# *Engineering in Troyes*
## *Summer 2018*

## Troyes, France



# Study Abroad Program Guide

**Office of Study Abroad Programs**
**University at Buffalo**
**201 Talbert Hall**
**Buffalo, New York 14260**
**Tel: 716 645 3912**
**Fax: 716 645 6197**
**studyabroad@buffalo.edu**
**www.buffalo.edu/studyabroad**

University at Buffalo
The State University of New York

# DESTINATION: FRANCE

*From Wikipedia, the free encyclopedia*

Officially known as the French Republic, the country of France is located in Western Europe and extends from the Mediterranean Sea to the English Channel and the North Sea, and from the Rhine to the Atlantic Ocean. The French often refer to France as L'Hexagone (The "Hexagon") because of its geometric shape. Outside of Europe, France also includes various overseas territories and departments such as Martinique and French Guiana.

France is the oldest unified state in Europe, and Paris has been its capital since 500 AD. It is bordered by Belgium, Luxembourg, Germany, Switzerland, Italy, Monaco, Andorra, and Spain and also linked to the United Kingdom by the Channel Tunnel, which passes underneath the English Channel.

The French Republic is a democracy organized as a unitary semi-presidential republic. Its main ideals are expressed in the Declaration of the Rights of Man and of the Citizen. In the 18th and 19th centuries, France built one of the largest colonial empires of the time, stretching across West Africa and Southeast Asia, prominently influencing the cultures and politics of the regions.

France is a developed country, with one of the world's largest economies. It is also one of the most visited countries in the world, receiving over 79 million foreign tourists annually. France is one of the founding members of the European Union, and has the largest land area of all members. France is also a founding member of the United Nations and one of the five permanent members of the United Nations Security Council. It is also an acknowledged nuclear power and a member of the Francophonie, the G8, and the Latin Union.

# TROYES AND THE REGION

Troyes is a beautiful city of approximately 120,000 residents located 90 miles southeast of Paris. Historically, Troyes was the capital of the Champagne region of France and today is the capital of Aube, a region renowned for its natural beauty and agriculture. Aube is one of the 98 départements of France.



The city center of Troyes dates to medieval times and was mostly unscathed during the two World Wars, so it retains a large number of very old buildings and narrow, winding, medieval streets. It is a wonderful example of old Europe. The Seine River, which is also the primary river of Paris, runs through the center of the old town. This is not only picturesque, but also historically significant as it linked Troyes to other important cities in old days. Many historical treasures are located near the river's edge.

However, Troyes is far more than a bunch of old buildings! It has a very active local economy with numerous high-tech industries and manufacturing, especially textiles (e.g., Izod LaCoste). Perhaps nothing is quite as modernistic as the campus of the Université de Technologie de Troyes (UTT), our hosts for this program. The campus boasts ultra-modern architecture and some of the most high-tech educational facilities to be found anywhere. The combination of high-tech university and magnificent, old-world historical sections of the city provide an ideal location for studying engineering while experiencing some of the best of Europe!

## *Climate*

The climate in Troyes is typical of central Western Europe, which is very similar to the east coast of the United States. Summer weather can change often and may include cool, rainy days; very hot, humid days with occasional storms and downpours; and clear, beautiful, warm, dry, sunny skies! The location is actually somewhat north of Buffalo, and so the summer daylight hours are longer while the nighttime darkness is shorter. Participants should expect mostly warm, summer-like weather, but should also be prepared for occasional cool and rainy weather. Some warmer clothing, such as a sweater and rain jacket, are appropriate, but don't expect to need them too often. A small folding umbrella is an excellent idea as you will often be walking.

## *Local transportation*

Participants will stay in dorms that are adjacent to the UTT campus and within walking distance to the classes. The city also has an extensive municipal bus system and many destinations will be within walking distance. For longer excursions, the city has a medium-sized train station with trains to local cities in the region and beyond. Trains to Paris take about 75-90 minutes and depart frequently throughout the day. Trains to other major destinations within Europe are within easy connection of Troyes.

Generally, European mass transportation is far ahead of the US. It is normally far more convenient to travel without a car. Participants should also realize that walking is integral to the system and therefore everyone should bring suitable walking shoes. There is little wasted space within the city of Troyes so walking between destinations is a continuous pleasure of sightseeing, window-shopping, etc.

