

JUN 02 2010

INTERNATIONAL PROGRAM EXCHANGE EVALUATION REPORT

Name:

Location: Lyon, France – Université Jean Moulin Lyon III

Term: Fall 2009

E-mail:

ARRIVAL OVERSEAS/ON-SITE ORIENTATION

a. Accommodations

If a student does not already have a living situation figured out, I would recommend booking a hostel or hotel room prior to arrival and make sure you know how to get there. It is nice to have a place to chill for a couple of days and get over jetlag and the initial culture shock. The Mercure hotels are pretty nice and not too expensive. The staff at the Mercure hotel closest to Lyon III was extremely friendly and helpful. Also, I recommend getting there several days early so you can get to know the city a little bit before starting Orientation.

b. Orientation

Orientation was absolutely useless. It was required—several days a week for two weeks—but they packed a couple hundred of us in sweltering rooms to speak for three hours per day about superfluous information like where good restaurants in Lyon are, the different wine regions, and French similes. Some of the information was nice to have, but it could have been effectively summed up on a handout or in one short information session. I think all the students were in agreement about how dreadful orientation was.

ACADEMICS:

a. Similarities to UW

The class sizes for SELF courses (*not* DEUF) are very small; I think the largest of my classes had 25 or 30. Most of my teachers encouraged participation but a couple just simply lectured. If students know what it is like to be in small seminar-style classes at UW (or even just discussion sections), they shouldn't be surprised by the method of instruction at Lyon III.

All of my teachers encouraged relations between themselves and their students, but according to one of my professors, French students rarely participate in class or contact their professors. This being the case, I think it would be important to determine whether or not a professor was comfortable with relationships with his or her students before that student tried to get "chummy."

Grading was easier than I thought it would be, but there still is work to do. I felt that the course-load was lighter than what I have experienced at UW. However, I had expected extremely difficult work, so I would not recommend going into the program thinking it is going to be easy, because it is not. There are very few options for extra credits and your final grade is often determined by only a mid-term and final, so if you mess up on one of

those, your grade will quickly plummet. If you keep up, participate, and study for exams, there should be no problem—just like at UW.

The administration personnel are often very nice, but sometimes not very helpful. They often will send you to a person, who will send you to another person, who will send you back to the first person you talked to—which not only frustrates the student, but also the administrators. The whole administration process is extremely disorganized and you should expect to spend a lot of time in line. But once everything is worked out, you don't really have to deal with them very much. NOTE: Signing up for classes was *hugely* dramatic and very disorganized and almost all the students I talked to were very frustrated about it. So make appointments early (they are first come, first serve) to finalize your classes. However, they are in many ways more relaxed than the administration at UW and they will work with you if they can.

The library, computers, and classrooms were very adequate. The library is a little confusing at first, but a little exploring helps a lot. Students can print from the library for a fee, BUT the secret is to print in the computer lab, where printing is free! Wireless is also available for students who have laptops.

b. *Quality of Instruction*

I thought it was great. There was a little cultural tension between some of the French teachers and the international students. For example, the syllabus for one of my classes listed about five books we would be reading in class (which I went and bought), but when we arrived in class on the first day we realized that she expected us to have already read the books. She was boggled that we hadn't realized that we were supposed to read them before the course started—she thought that it would have been obvious that reading five books over the course of the semester would be way too much. However, at UW I am often required to read five books in one quarter for one class and I think nothing of it. But I really enjoyed the classes a lot. I had a blast in my French class, but it was pretty useless as far as actually learning the language was concerned. Students take a placement test at the beginning of the semester and are sorted into classes based on level of proficiency. However, the test is very ineffective at accurately determining proficiency and so I was placed in a class both with people who knew absolutely no French and also those who were pretty advanced. Our instructor (who I LOVED) gave up pretty quickly on teaching us anything substantive, and so we just mostly played games and focused on simple concepts. Extremely fun, but not very useful.

c. *Good and Bad Courses and Instructors*

I loved Alexis de Tocqueville and Democracy today with Professor Delagu (an awesome American guy from Maine who is hilarious). AVOID European Thought from the Renaissance to the 20th Century—the professor cannot speak English, is quite rude, and an unreasonably difficult grader. I switched out of his class right away and some of my friends who did not leave seriously regretted it later.

d. *How Did My Coursework Relate to UW*

My coursework at Lyon III did not relate in any way to my studies at UW and I had to stay on an extra quarter to finish my degree, but it was worth it.

