
UNIVERSITY OF IOWA COLLEGE OF LAW
2012 Summer Program
IN COMPARATIVE AND INTERNATIONAL LAW



PREPARATION MANUAL

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

OCTOBER 2011

Arcachon Participant Manual

Table of Contents

INTRODUCTION.....	1
(1) PAYMENTS.....	1
(2) PASSPORTS AND OTHER IMPORTANT DOCUMENTS.....	2
(2.1) Passports.....	2
(2.2) International Student Identity Card.....	3
(2.3) International Youth Hostel Membership Card.....	3
(2.4) Student Visas.....	3
(3) FINANCE AND BUDGETING.....	4
(3.1) Banking and Charge Cards.....	4
(3.2) Online Banking.....	4
(3.3) Using Cash.....	4
(3.4) Traveler's checks.....	5
(3.5) Budgeting.....	5
(3.6) Wiring Money.....	5
(3.7) Safety Tips: ATM Fraud.....	5
(4) MAKING YOUR TRAVEL ARRANGEMENTS.....	6
(4.1) Booking your flight to Europe.....	6
(4.2) Airport Check-In.....	6
(4.3) The Flight.....	7
(4.4) What to Do When You Arrive.....	7
(4.5) Arrival at Hotel.....	8
(5) TELEPHONES.....	8
(5.1) Pay phones/phone cards.....	8
(5.2) Cell phones.....	8
(5.3) Skype and chat.....	9
(6) FOOD.....	9
(7) GETTING AROUND IN ARCACHON AND IN EUROPE.....	9
(7.1) Getting Around in Arcachon.....	9
(7.2) Getting Around in Europe.....	9
(8) HOUSING.....	10
(9) PACKING.....	10
(9.1) REMEMBER THE PACK LIGHT ADMONITION!!.....	10
(9.2) Electrical Appliances.....	10
(9.3) Clothing.....	11
(9.4) Other Items.....	11
(9.5) Sample Packing List.....	11
(10) OTHER THINGS YOU SHOULD KNOW.....	12
(10.1) Respect for Foreign Customs.....	12
(10.2) Tipping.....	12
(10.3) Medical Matters.....	13
(10.4) Iowa Law Review and Journal Applications.....	13
(11) CLASSES.....	13
(12) INTERNET ACCESS.....	13
(13) SPORTS.....	13
(14) WEEKEND TRAVEL.....	13
(15) TOURIST INFORMATION IN FRANCE.....	14
(16) OTHER LOCAL INFORMATION.....	14
(17) TOURIST IMPERATIVE.....	14

INTRODUCTION

Congratulations on your acceptance into the 2012 University of Iowa College of Law Arcachon, France International & Comparative Law Program! We hope this program will provide you with a variety of enriching academic and cultural experiences. This program includes international law courses, tours, and an introduction to French and European culture. It also provides a great opportunity to make lasting friendships.

If you have not traveled abroad before, you may not be familiar with the concept of “culture shock,” which is inherent in adjusting to a new culture. This adjustment takes some time. While you will probably begin your trip with a great deal of enthusiasm, you may eventually feel homesick for American culture. It is important to keep in mind that you are conditioned by American culture, and that it is important to remain open minded about the different values and customs of other countries. It is perhaps most important to remember that you are a guest in a foreign country, and it is always important to respect local customs and local laws.

Please take the time to read through this manual and to prepare as thoroughly as possible for this trip. Travel is much more enjoyable when you are well prepared. Please consider purchasing a recent travel book from Lonely Planet or another source for France or any other country you plan to visit!!

(1) PAYMENTS

April 22, 2012 is the due date for the remaining payment for the program. Please give Kelley Winebold a check for the balance of \$6700 (US Dollars) by that date, payable to the University of Iowa College of Law. While you can date the check for that day, it is also permitted to postdate the check for June 1, 2012 to ensure plenty of time for financial aid to come through. We will verify with the financial aid office before depositing any checks.