## *Food*

Food is one of the several great pleasures of France! Participants will find many excellent choices at very reasonable prices, beginning with the on-campus dining. Tickets can be purchased for on-campus meals that are served three times per day, Monday through Friday. Moreover, there are numerous eateries of all kinds throughout Troyes, and one of the pleasures of the program will be the exploration and sampling of these choices. Please note that no meals are served on campus on weekends; however, many of the weekend meals will be taken as part of the planned weekend excursions. In addition to restaurants and cafes, excellent and inexpensive choices can be found in local markets, such as fresh fruit, cheese, lunchmeats, and wonderful fresh bread. Bakeries are scattered throughout the city and they bake fresh every morning – and not just bread. Plan to sample some of the incredibly delicious (and artistic) pastries that are abundant in the cities. There are many familiar, and not-so-familiar, snack foods available, and the quality and selection of chocolate is amazing!

Compared with many international destinations, French food is relatively similar to the US – although the care and quality of preparation, especially in restaurants, is generally much higher. However, there are some delicacies that may not be familiar to you such as snails, horse, rabbit, and some varieties of fish. Dishes based on organ meats are also more common than in the US. For the less adventurous, there will always be beef, pork, chicken, and vegetarian choices as well! Experiment and enjoy.

Finally, France is a modern nation with many immigrants. Specialty restaurants from around the world are plentiful – Chinese, Indian, Middle Eastern, etc. Troyes also boasts some very nice restaurants specializing in regional food from around France.

## *Alcohol and wine*

All participants in the program will be of legal drinking age while in France. It is absolutely mandatory that every participant behave responsibly in choices involving alcohol, as the abuse of alcohol endangers not only the individual but the other participants as well. Alcohol abuse is grounds for immediate dismissal from the program, at the discretion of the program director.

Wine is a staple of French cuisine and culture, and is meant to be enjoyed and savored in moderation. It is often served at both lunch and dinner in France and considered to be one dish of the meal. French children may receive small portions of watered-down wine beginning in the early teen years. French wines are highly regarded worldwide as among the very best, yet even within this relatively small nation, the varieties are almost innumerable. The local climates and soil conditions can vary significantly from one valley to the next and this has a major effect on the type and taste of the wine produced. Exploration and appreciation of these subtle differences are a hallmark of a sophisticated palate! The French are often strongly opinionated about which regions of France produce the best wines, and gourmet consumers from all corners of the world appreciate the incredible range of French wines.

As part of the language/culture courses in the program, participants will receive some basic lessons in wine appreciation and also opportunities to tour wineries and taste the products. Of course, this is not mandatory and students should feel no pressure or obligation to participate in wine tasting.

## USEFUL WEBSITES (IN ENGLISH)

- Official Tourist Office of France: http://us.franceguide.com/
- Tourist Office of Troyes: www.tourisme-troyes.com
- Paris Official Website of the Convention and Visitors Bureau: https://en.parisinfo.com/
- Université de Technologie de Troyes: http://www.utt.fr/en/index.html

## THE PROGRAM DIRECTOR

Dr. D. Joseph (Joe) Mook is Professor of Mechanical and Aerospace Department at UB, where he has been on the faculty since January 1986.

In addition to Professor, Dr. Mook has held many administrative positions within MAE, including Chair of the Department from 2004-2007.

Dr. Mook was also the Assistant Dean for International Education in the School of Engineering and Applied Sciences from 1997-2007. During this time period he created most of the existing Study Abroad programs in SEAS, including the Troyes program. He also worked closely with the Office of International Education on many university-wide international programs, often accompanying the UB President and other high-level UB officials during meetings with various international partners.

Dr. Mook is widely recognized as one of the most innovative and successful leaders in international engineering education. For example, he was twice elected Chair of the Executive Committee of the Global Engineering Education Exchange, the largest engineering study abroad organization in the world with over 100 member universities from 20 countries. He has also been selected to represent the US in many national-level activities – for example, he was a member of the 12-person US delegation at the 2008 US-Japan Summit on International Education, and he was one of 16 US engineering educators selected to the US National Summit on International Engineering Education; this group co-authored a report which still stands as the guiding document for international engineering education within the National Science Foundation.

In 2006, Dr. Mook received the SUNY Chancellor's Award for Internationalization; he remains the only UB engineering professor ever to receive this award.

Dr. Mook has also received many teaching awards, including the SUNY Chancellor's Award for Excellence in Teaching (thus, he is a rare, two-time SUNY Chancellor's Award winner). He also received the Milton Plesur Award, which is the highest UB teaching award that is determined only by vote of UB students; he was the first engineering professor to receive it in more than 10 years. He brings unbridled enthusiasm for his subject matter and for the success of his students into every class, including Troyes!