HOUSING:

a. *Housing Options and Recommendations*

I would recommend that students look for accommodation before traveling abroad, especially if their French is not very good. What I learned shortly after arriving in Lyon is that the French do not typically like to rent to foreigners, and not for the short term. I knew some students who had to “couch surf” for months before finding lodging. Personally, I got very lucky – another girl from UW (who spoke French very well) found an apartment and asked me if I wanted to move in. Our landlord was close to our age, very nice, and became a friend who showed us around Lyon quite a bit. But the situation I found myself in is very uncommon.

I did not do this myself, but if a major goal is to improve language skills, I would highly recommend looking for a home-stay—most of the people I knew who stayed with French families in Lyon absolutely loved it and felt that their French improved dramatically. However, if a student is independent and wants get to know the night life and travel often, I would recommend looking for other lodging, as home-stays are usually outside of the city and encourage early bedtimes.

Several students I knew chose to go with student housing and although these students complained about the very meager amenities in their dorms, they made tons of friends from all over the world (the SELF program in Lyon brings in students from a multitude of countries around the world) and had an enviable social life.

PROGRAM/EXCHANGE SITE

- a. The campus itself is pretty nondescript. Especially after coming from a gorgeous campus like UW, Lyon III is very unimpressive. It’s an old tobacco factory turned into a university—very fortress-like. However, the city itself is wonderful, especially the old part of town. It’s very walkable, easy to navigate, and the markets along the rivers every Saturday and Sunday are wonderful. The pub and club-scenes are great, especially if you make friends to go with.

HEALTH & SAFETY

- a. I did not experience any safety issues – I hear that there are certain areas of Lyon which should be avoided at night, but I never felt unsafe walking at night. I did not experience a medical facility, so I cannot describe the quality, but those people I knew who did go to see the doctor were happy with their experience.

CULTURAL ASPECTS

a. *Cultural Integration*

I probably did not integrate culturally as much as I would have liked—there are many opportunities to get involved in the local French community (and also the resident American community as well) that I did not take advantage of. Lyon III has a vast array

of clubs and club sports to join, which is something I probably should have done. However, sometimes it's hard to immediately launch oneself entirely into a new culture. I took my time getting to know Lyon—I walked around a lot to get my bearings and find restaurants, cafes, and especially super markets close by my apartment. Feeling aware of the geography around me helped enormously with increasing my level of comfort. Also, get a student metro card and figure out the metro/transportation system as soon as possible, because the best way to get around.

There are two Starbucks in Lyon at which I would often study when I was feeling a little homesick (also, the coffee in France is dreadful and Starbucks is really the only place to get a proper latte). And honestly, I recommend making some friends with other exchange students and going out drinking—a little alcohol loosens you up and I really think it helps encourage speaking French. And the Lyon night life is really fun, especially if you have some friends to go with.

I would HIGHLY suggest staying for a year—I started to feel really and truly comfortable about a month before I had to leave. I would have gotten a lot more out of my studies in France if I had stayed a year and I know that my French would have improved drastically during the second semester.

b. *Cultural Differences and Challenges*

I did run into some cultural challenges while I was there, mostly small scale things, but things which still resulted in some anxiety and discomfort. For example, the French do not yield to other people while walking on the street—in fact, they will often run into you rather than step aside to let you pass. I realized that I (and maybe Americans in general) have a much larger personal “bubble” than the French, and I often felt claustrophobic and anxious walking down the street. At first I felt like I was dodging people constantly; like I was always in someone else's way—to me, not yielding to others was simply rude. But once I allowed myself to stop worrying about being in the way and to walk with purpose, poise, and confidence (much like the French do), my stress decreased a lot.

The French, I found, were a little more matter-of-fact than Americans tend to be, and sometimes that can be mistaken for rudeness. That is certainly not universal, however, because I met several incredibly warm and friendly French.

The disorganization of the French did drive me crazy a little, but it wasn't so bad once I got used to it. You really do have to fend for yourself in a lot of ways because it's almost not worth it to jump through hoops when you ask for help. And, unless arriving for class or for an official appointment (or a very pointedly specific meeting with a friend) with the French—be ten or fifteen minutes late. It's rude to arrive on time.