If you have selected the option of rooming alone, or if a non-participant is joining you for some, or all, of the program, additional fees will apply. If you requested a single studio, you were informed of the fee for this option upon your request. This additional sum should be included with your payment of the balance of the program fee on April 22. For those students who will be accompanied by guests, a non-participant fee will be charged. This fee will allow your guest(s) to attend all program functions, including the opening and closing dinners, city tour, dune tour, Bordeaux tour, boat trip, and any other events. This fee will be predetermined by May 1 and all relevant participants will be notified at that time. Such participants should submit a check for this amount to Kelley Winebold as soon as they have been informed of the charge. This check may also be postdated for June 1, if you wish.

A separate amount will be charged for books based upon the courses you plan to take. This amount will be determined when the books arrive at the book store, and payment will be due at the time of purchase. University of Iowa students may charge the books to their student accounts. Students from universities other than the University of Iowa may make their own arrangements with regard to the purchase of published texts. We will notify you of the names and other information relevant to ordering your books. Materials prepared by course instructors, however, must be ordered from the University of Iowa. Kelley Winebold will provide non-UI

students with an invoice for the cost of these materials, plus shipping, as soon as these costs are known. To ensure that materials are received prior to your departure for France, payment for these materials is due immediately upon receipt of the invoice. The materials will be shipped promptly, via FedEx, upon receipt of payment. If you have any questions, please contact Kelley at kelley-winebold@uiowa.edu.

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

There is a two unit post-program tutorial open to University of Iowa students ONLY. All Iowa students will be emailed further information about this option. For those attending the tutorial, the post-program fee of \$ (US Dollars) should be included with your payment of the Arcachon program balance on April 22. Those who will have a non-participant accompanying them on the post-program will also be expected to provide a postdated check for the post-program non-participant fee. This fee will be determined by May 1, and all relevant participants will be notified at that time. Your check for this amount is due immediately upon receipt of notification. This check may also be post-dated to June 1, if you wish.

The names of all post-program participants have been passed along to financial aid so that you can borrow additional tuition and living expenses if you want. Please note that you do *not* have to borrow the extra dollar amount permitted. You can use money you expect to save from the main Arcachon program to finance your costs. You should review your plans and budget carefully in to making this decision, however. Remember, we don't want anyone running out of money.

WARNING: The dollar may be weak against the Euro. What this means is that prices may seem very expensive to us, and students should be very careful about splurging on things until they are accustomed to the costs. We don't want anyone to run out of money.

(2) PASSPORTS AND OTHER IMPORTANT DOCUMENTS

(2.1) Passports

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

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

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

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

For U.S. citizens, you can get additional information from the 24-hour phone number of the U.S. Passport Agency: (202) 647-0518. Toll free: 877-487-2778.

(2.2) International Student Identity Card

IMPORTANT: In accordance with university policy, university students going abroad through a University of Iowa sponsored program must register and show proof of insurance coverage. Please visit The University of Iowa Study Abroad Office at <http://international.uiowa.edu/study-abroad/default.asp> . Also, students are required to apply for an International Student (ISIC) card. For more information about the International Student card, visit the Office of International Programs at <http://international.uiowa.edu/study-abroad/students/outbound/travel-registry/research.asp> . Instructions are provided for mailing the application to The University of Iowa for processing, which requires additional time. These cards can be obtained at the University of Iowa's Study Abroad office located in the Capitol Mall.

For those students who are **not** University of Iowa ISIC cards may also be obtained from your respective universities; you are encouraged to check with your Registrar or university study abroad office.

These cards may provide you student discounts at some museums and other tourist attractions. Additionally, the card provides travelers' health insurance for students. There is no age limit to get a card and all that is required is that you are a full-time student. If you decide to obtain a card, it sometimes takes as much as one month to process an order. They are also available through the following agencies:

Council Travel: 1-800-2council, www.counciltravel.com

Let's Go Travel: 877-370-ISIC or www.letsgo.com

A University of Iowa or other university student ID may get you many of the same discounts, but the International Student Identity Card offers some exclusive discounts that might make it worth getting.

(2.3) International Youth Hostel Membership Card

If you plan on staying at youth hostels, some require an International Youth Hostel Federation card. The hostels that require these cards are often of higher quality than independent hostels. This can also be obtained at www.counciltravel.com, or directly from American Youth Hostels, P.O. Box 37613, Washington, D.C. 20013-7613.

