hospital .................................. 04-50-88-33-33
Doctor Favrot (Talloires) ...................... 04-50-60-70-21
Talloires Taxi ...................................... 06-08-78-43-62
AeroTaxi (Annecy/Talloires) ................. 04-50-44-34-32
Directory Information (in French).......... 12

Tufts student services/resources
http://students.tufts.edu/  Services include the Academic Resource Center, undergraduate advising, and the registrar

Health and safety websites

- U.S. State Department Country Specific Information for France:  
  http://travel.state.gov/content/passports/english/country/france.html
- Center for Disease Control and Prevention - Traveler’s Health:  
- Transportation Security Administration (TSA):  
  http://www.tsa.gov/traveler-information
- The U.S. Embassy in France:  http://france.usembassy.gov/
- International SOS:  http://finance.tufts.edu/internal/sos