Also, I found that the French (and other students I studied with from around the world) have some serious misconceptions about Americans. It can get really tiresome hearing about how ignorant and arrogant we all are. I found the best remedy was to show my fellow classmates that their perceptions about Americans are largely unfounded—not by backing down and agreeing about how horrible America is (which a surprisingly large

number of traveling Americans tend to do), but by standing up for myself and the many wonderful things about my country (while also recognizing that there are negative aspects about the United States. It is possible to be concurrently proud and critical of one's country and government.)

FINANCIAL

a. *Access/Transfer Money from US*

The best way I found to get money from the US was to have my father transfer money into my American bank account and then to get cash from the ATM. The currency-exchange fee was negligible. I opened a bank account, but I never used it—the only reason I needed it was to obtain a type of mandatory insurance (one of several) for registration at Lyon III. The only nice aspect of having a French debit card was the “chip” in the card—many places in Europe will not accept a “swipe” credit or debit card, which is the type that we Americans have. I didn't run into the problem too often, but I always tried to have a little cash on me in case my American debit card didn't work.

b. With lodging, transportation, food, going out, and traveling, one should expect to spend between 1000 and 1500 Euros per month.

c. I did incur unexpected expenses—there were a few fees that I needed to pay the university, including 200 or 250 Euro mandatory health insurance (which meant that I had TWO mandatory insurances: one that I was required to get by the University of Washington and another one that I was required to get by Lyon III. That was annoying and also unnecessary, I think). My “estimated expense” sheet (that I turned into the Financial Aid Office) from the IPE office did not cover all of the required expenses.

d. *Financial Aid*

I did not experience any problems with Financial Aid, except that I didn't get enough money to cover my expenses and had to ask my family for funds, which they were fortunately able to provide.

PROGRAM/EXCHANGE ADMINISTRATION

a. I think that the IPE administered my program pretty well. My IPE contact was usually good at getting back to me when I e-mailed her, but sometimes I had questions that went unanswered for longer than I would have liked. Other than that, as far as I can remember, everything was pretty clear.

PROGRAM/STUDENT TYPE

a. I think this program is best suited to independent, motivated, outgoing, but very patient and empathetic students.

OVERALL EXPERIENCE

a. My overall experience was amazing. It is a trip I will never forget and that helped me grow in many ways as an individual and a student. Some of my expectations were a little unrealistic, such as expecting my French to improve much more than it actually did, but on the whole, my stay in Lyon was very fulfilling. I exceeded my academic expectations, but I think that was because I initially thought the courses would be more difficult than they turned out to be. I feel much more like a member of the international community now and I definitely intend to live in France again if I can help it. Lyon, je t'aime.

JUN 10 2010

Arrival Overseas/On-Site Orientation:

Upon arrival in Lyon, I would recommend finding a hotel or hostel in the area for at least one night. I did not get housing before my arrival so I stayed at Hotel Mercure Lyon Lumiere. It is kind of pricey but walking distance to the school and close to the Metro. The B & B Hotel is also close to the school and grocery stores.

Before regular classes start, there is an orientation and French Cultures and Civilization course to introduce students to the French culture. The class covers etiquette and information about cultural places in Lyon. During the orientation, students were shown around the school by French students and instructed on where to go with any problems with classes or other problems. Students were shown where the International offices are and introduced to advisers based on where students' country of origin.

Academics:

The classes through the SELF program range from about 20 to 25 students. Most of the classes I took were lectures with most of the grade depending on the final exam. Most classes meet once a week for two hours. Individualism in the 18th Century and the French class involved a lot of discussion and interaction between student and teacher but all the other classes I took were just lectures. Work outside of the classroom was not heavy but the teachers filled the two hours with a lot of information. Class is generally two hours of taking notes for the final exam at the end of the semester. The final exams in all my classes except for French consisted of one essay question to answer that incorporated material from throughout the course.

I had little experience with the SELF administration but what I did have was helpful. Many of my friends had poor experiences with the administration including loss of all information sent before the semester started and the loss of class choices for some students. I would highly recommend bringing copies of all information in the packet they ask students to send before their arrival as well as extra passport photos. Those are needed for student identification cards, Metro cards, debit cards, etc. There are also photo booths in front of some stores and in some Metro stations that take passport photos as well.