(2.4) Student Visas

If you are a United States Citizen, student visas are not required for participation in this program. However, if you choose to go to another country during a break while you are in France, you may want to consider that particular country's visa requirements. EU countries will not require you to

have a visa. However, some pending EU countries, Eastern European, Middle Eastern, Asian and African countries may require a visa.

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

(3) FINANCE AND BUDGETING

(3.1) Banking and Charge Cards

ATM/Debit and Credit Cards

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

ATM/Debit and Credit Card Fees

Of course, most banks and some credit card companies charge fees for overseas use of their cards. However, past students have found that banks and credit card companies provide the best exchange rates. ATM withdrawal fees can be significant. There may be fees from the bank sponsoring the machine as well as your home bank. Additionally, there may be currency conversion fees, and certain other flat transaction fees. Withdrawing cash in large amounts (e.g. 300 Euro) is often the best way to avoid fees. Some merchants in Europe do not accept American debit cards at the point of purchase, however, as European debit machines are made for cards with a microchip in them and not with the magnetic strip. At the train station this can mean you must stand in line to purchase a ticket from the teller, rather than use a machine. Also, most banks charge a fee per debit transaction, which could add up quickly. You should check with your bank and/or credit card company to see which fees apply to ATM withdrawals, debit-card purchases, and credit card purchases. Fees can add up quickly, so it is worth doing some research so you can avoid them as much as possible. **Finally, some banks require notification that the card will be used abroad (i.e. what countries the card will be used in) PRIOR to departure or they will not work overseas. Most problems can be avoided by contacting your bank ahead of time.**

(3.2) Online Banking

It is also important to sign up for online banking if you haven't already done so. French ATM machines cannot display your account balance, or make transfers from savings accounts.

(3.3) Using Cash

Depending on the value of the dollar to the Euro, it may make sense to buy Euros in the U.S. before leaving. Depending on the fees your bank charges, it may be less expensive to purchase currency or travelers checks denominated in Euros in your own city. Most banks do not hold foreign currency at the branch, so give yourself enough time to order the currency in advance. Most American Automobile Association (AAA) travel offices sell dollar and foreign currency Traveler's Checks, but do not charge a commission to members.

You may purchase Euros from exchange booths at the airport when you arrive in Paris, but these booths often charge significant fees and have less favorable rates. Avoid bringing cash in dollars

with you. Most banks only exchange currency for account holders, and even the post office places restrictions on which denominations it will exchange. Several banks and the post office in Arcachon will exchange money at what seems to be good rate, but beware of commissions. However, past students have found that the cheapest way to get cash while in France is by withdrawing it from an ATM.

(3.4) Traveler's checks

Traveler's Checks can be a convenient alternative to carrying cash, because they are easily replaceable if lost or stolen. However, past students have found it difficult to exchange traveler's checks while in France; most merchants and banks do not accept them. American Express offices exchange their own traveler's checks, but American Express offices are only found in large cities. The best exchange rates for cashing dollar traveler's checks are available in downtown Paris, so if you plan to spend a day or two in Paris before leaving for Arcachon, you might wish to obtain the bulk of your Euros there, rather than at the airport or in the U.S. Often the best rates are near the Place D'Opera and on the Rue de Rivoli. Rates vary considerably from place to place, so shop around first. Note that some places advertise the price at which they *sell* dollars, rather than the price at which they buy them.

(3.5) Budgeting

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

(3.6) Wiring Money

Even when you carefully plan your budget, emergencies happen, and sometimes it is necessary to have money wired from home. Both Western Union (800-225-5227) and American Express (800-926-9400) have instant international wire transfer systems. If you visit one of their overseas offices or call them, you can pick up the money from their office shortly after the wire transfer is made. American Express fees are about \$15 to wire \$100. Western Union fees start at \$20 to wire up to \$100. Fees increase with the amount transferred. Another option is wiring money from a U.S. bank to a foreign bank. As a *last* resort, there is the option of contacting the U.S. State Department's Citizen Emergency Center (202-647-5225).

