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Global Education Office  
Reves Center for International Studies  
The College of William & Mary

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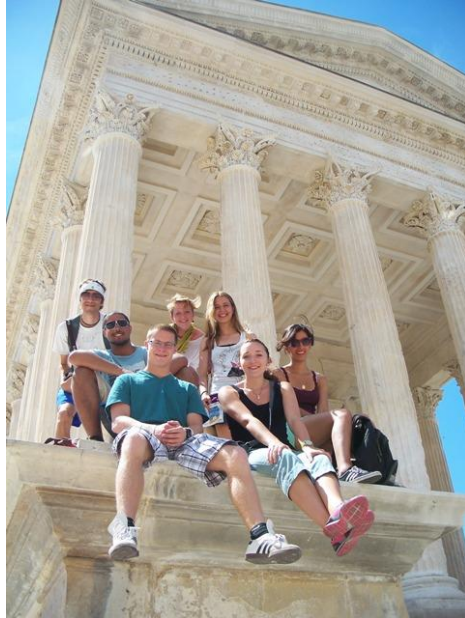


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MONTPELLIER  
SUMMER HANDBOOK

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William & Mary  
Montpellier

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# Visa Information and Budgeting

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## TRAVEL DOCUMENTS

### Passport

- You should apply as early as possible before departure to secure your passport through a Passport Agency (found in major cities), a local issuing office, a Federal or State Court House, or a Class I Post Office.

Start the process early so that there will be plenty of time to resolve any problems that may arise. If you will be using your current passport, make sure that it is good for six months after your return to the U.S. If it is not, you will need to renew it.



- Guidelines on renewing your passport or applying for a new one can be found at:

<https://travel.state.gov/content/passports/en/passports.html>

### Visa

- American citizens do not require a visa for less than a six-month stay in France as tourists, or if they state upon entering the country that they are traveling with an American university group. Citizens of other countries may be required to have a visa regardless of the stated purpose of their stay. If you are not a US citizen, please check with the French Embassy or the nearest French consulate directly. In order to apply for a visa, you must send your passport and the application documents and fee by registered mail to the French consulate for your area, which is listed in the information provided. You may also apply in person.

## BUDGET

- Your budget for incidental expenses will depend on your personal taste/extravagance and the amount of independent travel you intend to do before or after the program. The program fee includes your stay in Paris including airport-hotel transfer, lodging (with continental breakfast, but not lunch or dinner), and a métro (subway) pass; your train trip from Paris to Montpellier and back; excursions; lodging with a French family with whom you will have breakfasts and two dinners per week; a cell phone with a French number (but not minutes refills beyond the minimal preloaded amount); lunch five days a week; Montpellier bus and tram pass; tuition and fees for the academic session; and services of a resident Director, including instruction.

Student will be responsible for round-trip airfare from the US to Paris, other meals (including meals on excursions), and lodging after the program concludes.

- **Suggested minimum budget for additional expenses in Paris and Montpellier: \$1000.** This includes a minimum of \$200 for meals and snacks in Montpellier, assuming that you arrange for other meals with your host family. Your meal costs will increase sharply if you eat many of your meals in restaurants and go out frequently to theaters and cafés with friends. For your Paris stay and possible additional expenses along the way, we suggest a minimum of \$200 for meals, transportation, purchases and optional admission charges. Entertainment, laundry, bus travel and incidentals during the month of the program may vary greatly with individual tastes, but it is wisest to bring more than you expect to spend in order to be prepared for emergencies or for special occasions. This is especially important in years where the dollar has become weaker against the euro.
- In addition to your expenses in Montpellier, you must budget funds for lodging, meals and transportation if you plan to arrive before the program begins or remain in Europe after the conclusion of the program. Beyond the minimum, additional expenses for eating out, entertainment, travel or gifts, will be at least as high as similar excursions or tourist travel in a large city in the United States, and will depend on your personal preferences and budget. You will need to discuss this carefully with your parents.