The quality and content of instruction is highly dependent on the instructor. All the courses covered a lot of material in a short period of time. All of the instructors had a strong knowledge of their subject and most of them taught it well. The instructors are all French but the courses are taught in English. Most of the instructors have a strong command of English but some struggle with it. The instructor who taught European Thought from the Renaissance to the 20th Century had such a heavy accent that he was difficult to understand which greatly interfered with my learning for that class. He was also kind of mean and said things to humiliate students. I would not recommend that class to other students.

The Individualism in the 18th Century was my favorite class and I would highly recommend it to other students. It involved a lot of interaction and discussion and was not simply lecture based. That class would be particularly good for English majors as it involves

looking at literature from the 18th century and examines language used and other elements of literature.

Housing:

The school has a lot of housing available to study abroad students. I waited until I arrived in France to find housing but I would highly recommend taking care of housing before arriving in Lyon. I spent two or three weeks in a hotel before finding housing that was considerably more expensive than the student housing offered through the school.

Program/Exchange Site:

The campus is located at the site of an old tobacco manufacturing plant. There are cafes on the campus and a cafeteria with surprisingly good, well-priced food. There is a bar around the corner of the school that is quite popular with students. The Metro drops students off a block away from the school for those who do not live within walking distance which is really convenient unless the Metro drivers go on strike.

Health and Safety:

I had a few friends who had their wallets and purses stolen in bars, but overall theft did not seem to be a big problem. I felt safe all over Lyon, frequently walking home after midnight from the central part of the city.

Cultural Aspects:

I integrated into the community through going to small bars by myself or with one or two friends and being open to struggling through conversations in French. I noticed that it was much easier to meet French people by going out with a small number of people instead of going out in large groups of people who spoke English. It also meant going out alone sometimes and being open to conversations with strangers.

A big cultural difference I experienced was the importance of wine when dining with others. I do not drink at all and, when I would politely refuse wine, I would have to refuse it multiple times before the answer was accepted. To the French, someone who “doesn’t drink” does not drink hard liquor. Wine is not in that category.

One difference I struggled with was tipping in France. Tipping is not as much of a priority as it is in the United States. Multiple times I would try to tip and it would be refused and seen almost as an insult. Tipping for dinner is acceptable, but not as much as one would tip in the U.S.

Men also treat and look at women differently in France than they do at home and women behave accordingly. Men will look women up and down when they meet them and it is not considered rude or inappropriate. Men are also straightforward and get right to the point. Accepting an invitation for drinks implies interest in going home with the man that night. I had a friend warn me about this shortly after arriving and I found that it came in very handy.

Financial:

The school recommends that students open a French bank account for their time in Lyon. Debit cards in France have a special chip that is accepted everywhere so I would recommend getting one of those. It is also the only card accepted for express lines at the train station. I transferred 2,000 euros at the beginning of the trip into the French account and paid for my

housing on my American credit card because the transfer fees from my bank in the US and the French bank were high.

I spent a little under 600 euros a month on food and travel and a little over 700 euros on lodging. This did not include any big trips, mainly small weekend trips on the train. I did meet multiple foreign students who found jobs in English-speaking pubs as bartenders or busboys. The housing was more expensive than housing provided by the school.

Program/Student Type:

The SELF program is best suited for a student who is self-motivated and not afraid to be on their own. There is very little help from the administration at the University of Jean Moulin in making sure students are well-prepared and have everything they need. The offices are hectic, especially at the beginning of the quarter, and students are mainly dependent on themselves. The lecture-based classes and final exam assessment require students to study on their own and make sure they are getting all the necessary information for the tests. There are no activities planned by the school so students have to make their own plans to see the different sites and places of historical or cultural interest. It is best suited for students who are willing to take risks and put themselves in sometimes awkward situations to do what it is they want. Students who are willing to roll with the punches are going to have the best experience on this exchange.

Overall Experience:

I was warned before going on this exchange that there would not be much assistance from the SELF administration. They were disorganized and frustrating to work with much of the time, but I would expect nothing else from any French administration. I went into this experience not knowing what to expect. This experience has given me a much greater appreciation for French culture and has helped me greatly with my abilities in the French language.