(3.7) Safety Tips: ATM Fraud

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

- (1) If you have a money belt, it is probably better to take out larger amounts of money in fewer ATM transactions (however, use common sense about this: you don't want to lose or have 500 Euros stolen). This is also a good idea because **most banks charge fees for overseas ATM withdrawals**, so using an ATM on a daily or even bi-weekly basis can really add up. Also, for safety reasons, the more ATM withdrawals you make from different ATM's, the greater your chances are of being a victim of ATM fraud.
- (2) Be very careful booking hotels, flights, hostels, etc. with your credit card in internet cafes. Sometimes the computers are set to remember credit card information, and the connections may not be secure. If you don't know how to check the computer settings, it is probably better to call to make these arrangements (but be aware that French airlines usually charge a per-minute fee for telephone reservations).
- (3) Most importantly, find a way to check your bank account balance so that you know if you

are a victim of ATM fraud, and keep track of your spending! If you do not already do online banking, you might consider starting, so that you will be able to monitor transactions while abroad.

(4) MAKING YOUR TRAVEL ARRANGEMENTS

(4.1) Booking your flight to Europe

Rates

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

Destination

Since the program will begin in Paris on May 12, you will want to arrive at one of the Paris airports no later than that day. The group will go by train together to Arcachon, so there is no need for you to arrange this separately.. If you plan to go directly back to the states after the program, then make a flight for June 17, the day after the close of the program. You may wish to return to Paris by train or may wish to fly one way from Bordeaux. If you decide to go back to Paris by train, you can make arrangements a few days before leaving Arcachon. The Bordeaux-Arcachon train schedule varies, but typically trains depart hourly and travel time is 35-55 minutes. The train trip from Bordeaux to Paris takes three hours via the high-speed T.G.V. If flying into Paris, plan carefully as you will need at least 3-4 hours between your arrival at the airport and your trip to the states.

Timing

Many students choose to arrive in Paris a few days before the trip begins. A word of caution for the Iowa students: if you plan on applying for a journal, you should seriously consider NOT going early.

Frequent Flyer Programs

If you don't have a frequent-flyer account set up with a particular airline, it might be smart to set one up prior to buying your tickets. Students have received up to 6,000 frequent flyer miles for this trip, which can really help toward free tickets in the future. If you already have a frequent-flyer account, try to purchase tickets through the same airline to benefit from the additional miles this trip will give you. Airlines usually still give frequent flyer miles for tickets purchased on sites like Expedia and Travelocity.

(4.2) Airport Check-In

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

For those of you planning to fly within Europe on time off and for all those attending the post- program tutorial, please note that the weight limit is 20 kilos for checked luggage. This is a very light amount!! You will have to pay EXTRAORDINARILY HIGH fees at the airport ticket counter if you exceed it. Check with your airline as to the fees and as to the weight of the carry-on bag as well. You cannot carry on the 21 inch pulley bags that we do

in the US when you are in Europe or elsewhere. There could be a limit for a carry on as low as 8 kilos. Thus, consider packing very very lightly or plan to incur shipping costs to ship items back to the US.

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

Your name
c/o Villa Regina Hotel
11 Allee Corrigan
33120 Arcachon
France
TELEPHONE 0033 5 56 22 02 00

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

(4.3) The Flight

If you have never flown outside of the U.S. you should be prepared for a very long flight. It takes approximately nine hours from Chicago, not counting layover time. If you are not able to sleep on the plane, you should bring books, magazines, etc. to entertain yourself. Those students applying for Journals might want to work on their submissions on the plane. This will alleviate some of the pressure of completing them while in Arcachon. If you get motion sick, don't forget your Dramamine. Chewing gum can prevent your ears from popping on the plane's descent. You will probably be served two meals on the flight, along with several drinks. If you have special dietary restrictions, you need to notify the airline in advance. You may want to bring snacks in case the airline food is not to your liking. It is advisable NOT to drink alcohol on the flight, as it tends to prolong jet lag. There is a 7-hour time difference between France and Chicago/Iowa (it is seven hours later in France). Therefore, if you haven't slept on the plane, you will have missed the night. To adjust to the new time zone, you should plan on staying up all day and going to sleep at your normal bedtime in the evening. You also may want to avoid taking a nap the first day in Arcachon to make the adjustment easier.