In 2009, Dr. Mook became one of the very few engineering educators ever selected as a Program Manager within the Office of International Science and Engineering (OISE) at the National Science Foundation (NSF). The NSF is the highest non-medical science and engineering research agency of the US government. Within NSF, OISE was responsible both for supporting international science and engineering projects by US researchers, as well as managing government-level science and engineering cooperation with foreign governments. Dr. Mook was directly responsible for programs with 9 Southeast Asian nations, and participated in the management of programs across all of East Asia and the Pacific Islands. In addition to his direct work with US researchers and foreign government agencies, he coordinated with many other US government research agencies and with the US State Department.

Specific to France, Dr. Mook created the Troyes program during the early 2000's. The program was first conducted in 2003 and has been conducted annually ever since. Dr. Mook personally taught from 2003-2005, then prepared his successors who have taught the program ever since. Based on the success of the program and the strong interest of student participants for additional opportunities, Dr. Mook then created junior-level full semester programs at ENSEA (focused on electrical engineering and computer science) and with a consortium of mechanical and aerospace universities in Toulouse (focused on mechanical and aerospace engineering majors). In both of those programs, UB juniors could receive full credit for the spring semester junior year while taking courses taught in English by the French faculty. Many students continued with a paid French industrial internship during the summer following the semester; for the students in Toulouse, these internships were primarily based at Airbus, the largest aircraft manufacturing operation in the world. Needless to say, these programs also became quite popular. Dr. Mook continued with a sabbatical in France during the 2008-2009 academic year, during which he worked directly with Dr. Ronan Stephan, who was then the President of the University of Technology in Compiegne (a sister university to Troyes). Dr. Stephan later became the Minister of Research within the French government, a position that oversees virtually all non-military research in France. There is no equivalently-high position in the US government.

Dr. Mook earned a B.S. degree in Engineering Science and Mechanics (with a minor in mathematics) from Virginia Tech in 1979, then worked at Pratt and Whitney on the engine program for the Boeing 747. He later returned to Virginia Tech and earned MS and PhD degrees in Engineering Mechanics. He joined UB's MAE Department in January 1986. He has authored over 100 technical publications and received approximately 30 research grants from sponsors ranging from NASA to John Deere. His research has been focused primarily on the dynamics and control of moving vehicles, and the associated mathematics. He has been the faculty advisor for the graduate degree research for 15 PhD and over 50 MS students.

Dr. Mook may be reached at mook@buffalo.edu.

## PROGRAM ASSISTANTS

Dr. Mook will be assisted by two UB student assistants. The assistants' role is to help with the academic program (grading papers, conducting help sessions and reviews, etc.) and assist with and supervise the extracurricular activities. The assistants will also live with the students and act as Resident Advisors.



For the Summer 2018 Program, the Program Assistants will be Gianna Razza and Nicholas Phillips. Gianna is a senior at UB triple majoring in Mechanical and Aerospace Engineering & Mathematics. After completing her undergraduate studies, she plans to focus on the Aerospace industry and go back to school to further her degree in this field.

Last year she spent 6 months in Australia studying at Monash University for the Spring 2017 semester and traveling throughout Australia and New Zealand. She is currently on the board of the Outdoor Adventure Club at UB and spends a lot of time climbing, backpacking, surfing, snowboarding, slacklining, hiking and doing acro yoga. She has road tripped across the US twice and has also traveled to Brazil, Italy, and France. She is so excited to have the opportunity to be a part of this program with all of you and can't wait to get to know you all!

You are welcome to contact her at giannara@buffalo.edu.



Nick Phillips is a junior in the Mechanical engineering department. He is currently working on the research and development of a satellite through UB's own nano-satellite laboratory (UBNL). The satellite is referred to as LinkSat and it will be used to characterize the radio noise environment in low earth orbit (LEO) for many common satellite communication frequencies. This project is funded mainly through a NASA grant with help from a smaller grant through Northrop Grumman. Nick encourages any of you that are interested in joining or learning more to talk to him about the opportunity. He says it has taught him a lot of skills he would have never learned during normal coursework.

Outside of school, Nick has started to pick up rock climbing over the past year. He first heard about it through the Outdoor Adventure club at UB and has made a lot of friends that he now goes climbing with regularly. He hopes that he can get all of you into the sport during the trip to France, as there is a climbing gym on campus that he plans on visiting on a regular basis. In addition to climbing, Nick enjoys hiking, woodworking, a bit of coding, soccer, and volleyball.