I have also become more confident in myself and my ability to take care of myself when I am completely on my own. In order to get the most out of this trip, I had to put myself in a lot of uncomfortable situations which helped me grow as a person and learn more about myself. I also came out of this experience with a much stronger appreciation of modern art through the art history courses I took while in Lyon.

IPE Evaluation Report

FEB 11 2010

1. ARRIVAL OVERSEAS/ON-SITE ORIENTATION:

- a. accommodation recommendation: anywhere near the park (Parc Tete d'Or) is a nice and safe area.
- b. program orientation slightly helpful but didn't accomplish much.

2. ACADEMICS:

- a. In comparison to the UW classroom instruction there was a bit different, not as much homework but more weight on exams, and more self regulation for keeping on task. Library facilities aren't as significant as UW, only one small library.
- b. quality and content of instruction was good, teachers were on par with UW.
- c. Courses/teachers I'd recommend: Legal Risk Management with Simon Wesley
- d. how my coursework related to my UW education: I am a European studies major and a French minor, my classes in Lyon helped me improve my French language skills and develop my knowledge of European laws.

3. HOUSING:

- a. housing options were not planned well, I had to look for apartments on my own once I arrived in Lyon, plan to not get a lot of help on this one.
- b/c. I found an apartment which ended up working out well, if possible I'd suggest doing this option. Some students lived in housing at the university where I studied and didn't like it as well. One friend I had did a home stay but the family lived outside the city and she had a 45 minute bus commute as the metro doesn't run that far.

4. PROGRAM/EXCHANGE SITE:

- a. The campus and surrounding community was very pleasant. It was much smaller than UW and easy to get acquainted quickly. Learn where their office for foreign students is right away, you will go there a lot! Most of the people who work in that department are really helpful and will be your link to figuring out any problems you might run into.

5. HEALTH AND SAFETY:

As a whole I felt pretty safe in Lyon, however, I would suggest walking home or taking the metro at night with a friend. Also, try to avoid the 7th arrondissement it's their most unsafe neighborhood and is NOT a suitable place to ever walk alone at night, it has the highest crime rate.

6. CULTURAL ASPECTS:

a. I ended up having a great group of 7 native French friends who I met through my boyfriend of the time who was also Lyonnais. However, I think the biggest thing for meeting people is to be outgoing and attend planned Erasmus activities. I also met a lot of international students in all of my classes so don't feel shy in striking up a conversation with someone in your class.

b. Cultural differences/ challenges: People will notice you if you stick out of the usual crowd; I am blonde and blue-eyed and clearly looked out of place in France. Some people had pretty negative prejudices against Americans but I took the time to get to know those people and show them that not all Americans are what they see on TV. Try to remember that you are also a representative for your country while you are abroad and strive to portray it in a positive light. After making friends with people who originally weren't too fond of America and later hearing that they were wrong about it and that we were surprisingly nice, I felt really proud to be representing a healthy image of the US for people who had never been there.

7. FINANCIAL:

a. best way to transfer money/access: Take out a lot at once from ATMs so you don't incur fees from your bank at home. There are ATMs everywhere that take American cards and it was never a big problem.

b. spending per month including rent, food, etc: 800 Euros minimum

c. unexpected expenses: you have to buy insurance at the French university again even if you already have your own, its an extra 200 euros!

8. PROGRAM/EXCHANGE ADMINISTRATION:

a. IPE services that could be improved: we only had one thirty minute session for advising before leaving for France, I would suggest perhaps giving more advice or information to students about to leave so they aren't so overwhelmed upon arrival.

9. PROGRAM/STUDENT TYPE:

This program is best suited for a student who is very independent and does not need a lot of guidance.

10. OVERALL EXPERIENCE:

My expectations were pretty realistic both academically and personally. The classes there weren't any more difficult than at UW as long as you can keep to your own schedule. Socially it was a fantastic experience and I would love to go back and spend more time in Lyon, I'd recommend this program to anyone.

NOV 19 2009

DHV

1. ARRIVAL OVERSEAS/ON-SITE ORIENTATION:**a. Please recommend accommodations for future students upon arrival.**

Lyon doesn't have many hostels (maybe 3) and I never had the chance to stay in one. I was lucky enough to arrive at a time when I could go right to my apartment building and get a key. I would recommend scheduling yourself to arrive so you can get into your apartment/housing right away. This takes a bit of planning because the front offices are only open 8-4ish during weekdays and closed on the weekends. I appreciated having a my own bed and room right away because I was pretty jet lagged and felt gross from the long night of flying.

b. If your program/exchange had an orientation, what did it cover and how did it help you adapt?