(4.4) What to Do When You Arrive

When you fly into Paris, you will go through immigration showing your passport (and visa if required for certain non-U.S. and non-EU citizens). You will pick up your checked luggage and then may be subject to customs inspection. If you have problems with receiving your luggage, you must put in a claim before leaving the baggage area. The easiest way to get to downtown Paris will be to take the Air France bus, which costs approximately 15 Euros. We will send precise details about where our hotel is located, so you will know which Air France bus to take, and how to get to the hotel itself from the bus stop. Alternatively, you can take a taxi, which is very expensive, but has the benefit of going directly to the hotel.

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

(4.5) Arrival at hotel

You should arrive at the hotel on Saturday, May 12, which is the first day your housing will be available. We will give out information at the hotel, including location for the opening dinner nearby. If you arrive after 7:30 p.m. (really try not to), we will be at the opening dinner. We will leave directions. **IF YOU WILL BE DELAYED AND NOT ARRIVE ON SATURDAY, PLEASE LEAVE A MESSAGE FOR ME EITHER BY EMAIL, FACEBOOK, OR MY U.S. PHONE 001 319 621 7674 (when calling from France). I will email my French cell phone number just prior to my arrival in France.**

(5) CALLING/TELEPHONES

(5.1) Pay phones/phone cards

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

From anywhere in France, dial 0800-99-0011 for an AT&T operator in the United States (who can handle credit card and collect calls). MCI operators can be reached by dialing 0800-990019. Sprint is available by dialing 0800-99-0087. Those who have other long distance carriers are advised to obtain information on making international calls before leaving for France.

In Arcachon, telephone booths are located throughout town. To call Paris from Arcachon, dial 01-plus the 8-digit phone number. To call anywhere else in France, dial the regional prefix (02 thru 05) plus the 8-digit phone number. The regional prefix for the Arcachon/Bordeaux region is 05. In addition, many students find it cheaper to call home from a French payphone and ask your party to then call you back at the payphone. Rates are much cheaper from the U.S. to France, especially if the person you will be calling most has an international calling plan. All major telephone companies offer them.

(5.2) Cell phones

MOST students are now buying French cell phones in various stores and at the post office. For your family’s peace of mind, you may want to strongly consider this option. Last year, it cost **UNDER** 25 Euros for a phone with a sim card. Phone cards give various levels of time. Cell phone companies offer more free additional minutes the more you spend. For example, if you pay 100 Euros, your phone will often be recharged for the equivalent of 150 Euros. You can resell this phone for a reduced price to future program participants.

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

A few people rent international phones from the U.S. It is not as convenient as having a French phone.

We will give you the phone number for the French hotel well before your departure. Please leave

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

(5.3) Skype and GChat

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

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

(6) FOOD

There are several grocery stores including Casino, Monoprix, and LeClerc. There are numerous bakeries, charcuteries (sort of delis), green grocers, etc. scattered throughout Arcachon. A better flavor of France can be obtained by visiting the town market ("le marche") located near the train station. It is open mornings, Tuesday through Sunday; about half the stalls are also open Monday mornings. A large supermarket called "Carrefour" is within short biking distance in the neighboring town of La Teste. Carrefour (located next to a McDonalds) offers better prices and a larger selection of food and other necessities.

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

(7) GETTING AROUND IN ARCACHON AND IN EUROPE

(7.1) Getting Around in Arcachon

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

(7.2) Getting Around in Europe

If you are interested in traveling around Europe, you should seriously consider a Eurail pass, which can ONLY be purchased in the US. You can visit a travel agent for further information and schedules or go online. Go to www.RailEurope.com. Passes purchased online may take weeks to be delivered, or you can sometimes pay to have them sent via Federal Express a few days before you leave. If you are under 26 and planning on either going to Europe a few days before the program or spending time in Europe after the program, this is probably going to save you money.