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## Traveling to Montpellier

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NOTE: You are responsible for your own travel arrangements to and from France

### **AIRPORT PICK-UP**

You are responsible for your flight arrangements to and from Paris. Students should arrive in Paris early in the morning on May 25th and will be met at the airport by the Program Director and will go to the hotel by bus or metro. Ask the Program Director about arrangements. For those arriving later, directions for getting to the hotel via taxi, bus, metro are provided on the program's Blackboard site; however, depending on arrival time, the Program Director will be with the early arriving students, and you will have to make your own airport-hotel transfer arrangement. Please keep this in mind when making your flight reservations and plan on an early morning arrival if you prefer to go to the hotel with the Program Director and others in the group. Detailed information about Paris arrivals and the first official meeting of program participants in Paris will be provided by the Program Director in the French 301 pre-departure course.

At the end of the Paris stay, the group will go to the Gare de Lyon train station together. Students will travel on the same train as the Program Director to Montpellier. In Montpellier, the Director will introduce students to their host families.

The program officially ends June 27th. You will need to leave by that date or make arrangements for your own housing for beyond that day. If you plan to stay in France after the program ends, you will be responsible for organizing and incurring all additional housing and food costs. You have no commitments to the program on the day the program ends. You are responsible for your own transportation to the Montpellier airport or train station (host families are often willing to drive you, but plan ahead). You are also responsible for the reservation and cost of any train travel or connecting flight from Montpellier to Paris or other airport for your return flight to the U.S. Please plan in advance accordingly.

It is advised that students travel in pairs, if not larger groups. Use the Blackboard site and share flight information, or plan travel arrangements during the one-credit course.

After you arrive, remember to call or email your family to let them know you have arrived safely. This will not only save them from worry, but also will help the Global Education Office and the University of Montpellier from receiving panicked phone calls regarding your whereabouts.





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## Coursework

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You will be enrolled in a 1-credit course to be taken at W&M in the Spring of 2019 as preparation for your time in Montpellier. The course will begin after Spring Break and meeting times will be determined by program participants and the Program Director.

For Montpellier courses, a list of textbook requirements and syllabi will be distributed in advance of the program. For more information, contact the Program Director. At the University, students have computer access (although it is handy to have your own laptop for coursework and staying in touch), internet and library privileges. Most host families have wi-fi connections but this cannot be guaranteed; you will not have data service and internet access with the basic program-provided cell phones you will receive.

During your stay in Montpellier, you will study at:



**The IFE building on campus of Paul Valéry University**

The University in Montpellier (Medical School), one of the oldest in Europe, is over seven hundred years old. It was here that the writer, François Rabelais, received a medical degree.

<http://www.univ-montp3.fr/>

<http://iefe.univ-montp3.fr/>

Situated in the heart of the Languedoc-Roussillon region with a rich cultural and historical heritage, between the Mediterranean sea and the Cévennes mountains, the Camargue (to the East) and the garrigue landscapes, Montpellier is the regional capital with an excellent reputation in France as well as abroad. Coming to

# Université Paul-Valéry Montpellier 3

Montpellier will give you the opportunity to discover the cultural dynamism of one of the most prestigious university towns in Europe, close to the sea.





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## Excursions & Activities

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### **OFFICIAL AND PERSONAL TRAVEL OPTIONS**

Students will arrive in Paris and spend three days exploring the city with a three-night hotel stay before taking a train to Montpellier. Train tickets for this trip are included in the cost of the program and will be made by the Program Director in consultation with the students.

### **ACTIVITIES**

As you become acquainted with the city of Montpellier, you will discover a rich variety of leisure activities. In addition to the beach there are concerts, film and music festivals on three Sundays.

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# Housing and Meals

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## HOUSING

Students will be housed with families in Montpellier and will have all breakfasts and two dinners per week with their families. Some students might be housed with one family and share a room with another student. Single options are available as well for students living with a local family and having their own rooms. We will ask you to indicate your preferences regarding smoking, pets, children, roommates, etc., and every effort will be made to find housing that suits your individual needs.