There is a week-long orientation of "french culture" classes that everyone attends. I didn't learn a whole lot but it was a great time to meet all the people in the program and is actually pretty fun. As far as adapting to the culture, Lyon is a big enough city that many of the people know english which is helpful. If you know the basics of french you can certainly get by. The best way to adapt to the culture is to explore, which our orientation class encouraged. The professor told us about the different markets in town and when they operated and on which days.

2. ACADEMICS:**a. Please evaluate the instruction you received abroad. Compare the following to the University of Washington's system:**

- classroom structure
- instruction
- teacher/student relations
- grading/exams
- administration
- library, computer, and classroom facilities

Be prepared - the french are soooo inefficient. It takes forever to get anything done. In the office, they always send you to someone else, who sends you to someone else, who sends you back to the first person. I would advise you to just relax about it and figure that if they aren't worried about your class schedule/turning in a payment/getting an ID card, you shouldn't worry either! It'll all get sorted out eventually.

There were much smaller classes in this program than I've ever had at UW. There could be as few as 8 or up to 20ish. The teachers in this program were usually english or french for french classes, obviously. Again with the french, they are so unorganized. Expect at least one class a week to be canceled sometimes before hand, sometimes with you waiting outside a locked door and the instructor never shows up. Again, don't worry about getting behind/turning in work because they're not worrying! They teachers I had were really

understanding about us being exchange students and were very lenient with work. I even had one teacher tell us "I know you're just on exchange to travel and visit the pubs every night." Amen! Overall, the teachers were really great.

The best thing about this program is that classes are in english! I don't know if I would have survived classes in french but that's because my french isn't very good. On the downside, it didn't improve much either because of all the english. If you plan on taking a class or two in french, good luck! I heard that they grade a little easier on you if you're an exchange student but I would imagine that exams are much more difficult.

The library at this school was not nearly as big as Odegaard but very nice. There are a lot of computer lab classrooms too. And a room for printing on the 2nd floor of the south building. Printing is free too so use that room whenever you can! The library had printers that you pay for.

b. Please evaluate the quality and content of instruction.

Although I was taking a normal class load it felt like there was not a lot of class time at all. I think because you fill every moment with exciting things so the days are longer and 5 hours of class feels like nothing. Honestly, the content of the classes was the easiest I've ever had. The course work is not demanding at all. Mostly we took notes during class but didn't look at them again until exam time.

c. Are there any courses or instructors you would recommend to future students?

I had one favorite instructor but it was her last semester teaching in Lyon. I think for the most part no one had any complaints about their teachers. And courses really depend on what your major is: business, law, humanities.

d. How did your study abroad coursework relate to your UW education?

I'm a communication major and took "humanities" courses. I enjoyed all the classes even if they weren't com. Because of that, I don't think they're transfer back as com credit but I needed some electives anyway. It's a good program if you're in business or law (but maybe check first before you go that they'll transfer back as useful requirements).

3. HOUSING:

a. What housing options were available to you?

We got housing set up through school with the option of an apartment or with a host family. If you chose to live in an apartment you could live alone or with a roommate (someone you knew or random). At first, it felt easy because you just clicked on the option online and it seemed like the school would take care of everything for you. But like I said, the french are ridiculous and I never heard back from everyone and freaked out that I would arrive without housing. About 3 days before I left for France I finally got an email back explaining that I would have a room.

b. Which did you choose, and why?

I chose to live in an apartment because I wanted to meet other students. Also, I think because I've been living on my own for a few years now I knew I'd feel more comfortable than if I was a guest in someone's home for 6 months.

c. What would you recommend?

Highly highly HIGHLY recommend apartment living. Request Moliere if you can. It was the perfect location and they put about 2 dozen of us together in there. It's actually a bit of a walk to school but it's in the best spot to see the rest of the city. There are apartments closer to school but farther from the good stuff (like the bars and nightlife!).

Also, my friends who did live with families had a long commute into the city everyday. For sure live in an apartment.

4. PROGRAM/EXCHANGE SITE:

Describe the campus and surrounding community.