If you do plan to buy a pass, try to coordinate with your friends while you are in the US so you can carefully pre-select the countries you will actually travel through. If you end up not traveling through the countries you pre-selected, the pass is wasted. Also you may then be paying extra on site to travel to countries you did not pre-select.

Also check into cheap flights within Europe. Last year, some students did not use their pass as much as they thought they would, because it turned out to be cheaper and quicker to fly!

Bicycles, mopeds and motorcycles are available for rent in Arcachon, at a store on the far end of Boulevard de la Plage. It costs about 75 Euros to rent a bicycle for a month, and you can also rent bikes for smaller intervals. Cars may be rented from AVIS and Eurocar (affiliated with National) located in the train station and on Avenue General LeClerc across from the train station.

(8) HOUSING

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

(9) PACKING

(9.1) REMEMBER THE PACK LIGHT ADMONITION!!

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

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

(9.2) Electrical Appliances

The French electrical system is DC, 220 volts. We use AC in the U.S. If you plan to use an electrical appliance, you should purchase both a converter (to convert directly to AC) and an adapter (to adapt to the physical plug) before you leave for France. **YOU WILL NOT BE ABLE TO PURCHASE CONVERTERS OR ADAPTERS ONCE YOU GET TO EUROPE, SO IT IS IMPERATIVE THAT YOU DO IT BEFORE YOU LEAVE!!** Some places you may find converters include Walmart, Radio Shack, Best Buy, or other major department or travel stores. Students bringing laptop computers may only require an adapter, but are encouraged to check their computer's converter, manual, or contact the manufacturer for compatibility information.

There are no computers available for classroom use, so you must bring your own. Le Clerc and several other stores sell French hair-dryers for around 25 Euros. This may be a better option than bringing one from home, especially if you plan to return to Europe in the future. Hair dryers tend to get fried, even with an adapter and a converter, especially if you are stay in hotels or apartments with older wiring.

(9.3) Clothing

Again, pack lightly: try one week's clothing as a base. The Villa Regina hotel has a laundry service at approximately 6 Euros per load. You may want to consider bringing some of your own laundry detergent and wash some clothes by hand. There are dry cleaners nearby to launder suits or other items. Temperatures will range from 50s possibly, in early mornings in May (maybe with rain), to the high 70s or even 80s by the time we leave. Air conditioning in all European countries is RARE, and there is none in the hotel. In Arcachon, shorts, low cut or belly tops etc. are not worn much in town on the street, and certainly cannot be worn while we are traveling as a group. These items, as well as swimwear, can be worn on the beach or at the hotel pool. Most of you may want to bring a bathing suit, flip flops, sunscreen, etc. (French women of all ages may go topless on the beach, but I advise our women not to adopt this custom while there!!!) We have a selection of beach towels or you can buy one in Arcachon. Relatively conservative dress is expected on the street, even in a resort town like Arcachon. Europeans generally do not wear shorts. You should bring things that are durable, easy to wash, and things that require little ironing.

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

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

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

(9.4) Other Items

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

(9.5) Sample Packing List

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

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

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

(10) OTHER THINGS YOU SHOULD KNOW

(10.1) Respect for Foreign Customs

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

- Always respect local habits and customs. For example, in France and elsewhere in Europe, they eat later than in Iowa. Many restaurants may not open till 7pm or later. They also take two hours or more for dinner, viewing dinner as an opportunity for socializing, during which food will come out at various intervals. It can be next to impossible to turn around a meal in an hour or less. I have found if I am in a “hurry,” it is better to eat in my apartment. When ordering, most waiters do not approach the table to take orders until all menus are closed, signaling that everyone is ready.
- When visiting museums, churches, and other attractions, keep your voices down (Americans stand out because they are loud!) and refrain from touching anything. Also, be sure to look presentable (no shorts, tank tops, etc.).
- Usually there will be no warnings to this effect, but Europeans expect these customs be heeded.
- Be careful about getting into political discussions. You may encounter anti-American sentiment or anti-American-government sentiment.
- Be wary about the combination of alcohol, politics, and innocent discussions with local members of the opposite sex, etc. Bar fights can occur in France, as well as the US.
- Remember rude or unhelpful people can occur in any culture.