Please do not hesitate to contact him at nrphilli@buffalo.edu.

# ACADEMIC PROGRAM

Participants will receive 6 UB credits for this program – 3 credits for EAS 207 Statics and 3 credits for UGC 112 World Civilization II. Both courses are mandatory for all participants. UGC 112 is a required course for all UB students regardless of major, and EAS 207 is a required course or suitable elective for every engineering/computer science major.

**EAS 207 Statics:**
Applies mechanics to the study of static equilibrium of rigid and elastic bodies. Topics include composition and resolution of forces; moments and couples; equivalent force systems, free-body diagrams; equilibrium of particles and rigid bodies; forces in trusses and beams; friction forces; first and second moments of area; moments and product of inertia; methods of virtual work and total potential energy.

**Textbook:** Engineering Mechanics: Statics, by R.C. Hibbeler, 14th Edition.
You can buy the text at the UB bookstore. Alternatively, you can order it online from Amazon. This is the same textbook as used in all other sections of Statics at UB so you might be able to find a used copy.

**HIS 11SA Europe and France: Institutions, History and Civilization:**This course will provide students with an introduction to the European Union (basic facts and figures), its institutions and challenges, the building of a European model and culture, France's role in Europe and in the world, French political and economic system, French technology: strengths and weaknesses, a taste of French culture (discovery of the Champagne region and industry), basic concepts in intercultural communication, and "survival" French.

This course has been approved to meet the Civilization and History OR Humanities UB Area in the Global Pathway of the UB Curriculum. Students who would like to use this course to satisfy either the Civilization and History OR Humanities UB Area in the Global Pathway of the UB Curriculum will need to complete a UB Curriculum: Pathways Worksheet and submit it to Olga Crombie at omlepkyj@buffalo.edu once your HIS 11SA course number, title and grade appear in your Summer 2018 term in HUB (this typically happens in late August to early September) to request to have your academic record in HUB updated accordingly to reflect that this course should be used to help complete your Global Pathway.

**Textbook:** Notes and other handouts provided in class.

**French language:**
HIS 11SA will include occasional "survival" French lessons for beginners. For more advanced students with prior French courses, more advanced lessons are available.

## TYPICAL DAILY SCHEDULE

On a typical day, participants will meet in the morning for a 2-hour session of either Statics or the language/culture course, break for lunch (approximately 2 hours), and then reconvene for an additional 2 hours for the course not done in the morning. There will be flexibility in the daily schedule to accommodate cultural and recreational excursions. There will also be some help and/or review sessions as needed; some of these may be conducted in the evenings in the dorms, with program assistant help. In total, the hours of classroom time are equal to the hours of classroom time for the same courses offered at UB.

Most weekends are planned with a number of wonderful excursions (see below). In addition, there are many weekday evening activities available on/around campus. These include recreational (rock-climbing, rollerblading, etc.) and social (parties with UTT student clubs) activities.

## TENTATIVE CALENDAR

(Dates subject to change. If an activity can't take place, an activity of similar cost will be organized.)

| | | | | |
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| **Week 1** | Friday | May | 18 | **Arrivals**, pick up at airport and transfer to Troyes - settling in accommodation. |
| | Saturday | May | 19 | Visit of the neighborhood – Free Time<br>**Visit of Troyes** and Museum – more information on Troyes |
| | Sunday | May | 20 | **Welcome dinner** for all summer programs students (USA & Singapore) |
| **Week 2** | Monday | May | 21 | Morning: **Reception, presentation and visit of UTT**<br>Afternoon: first classes<br>Evening: **Social evening with UTT students** |
| | Tuesday | May | 22 | Classes |
| | Wednesday | May | 23 | Classes |
| | Thursday | May | 24 | Classes |
| | Friday | May | 25 | Classes |
| | Saturday | May | 26 | |
| | Sunday | May | 27 | **Adventure weekend in Acro'Parc** – (see additional details and photos on pages 9-10) |
| **Week 3** | Monday | May | 28 | |
| | Tuesday | May | 29 | Classes |
| | Wednesday | May | 30 | Classes |
| | Thursday | May | 31 | Classes |
| | Friday | June | 1 | Classes |
| | Saturday | June | 2 | |