Campus was cool. It's an old tobacco factory. There were two nice courtyards that people would hang out in when it was nice. Around school there wasn't a lot to do. The center of town with shopping and bars was a 30 minute walk. Not hard at all; I did it every day. You can also take the metro which drops you off a block away from campus. There's a McDonald's on campus if you REALLY need.

5. HEALTH AND SAFETY:

Please describe any health or safety concerns (e.g., quality of medical facilities, unsafe districts, theft, etc.) associated with your study abroad experience.

None that I can think of. I felt very safe in Lyon and at school. I did run into a bit of a problem when I fell ill but couldn't communicate very well with doctors. Use the international advisors at school! They're fluent in both english and french. I called one and she called around and made an appointment for me.

6. CULTURAL ASPECTS:

a. How did you integrate into the culture and meet members of the community? (e.g., clubs, sports, extracurricular activities, pubs, etc.)

You can meet other international students at school and even french students. I didn't participate in many extracurricular activities at school but the I met a lot of people whenever we'd go out at night. Meet people at the bars! The night life is great and people go out almost every night of the week.

b. Describe cultural differences and challenges you encountered and how you addressed them (e.g., gender issues, social etiquette, stereotypes, etc.)

Gosh where do I even start? I mean, the culture is very different. But nothing negative. People say the french are rude - I never had a bad experience. I'd say to just always try to speak french before you start in english, just to show that you're trying and you respect their culture. Just embrace the differences! Lyon is the most AMAZING city ever. You will miss french - european - architecture once you return home.

7. FINANCIAL:

a. What is the best way to access/transfer money from the U.S.?

Finances were actually kinda tricky because in the building I lived, they wanted you to open a bank account in town. I think a lot of people have to actually; to pay for water and electricity and stuff. So as long as you have someone who can help you out at the bank to get it set up. It is possible to transfer money from your US account to your french account but I actually found taking out money from the ATM and just depositing was much easier. It was hard to communicate with banks back home on cell phones without it costing an arm and a leg. USE SKYPE! USE SKYPE! I do NOT know what people did before it.

b. How much spending money do you recommend per month? Please include rent, food, transportation, etc.

Oh gosh. You end up spending so much more than you think. Rent was 330 euros. A metro pass was 30 euros a month but we only used it in January when it was really cold. You spend probably 50 euros a week on food if you don't eat out a lot. So maybe budget 500 euros a month, not including additional travel. That gets really expensive too. Maybe almost \$1,000 a month, total.

c. Please note any unexpected expenses you incurred.

Nothing too unexpected. Europe is more expensive; the dollar is awful against the euro. I was surprised how expensive it was to go off traveling. But do it anyway!

d. If you used Financial Aid to fund your program/exchange, were there any complications? If so, how did you address them?

No financial aid.

8. PROGRAM/EXCHANGE ADMINISTRATION:

a. If the IP&E administered your program/exchange, please comment on the effectiveness of the office's services. What service could be improved?

They were great! I found everyone very helpful and I learned a lot when I would just come in to meet with someone when I had questions about programs/countries. The hardest part (which I don't think was the IPE's issue) was the late notice of acceptance from the school in France. I had to buy my plane ticket before I got accepted because I heard back from them with about a month to go. But again, the IPE office couldn't have sped that along. I mostly can't believe they found me the perfect program - couldn't have been any better.

b. If the IP&E did not administer your program, please evaluate the program's administration, both in the U.S. and abroad.

9. PROGRAM/STUDENT TYPE:

Please describe the type of student for whom this program is best suited.

ANYONE! Seriously, the SELF program is great because you don't have to know french. This program is good for people who want to meet new friends and aren't set on studying with only UW students. There were only 4 from UW during my semester and I met people from all over the world. The program might not be the best for someone with a very particular course plan. There aren't as many class offerings as UW has (only 15-20 courses) so it's better if you just need electives.

10. OVERALL EXPERIENCE:

How realistic were your expectations, both academic and personal?

My 6 months in France were the best months of my whole life. If you're reading this and deciding on whether you should study abroad or not - DO IT! Seriously, everyone must study abroad! It will be the best time of your life. It may even change your life.