The host families are members of the Montpellier community who are sincerely interested in welcoming American students into their homes, and in providing them with a taste of French culture for the duration of the summer program. Most Europeans, including students, do not spend long hours in their rooms, even to study. They are extremely economical when it comes to using electricity, which costs much more in France than in the United States. This also applies to the use of water, especially hot water. Most students study during the day at the library or in a café, and return to their homes in the evening. After dinner, people spend time with other family members, while students may meet friends in a café. As a consequence, the bedrooms in a French home may not be as spacious or as brightly lit as American bedrooms. Linens will be provided for you by your host family. Please check with them concerning the arrangements they prefer for laundering your linens and towels. It is also recommended that you clarify what expectations the family has regarding visitors and late evenings. Further dos and don'ts from past students regarding homestays are located in the "Know Before You Go" section at the end of the handbook.

## MEALS

The program includes breakfast every day and two regularly scheduled dinners each week with your host family. For the remaining evenings, students may choose to arrange for additional dinners with their host families (**the cost of each extra meal is 5.00 euros and will be paid at the end of each week and is not included in the program fee**) or to make their own arrangements for dinner. In addition, the Program Director will give each participant a lunch meal allowance for five days a week.

When eating on their own, students may want to check the menus of the numerous small restaurants in the center of town and plan on eating some meals there. Although the fine restaurants of Montpellier can be extremely expensive, you can find a delicious and filling *menu touristique* or *menu prix fixe* dinner and enjoy a real French meal beginning at around \$18. Keep in mind, too, that the price on the menus includes tips and tax, so what is listed is what you pay. You may leave a bit of change as a small tip by rounding off the tab.

**Note:** In keeping with the policy of the W&M Office of Residence Life, the Reves Center does not offer housing for the family of any students participating in W&M-sponsored study abroad programs. Also, family members or friends may not participate in any program activities or excursions. If you have family or friends who want to visit you while abroad it is recommended they do so after the completion of the program.

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## Communication

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The GEO provides local cell phones for all students on William & Mary summer programs with *homestays*. Students that are not participating in a program with a homestay are responsible for researching and arranging their communication plan.

### PLACING INTERNATIONAL PHONE CALLS

See the "Handy Information" section for a time zone conversion chart before you call!

**Calling Galway from the United States:** Dial 011 +-353-91 + Local Number

**Calling the United States from Galway:** Dial 00-1+area code + phone number.

### Emergency Numbers

Police: 112 or 999

Medical Emergencies: 112 or 999

Fire: 112 or 999

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# Health & Safety

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## IMMUNIZATION

It is no longer necessary to have smallpox immunization to re-enter the USA from Europe. Even so, you are encouraged to consider updating your immunizations, particularly those against tetanus and meningitis. Consult your personal physician for further advice. You can get worldwide health information and advisories on the web at <http://wwwnc.cdc.gov/travel/destinations/france.htm>. If you would prefer to talk to someone in person about the currently recommended immunizations, you can call Travel Health of Williamsburg at 757- 220-9008 (located at 287 McLaws Circle), or consult with a physician in your area who has some expertise concerning immunizations for international travel.



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## Travel & Country Information

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We encourage all students to research their study abroad destination. The State Department has important information available online. Be sure to read up on French history, culture, and current events before your arrival, as well. Knowing as much as possible about where you are going will not only make you more comfortable during your time in the country, but will also allow you to talk more knowledgeably with your host family and new friends.

We strongly recommend that you register your travel plans with the U.S. State Department at this website:

<https://step.state.gov/step/>

This will help the State Department contact you if there is a family emergency in the U.S., or if there is a crisis where you are traveling. On this website you can find information ranging from geographic and political descriptions of the country, to special health and safety announcements.

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# Montpellier

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## Montpellier, Place de la Comédie

MONTPELLIER is the capital of the Languedoc-Roussillon region, as well as the Hérault department. Montpellier is the 8th largest city in the country, and has been the fastest growing city in France over the past 25 years.

The city is situated on hilly ground 10 kilometers (6 mi) inland from the Mediterranean coast on the River Lez. The name of the city, which was originally *Monspessulanus*, is said to have stood for *mont pelé* (the naked hill, because the vegetation was poor), or *le mont de la colline* (the mount of the hill).