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|---|---|---|---|---|
| | Sunday | June | 3 | **Weekend in Normandie, Mont Saint Michel, Loire castles** |
| **Week 4** | Monday | June | 4 | |
| | Tuesday | June | 5 | Classes |
| | Wednesday | June | 6 | Classes |
| | Thursday | June | 7 | Classes |
| | Friday | June | 8 | Classes |
| | Saturday | June | 9 | **3-day Free weekend** to take a chance to visit other parts of France or Europe (To be organized by each student by him/herself - not included in the Program Fee) |
| | Sunday | June | 10 | |
| **Week 5** | Monday | June | 11 | |
| | Tuesday | June | 12 | Classes |
| | Wednesday | June | 13 | Classes |
| | Thursday | June | 14 | Classes |
| | Friday | June | 15 | Classes |
| | Saturday | June | 16 | **2-day Free weekend** to take a chance to visit other parts of France or Europe (To be organized by each student by him/herself - not included in the Program Fee) |
| | Sunday | June | 17 | |
| **Week 6** | Monday | June | 18 | Classes |
| | Tuesday | June | 19 | Classes |
| | Wednesday | June | 20 | Summer program **final exams** – Feedback session.<br>**Farewell Dinner** |
| | Thursday | June | 21 | **Weekend in Paris.** |
| | Friday | June | 22 | 21 evening and night: Music Festival Day (national, on your own – not included in the Program Fee) |
| | Saturday | June | 23 | Walking discovery tour with Emilie from UTT (IRO Staff) will be organized or students can decide what they would like to do on their own. Metro/buss pass included for 3 days. |
| | Sunday | June | 24 | **End of the program.** Departures directly from hotel in Paris. |

# ARRIVAL & DEPARTURE INFORMATION

**Arrivals:** All students are required to arrive in Paris, France (Charles de Gaulle Airport) on Friday, May 18 by 1:30pm to have enough time to clear customs, retrieve their luggage and meet with the UTT representatives to take the 3pm shuttle bus to UTT/Troyes. Students must arrange transportation from their home country to Paris, France. When booking your flight, please note that many overseas flights are overnight, i.e. leaving the US late in the evening and arriving early morning the next day. Please make sure to check the departure date, i.e. leaving the US, and compare it to the date of arrival in Paris. You must arrive in Paris on Friday, May 18, so you will likely need to depart the US on Thursday, May 17 to ensure your timely arrival in Paris on Friday, May 18.

UTT will arrange transportation to pick up all students at the same time at Charles de Gaulle airport at 3pm on Friday, May 18 and will take students to their accommodations in Troyes. Students should plan to arrive at the airport no later than 1:30pm in order to go through customs and catch the UTT transportation provided at 3pm. Students not able to take this transportation may be asked to reach Troyes by train on their own.

Once you have booked your flight, please complete the Flight Information section of the UB Study Abroad online application and upload an electronic copy of your detailed itinerary. UTT will also ask that you complete an online form for them to provide them with this information.

**Departures:** The final departure from Troyes will be Thursday, June 21 and the program will officially end at the hotel in Paris on Sunday, June 24 at 8:00am. Students will already be in Paris and may choose to return home on this day or make the necessary arrangements to remain in Paris or travel elsewhere. Transportation by metro/RER from Paris Center to the airports or train stations will be possible using the 5-day metro/RER pass on Sunday, June 24.

Students who have travel plans outside of these dates will have to organize and pay for their own travel from Paris and are strongly recommended to check that the bus and train schedules are compatible with the rest of their trip. **Beware: There are less buses and trains available on Sundays!**

## ACCOMMODATIONS

Participants will be provided with triple dorm rooms with shared bathrooms (shower and toilet) in the Centre Sportif near the UTT campus and bed sheets will be provided.

The program includes housing from the afternoon of Friday, May 18 through the morning of Thursday, June 21.

There will be a locked, safe area in the international office, where excess luggage can be stored if you want to leave it in Troyes while you travel at the end of the program. There is no charge for this service but be aware that access will not be possible outside normal office hours so take that into consideration when planning to retrieve luggage.

There are coin operated laundry facilities on campus, within easy walking distance of the dormitory.

Upon arrival in Troyes, each participant may use the office phone for a free call home to let parents/etc. know that you have arrived safely.

UTT will prepare packages of local information including maps, tourist info, etc., which will be given to participants upon arrival in Troyes. A tour of the city is planned for the Saturday before classes begin.