(10.2) Tipping

We have heard conflicting views on tipping—some say to tip normally, and some say to tip a small amount. There is the concept of a “pourboire,” or a small tip for very good service in French restaurants. This means rounding up to the next Euro or two, instead of the 10-15% standard in the U.S. Be aware that large tips can create uncomfortable situations—often the waiters will try to give it back to you. There is also no way to tip on your debit or credit cards, as

you can in the U.S. Consult a guidebook for tipping rates for taxis, hotel luggage carriers, etc.

(10.3) Medical Matters

You should check with your insurance company before you leave to make sure you are covered in Europe. Some companies charge additional premiums for overseas coverage. If you are insured through the University of Iowa's GradCare plan, it should cover overseas travel without additional charges, but you should verify this in case it has changed. The University's SHIP plan may not cover overseas travel. Again, the International Student Identity Card includes medical insurance while overseas.

(10.4) Iowa Law Review and Journal Applications

For the Iowa students, do the best you can to finish your journal applications before you leave. Access to printing is limited and expensive. The time you will have to complete the applications once you arrive in Europe will fly by as you cope with jet lag, going to classes, moving, coping with new roommates, and a new language and environment. If a journal still requires mailing in any part of the application, The program will coordinate such mailing.

(11) CLASSES

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

(12) INTERNET ACCESS

Free WiFi Internet access is available in the public areas of the Villa Regina Hotel. Various restaurants and cafes may have internet as well. Many students love to study at the beachfront Café de la Plage which has free wifi.

(13) SPORTS

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

If you want to try surfing, Biarritz is a great weekend trip destination.

(14) WEEKEND TRAVEL

The class schedule is arranged to enable students to take a several-day trip, plus travel on the weekends. All the mini-trips can be arranged while in Arcachon, but should be done as early as possible, to secure good prices on tickets, etc. For the long break, destinations have included London, Ireland, Barcelona, Geneva, Germany, Italy, Amsterdam, Greece, and Corsica. The most popular destinations for the regular weekends in past summers have been Paris, the prehistoric cave paintings in the Dordogne, the Bordeaux vineyards, the Riviera (Nice, Marseille, Monaco, Cannes), and Spain. Students may travel by train or rent a car for the weekend. Car rentals can be

very expensive; online sites offer better prices. Car rental companies give better pricing for longer rentals. Gas can be \$10 dollars (USD) a gallon or more. Gas is sold by the liter and there are 3.8 liters per gallon, so you may see prices of 1.12 or 1.20. Be aware that these are in liters and Euros! Most cars for rent are manual shift. If they have automatic cars, it will be more expensive. Many companies do not rent to people under age 25. It might be smart to pack a smaller bag, like a duffel bag, to carry less with you on weekend trips. This smaller bag may be helpful if you end up buying a lot during the program. It is advisable to take your class materials with you so that you will be prepared when class resumes.

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

(15) TOURIST INFORMATION IN FRANCE

The internet is a great resource. There is also a tourism bureau at the train station. You can call American Express toll-free by dialing 05-201-202 from anywhere in France. An English speaking operator can provide information on hotels, restaurants, local events and festivals, etc. This service is available 8:30 a.m. to 8:00 p.m., Monday through Saturday.

Many European cities have their own tourist offices, often staffed with English speaking employees. Consult current travel guides for the location of tourist offices, in addition to local hotel and restaurant information. The internet can be a great source, as well.

(16) OTHER LOCAL INFORMATION

Information about Arcachon and the local area can be obtained from the local tourist office, located between the railroad station and the main post office. Check out the city website at <http://www.arcachon.com/>. There are discos and a casino in Arcachon. The International Herald-Tribune and USA today are available in limited quantities in Arcachon, and widely available in Paris. The Villa Regina hotel television system does have English news channels.

(17) TOURIST IMPERATIVE

In the words of one Arcachon alum: Ignore the fresh seafood if you want, forget the wine if you must, but do not miss the Dune du Pyla.

The Dune is the largest sand dune in Europe and well worth a visit!!.