Montpellier is located 52 kilometers (32 mi) from Nîmes, 168 kilometers (104 mi) from Marseille, 248 kilometers (154 mi) from Toulouse. It is at a distance of 750 kilometers (466 mi) from the capital of France, Paris. Montpellier's highest point is the Place du Peyrou, at an altitude of 57 meters (187 ft). The city is built on two hills, Montpellier and Montpelliéret, thus some of its streets have great differences of altitude. Some of its streets are also very narrow and old, which gives it a more intimate feel.

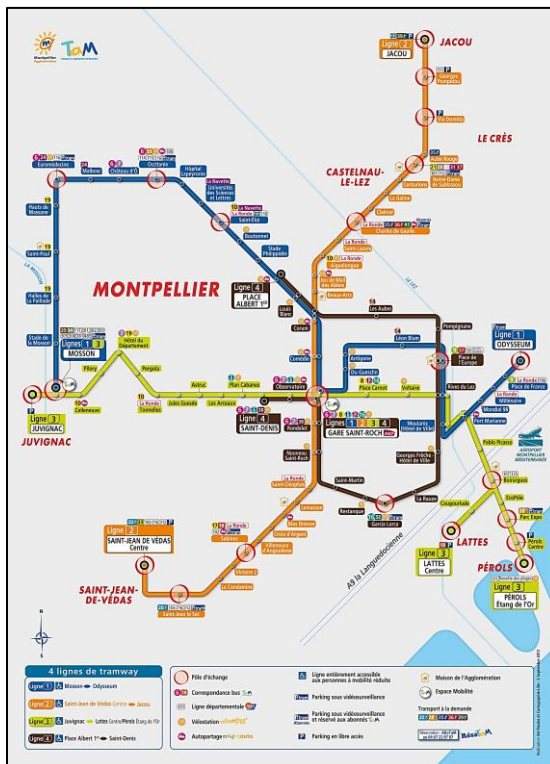
The current population of the commune of Montpellier is roughly 260,000. The metropolitan area has a population of roughly 430,000; and the greater Montpellier region over 600,000.

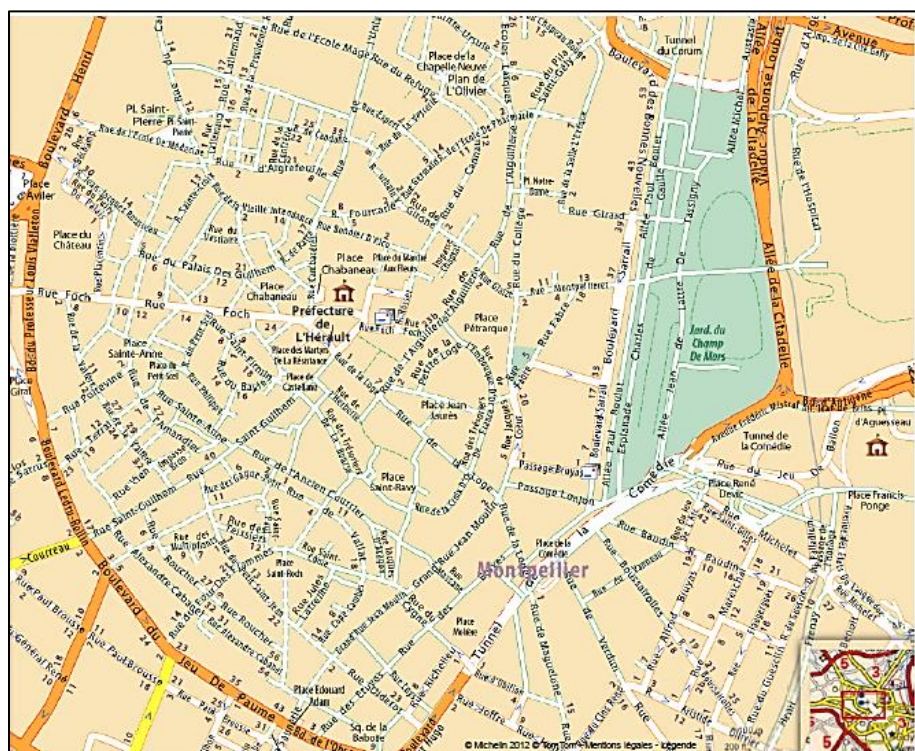
During the 19th century the city developed into an industrial center. In the 1960s, its population grew dramatically after French settlers in Algeria were resettled in the city following Algeria's independence from France. In the 1980s and 1990s, the city drew attention with a number of major redevelopment projects, such as the Corum and especially the Antigone District.