Every student will have internet access on campus computers. For those who wish to bring a laptop, there are several wireless zones on campus and UTT staff will help configure your machine. SKYPE is available for inexpensive telephone service, but there may be some restrictions on SKYPE use at some campus locations. The use of ipads and iphones is probably OK and will be clarified before departure for France.

There are no kitchen facilities in the housing. From Monday to Friday, three meals per day are available on campus, using meal tickets that cost approximately $4 each. Many of the weekend meals will be included in the excursions. You should also budget extra money to enjoy occasional meals out in the Old City.

## EXCURSIONS

Several excursions are planned, primarily as recreation, tourism, and exposure to French culture and activities. NOTE: The excursion schedule and activities are subject to change and may not exactly match what is shown below.

a) Arrival weekend: Some activities/familiarization around Troyes – not too strenuous so that you can rest up, have a chance to learn your way around, eat some good food, and have some fun!
b) Paris weekend (3 days, 3 nights): Hotel accommodations are provided as well as transportation to Paris from Troyes (5-day metro pass). The group will visit as many of the “big-name” sites as possible, but Paris has so many that one might spend a lifetime and still not see them all. For example, the Louvre, Paris’ most famous art museum, is so enormous that some of its curators who have worked there for many years have still not seen it all. Breakfast is included, but lunch and dinners will be at your own expense as well as admission fees to any of the sights. There will also be free time for individual exploration of the city.
c) Trip to Normandie (3 days, 2 nights): D-Day landing beach, visit of Mont Saint Michel including abbey, visit of an oyster farm with tasting, entrance to Saint Malo aquarium, visit of Chambord and Chenonceaux Châteaux de la Loire. Transportation by coach, accommodation + breakfasts, 2 dinners included.

d) Adventure (outdoors) weekend (3 days, 2 nights): On this trip, you will join Troyes students and students from the University of Michigan program in the activities so it will be a good chance to mingle. Before the trip, three evenings of rock climbing instruction will be provided by the guides (one of the campus buildings has a rock-climbing wall in its lobby!). The entire adventure weekend is organized by a professional outdoor company with experienced guides/instructors. Accommodation, up to 4 fun activities (caving and canoeing, via ferrata, electric off road scooters, canyoning), transportation by coach, 2 breakfasts, 3 lunches, 2 dinners, supervision, insurance, accredited staff will be provided.

## *Adventure week-end in the Acro'Parc*

Outdoor activities are extremely popular with French and international students. These activities will take place in the Acro'Parc located between ***the Drome Provencales and the Vercors Regional Nature Park (Alps).***






There are 4 activities (canyoning, paragliding, rafting, Via ferrata) that are included for the weekend and are at a beginners' level. Students will be contacted by UTT or UB Study Abroad to confirm the activities in which they would like to participate.

**Canyoning** is described as traveling in canyons using a variety of techniques that may include other outdoor activities such as walking, scrambling, climbing, jumping, rapelling, and/or swimming.

**Trot'in electric bike**

**Canoe Kayak and tube:** Discover the Drôme River!

**Via ferrata** is a protected climbing route found in the Alps and certain other locations. The essence of a modern via ferrata is a steel cable which runs along the route and is periodically (every 1 to 10 metres (3.3 to 32.8 ft)) fixed to the rock. Using a via ferrata kit, climbers can secure themselves to the cable, limiting any fall.

**Students MUST know how to swim for the canyoning and canoe activities.**

e) Other weekends: Include a combination of free time along with various short tours of the local sights around Troyes, possibly including historical buildings, a hand-made crystal glass factory, vineyards, wineries, champagne production, etc., with history, tastings, and appreciation instruction!

# ADVICE ON MONEY, COMPUTERS, AND PHONES

## *Money*

Local currency can be withdrawn at ATM machines just as in the US. Alternatively, you may exchange US currency or traveler's checks at money exchange bureaus. Both exchange bureaus and ATMs are located in every airport terminal. Also, there are many ATMs all around Troyes. Some banks, but not all, will exchange money during open hours.

Credit cards (primarily Visa and MasterCard) are widely accepted for purchases throughout France, and this is the most common payment approach used by French people themselves. Debit cards with a Visa or MasterCard symbol can also be used. Your bank will automatically convert the local charges into dollars on your statement, and you normally get the best exchange rate compared to exchanging cash or traveler's checks. However, many banks and credit card companies have begun charging international service fees for purchases made in a foreign currency. Check with your bank or credit card company to see what they charge and, if necessary, check with other companies for better rates. Prior to travel, you **must** alert your bank to your travel days and locations to avoid ATM, debit or credit card refusal. Also, before leaving the US, determine if your bank has a European partner. You'll get the best rates with that partner bank. For example, Bank of America's partner is PNB Paribas. So if you are a Bank of America customer, use PNB Paribas for your transactions in Europe.

NOTE: most of Europe (including France) uses newer credit cards with an embedded security chip. US credit/debit cards that lack this chip will NOT work in automatic vending machines, and may also be declined in stores/restaurants. Contact your card issuer in the US to obtain a new card containing such a chip.

You will need some cash for small, daily expenses. The easiest way to obtain this is using an ATM. You will get the bank's exchange rate however it is likely that your bank will charge you a withdrawal fee for using a different bank's ATM. Be sure to check this withdrawal fee and daily withdrawal limits with your bank before departure! These fees add up quickly so it is advisable to withdraw larger amounts less frequently (and store excess cash in a safe place to avoid walking around with a large amount of money). Traveler's checks can be a helpful back-up to your credit and ATM cards. They are more secure than cash and recording the check numbers will help you replace them if the checks get lost or stolen. However, the exchange rates for exchanging traveler's checks and cash will not be as good and often require an exchange fee.

### *Computers*

You will have access to on-campus computers for email, etc. during business hours. You may also use your own computer. Also, there are inexpensive "internet cafés" available in Troyes and elsewhere in France (i.e. McDonalds, where wi-fi is free, but buy a coke). And, there are a number of wireless zones in the academic buildings at UTT and the UTT technical staff will assist in setting up your laptop to work with their wireless network.

### *Phones*

Due to different technical standards, many US cell phones will not work outside of the US (in fact, they don't even work on other US networks). We're behind the world in this technology, sadly.

If you have an *unlocked, GSM-capable* phone, *tri-band* or *quad-band,* you can buy an inexpensive local SIM card and service in France. This will result in a normal, functioning cell phone with a French telephone number that will make/receive calls and/or text messages throughout most of the world (calling rates may be higher outside of France, depending on which service you buy). A huge advantage of this approach is that your French friends can call/text you easily at any time.

The cost of such phones within France (as elsewhere) depends on the features. Brand-new basic phones that are perfectly fine for straightforward calling/texting cost only around 10-15 euros; used ones may be free, or nearly free. On the other hand, the latest smartphones with large, high-resolution displays, cameras, etc, can cost hundreds of euros.

In all cases, you own the phone outright, and can re-use it with other services in most countries at any time. Simply buy a local SIM card to establish a local phone number, and whatever service suits you. On my last trip to Vietnam, I got a SIM card (with Vietnamese number) and 500 minutes of calling for $1.50

There are several other options:

- Contact your US provider and find out what they offer for international service; if you're happy with it, no problem! Note that this is probably the most expensive option, and, you probably won't have a local number in France, which will discourage calls/texts from French friends.
- Use an internet-based service such as Skype or TextPlus, which enables you to call and/or text whenever you are online (but not at other times). Calls to online phones or computers using the same service are free, and may include video; direct calls to most phones (i.e., you must be online, but may call direct to any phone) cost about 2 cents per minute. You won't be reachable unless you are online, but can pay extra to set up a voicemail box if you wish.
- Use a non-contract, pre-paid cell phone leased or purchased online before departure (an internet search for "French phone service" or similar will reveal many options, especially from the UK).
- Use credit cards and local phone booths. You can often call the US for a very cheap rate. The drawback is that you must use a phone booth (but these are easy to find throughout any city), and of course, you generally can't receive calls. For emergency calls from the US, you will be provided with phone numbers at UTT.

## SUGGESTED PACKING LIST

**Guiding Principles:**

1) Be prepared for a lack of escalators, moving walkways, etc. while traveling in Europe.
2) Pack what you can carry – traveling light is better than struggling with a lot of luggage.
3) You do not need your entire wardrobe – pack clothes you will wear multiple times.
4) Shopping is good and plentiful if you decide that you need something else.

**Additional Observations:**

5) Summer weather in France ranges from hot and humid to occasionally cool and rainy. Bring a small umbrella.
6) Be prepared for a lot of walking and bring clothes and shoes appropriate for this.
7) If you like regular sports activities (running, swimming, bicycling, etc.), bring your gear.
8) For international flights, you are typically limited to a maximum of two suitcases (with possible luggage charges) plus a carry-on bag. Try to fit everything you need into a single suitcase and bring a small bag as a carry-on to use for excursions (a regular backpack is ideal).