The tram line in the city center (above). Tram system map (below).





## The Historic Center of Montpellier, known locally as L'Écusson

For more details, see:

[http://www.viamichelin.fr/web/Cartes-plans/Carte\\_plan-Montpellier-34000-Herault-France](http://www.viamichelin.fr/web/Cartes-plans/Carte_plan-Montpellier-34000-Herault-France)

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# Finding Your Way Around Montpellier

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## Groceries

You can easily purchase lunch items in numerous convenient stores and supermarkets. Try some local specialties for variety. To stretch your funds and vary your diet, bring an insulated lunch bag. You can purchase items such as cheese, juice and yogurt and keep them fresh in this way. At the supermarket you can purchase boxed juices, milk and other items which do not require refrigeration. By saving money on lunches, you may have funds for a dinner at one of the small restaurants downtown.

There is a good grocery store in the Polygone (which is by the Esplanade) called INNO. They have all brands, even Old El Paso if you can't live without Mexican and care to pay for it. There's also the Monoprix, which is easy to find on the Place de la Comédie. Nearer the university, you will find what you need at Shop, on the corner of Route de Mende and Rue de la Justice de Castelnau.

For the freshest fruits, vegetables, and fish, go to one of the *marchés* in town. The one in the center (on the Place Jean-Jaurès) is open Monday through Saturday (though many stands are shut on Mondays). There is also a good *marché* on Tuesdays and Saturdays under Les Arceaux, beyond the booksellers, where you can buy organic fruits, vegetables, herbs, vegetable oil soaps, homemade jams and honeys, muesli, nuts and other dried fruit.

## Books and Supplies

The least expensive bookstore is the FNAC, in the Polygone. They also have CD's at modest discounts. Their selection is narrow, limited to popular or classical works. Some prefer Sauramps, also in the Polygone, which has a large *papeterie*, as well as the largest selection of books in Montpellier. The English bookshop is located on the rue de l'Université. Another large *librairie-papeterie*, Joseph Gibert, is located next to the main post office and the prefecture. You can find practically everything there.

## Travel Agencies

For those wishing to travel after the program there are several travel agencies that cater to students: Atoll, Council, and Wasteel's, on the rue de l'Université (Council is usually the cheapest, but check with them all) and the Nouvelles Frontières on the rue Jeanne d'Arc. You might want to try them all, since each have its own charters and rates.

## Trains

Many students purchase Interrail and Eurorail passes before leaving the United States. Before leaving the United States, contact Council Travel and AIFS for information about low-cost travel options and the EURO-bus.



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## Contact Information

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### **REVES CENTER CONTACTS**

You may call the Reves Center and its advisors at the numbers below between 8am and 5pm (Virginia time), Monday through Friday. In case of an emergency that falls outside of these times, please call William & Mary Campus Police at +001 (757) 221-4596. Campus police will then forward your call to the correct person or office.

**Reves Center Advisor:** Laura McDonald ([lmcDonald@wm.edu](mailto:lmcDonald@wm.edu)) +001 (757) 221-2003

Reves Center for International Studies

College of William and Mary

P. O. Box 8795

Williamsburg, VA 23187-8795

Fax – (757) 221-3597

\*To call the U.S. from abroad: 001+ (Area Code) + phone number

### **IN FRANCE:**

#### **Program Director**

Magali Compan, ([mxcomp@wm.edu](mailto:mxcomp@wm.edu))

#### **Home Stay Coordinator**

Madame Martine FIZE

### **I.E.F.E. – Université Paul-Valéry, Montpellier 3**

**Route de Mende - 34199 Montpellier Cedex 5 - France**

Tél. +33 (0)4 67 14 21 01

Fax +33 (0)4 67 14 23 94

[iefe@univ-montp3.fr](mailto:iefe@univ-montp3.fr)

### **Embassy of the United States – Paris**

Consular Section

American Citizen Services

4, avenue Gabriel

75008 Paris

Emergency: 01-43-12-22-22