**Suggested Clothing List:**

a) 2-3 pairs of long pants (khaki slacks and jeans) or casual skirts
b) 2-3 pairs of functional walking shorts (not so common in Europe but good when it's hot)
c) 4-5 shirts - mostly short-sleeved casual shirts and 1 long-sleeved shirt for dressier/cooler use
d) 1-2 sweaters, nice but functional for everyday use if cool
e) Functional rain/wind jacket - should be light and fold very small
f) 2-3 pairs of shoes - running shoes and 1-2 pairs of casual shoes that are good for walking.
g) Flip flops or sandals (could be used in place of one pair of walking shoes)
h) Bathing suit

**Other Gear:**

a) Towel
b) Toiletries (also easily purchased in France)
c) Small, secure organizer to hold passport, etc.
b) Camera
c) Small folding umbrella
e) Sunglasses
f) Hat for sunny days and light rain
g) Sunscreen
j) Contact info for friends and family
k) Tourist guidebook – good guides include Lonely Planet and Eyewitness Guides (DK Press)
l) School supplies: pens, notebook(s), textbook, calculator
m) Laptop – optional
n) An adapter for European electrical outlets.

## *Electrical Equipment*

The European standard is 220V compared to 110V in the US, and the electrical plug shape in France is different from that in the US. Therefore, there are two distinct possible problems: (1) US cords cannot be plugged into the wall outlet without a plug adaptor, and (2) even with a plug adaptor, some appliances cannot be used without a voltage converter.

Plug adaptors are cheap, light, and small; voltage converters are expensive, heavy, and large.

Most *electronic* devices like laptops, phones, MP3 players, camera battery chargers, etc, have a built-in voltage converter. Look for information printed directly on the plug itself, or, check your owner's manual. Typically, such devices will accept 100-240 volts and 50-60 cycles; this will usually be printed somewhere on the cord. These will work fine in France, but you will need a plug adaptor to make the plug fit into the wall. Plug adaptors are usually cheap, weigh almost nothing, and are about the size of a plug itself.

Most *electric* devices like hairdryers, clock-radios, irons, etc., do NOT have built-in voltage converters. These will require a separate voltage converter, which is generally heavy and expensive enough to seriously consider alternatives such as living without the device while in France, or buying a cheap one after arrival. If you do decide to bring a voltage converter and your electric device itself, be sure to match the maximum power output (Watts) of the convertor to your device. A hairdryer may take 1500 or more Watts, so you must use a voltage converter with that much capacity, or it won't work.

There is a large, inexpensive department store ("Carrefour", similar to Walmart) near campus. For convenience, you could simply purchase small appliances as needed once you arrive (alarm clock, hairdryer, etc.). You can also adopt a simple lifestyle. I carry only a very small, lightweight, battery-operated alarm clock; batteries are standard world-wide.

# IMPORTANT CONTACT INFORMATION

**UTT, France:**

Christine Ninino
International Relations
Université de Technologie de Troyes
12, rue Marie Curie, BP 2060
10010 Troyes Cedex
France

| | |
|---|---|
| Telephone: | +33 (0) 3 25 71 58 14 |
| Fax: | +33 (0) 3 25 71 85 49 |
| E-mail: | christine.ninino@utt.fr |

**UB Study Abroad Programs:**

Mary Odrzywolski
Director, Office of Study Abroad Programs
University at Buffalo
201 Talbert Hall
Buffalo, New York 14260

| | |
|---|---|
| Office Phone: | +1 716 645-3912 (business hours: Mon-Fri 8:30am-5:00pm) |
| Emergency Phone: | +1 716 645-2222 (UB Police – 24 hours) |
| Fax: | +1 716 645-6197 |
| E-mail: | maryodrz@buffalo.edu; studyabroad@buffalo.edu |

**In France:**

**Police/Fire/Ambulance emergencies:**

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|---|---|
| General Emergency (*European SOS*) | Tel. 112 |
| Police/Police Nationale (Gendarmerie) | Tel. 17 |
| Fire | Tel. 18 |
| Ambulance/Medical Emergency | Tel. 15 |

**Embassy:**

United States Embassy in Paris
2 avenue Gabriel
75008 Paris
France
Tel. (+33) (0)1 43 12 22 22 (switchboard)
Fax (+33) (0) 1 42 66 97 83
https://fr.usembassy.gov/embassy-consulates/embassy/