DIH ✓
AUG 19 2009

INTERNATIONAL PROGRAM/EXCHANGE EVALUATION REPORT

Lyon, France
(1 semester) Winter-Spring quarters '09

1. Arrival Overseas/On-site Orientation

A. It doesn't really matter exactly where you stay upon your arrival; just simply pick a spot that looks clean, cheap and close enough to get by until you can move into your apartment. The tricky thing is that you need to make an appointment with your landlord on the exact day and time you want to move in because (in the true sense of the French) they will most likely be on a break or somewhere else having pain au chocolat or whatever it is they need to do, so if you're stuck not being able to get into your apartment, you're truly stuck- plan wisely.

B. Lyon 3 does have an orientation for its SELF/DEUF students and it's required to go for both programs. Frankly, I found the sessions way too long for the small amount of information it covered, but it does have some good points. The content obviously depends on the instructor, but the instructor I had covered some information about things to do around the city that you wouldn't necessarily know about just from pulling out a map or googling on the internet. Again, if you already have some French friends then most likely you'll learn about this sooner than later anyways and it is quite a lot of time with not a whole lot to talk about, but it's actually a great chance to meet other exchange students at the same time, particularly because these "culture classes" start before your other courses do, so you'll have a lot of time to burn and figure things out anyways.

2. Academics

Compared to the UW, the SELF program definitely falls short of "challenging" but frankly it's a study abroad program for foreign students, not the "real" lecture classes given in French that the rest of the student body take. I found that the classes I took were interesting and I had a lot of fun in them, but they weren't particularly challenging at any point. I figured that the real reason I was there was to see France anyways, so I don't think I was heartbroken that I didn't have much in the way of homework. Classroom structure is much the same although obviously there won't be any 100/200 student lecture halls and the instruction is very much the same: part lecture, part student discussion/debate/open floor. The same goes with teacher/student relations; most teachers are very open to discussion and have rather informal-ish relations; it's a very comfortable classroom setting. Some other aspects differ slightly however. The grading is very all or nothing, in most classes the only form of grading is either a combination of a oral project with accompanying essay and then a final, however it's not uncommon to simply receive a grade for your final and that's it. Being graded this way it becomes more hit or miss obviously, but if you do complete a bit of studying this shouldn't be a problem. Many of my exchange buddies took a pass/fail exchange from their home universities, so striving for a 4.0 was definitely not a priority. Specifically for the UW as well, the grading

transfer scale (from French grades to American ones) was weighted more “easily” than the 4.0 scale at home. What I mean by this is that a 4.0 at home could mean having received 100% or better in your coursework, but for the French, having received anywhere from a 16-20 on their scale could transfer back home as a 4.0, making it easier to get better grades. The administration is very bureaucratic, so asking a complicated question might mean having to talk to 4 or 5 different people (and some who may not speak English) but the people are certainly nice enough to approach. Finally, the library and computer facilities compared to the UW are WAY below UW standards, but frankly the information is there, it just might not be as conveniently obtained as at UW. One final point is that I found the education and instructors in France although comparable to UW professors still had a very different take on many European issues today and around the world; I felt that in getting a different viewpoint from another place in the world was very beneficial to my learning and my thought process.

3. Housing

L'Association Lyon III International is the housing service that works with the university to find accommodation for international students during the exchange and I'd say for the most part it is very helpful, detailed, and the process of applying and qualifying for housing isn't very complicated. However, if you don't speak enough adequate French you'll have a tough time with the process through the association; most of the time (even on the Lyon 3 university website) information differs or isn't covered if the language is switched over to English and so it can obviously become a little problematic. It's also worth mentioning that any communication that the association has with a student (either by email or post mail) is always in French, therefore if there is any important information that needs to be dealt with right away make sure you fully comprehend everything that is mentioned in the letter. By comparing the apartment I got through the association and other apartments around Lyon that either my French or fellow foreign students lived in, I realized that if you have any contacts in Lyon, or if you are proficient enough in French to find a place on your own, that this is a much better alternative to using the association. I paid much more for a smaller apartment than many students did for spacious, fully equipped apartments that they had found on their own. Unless you need the help of the association I would try to find accommodation on your own. One final note is that if at all possible you can find and are comfortable with a home stay, that might be the best option; you already have French people to show you around the city, the rent is quite comparable, food is normally covered as long as you're at home, and it's a nice transition from your home in the US to France especially if you're homesick and might need a little support.

4. Program/Exchange Site

There's no doubt about it, Lyon is amazingly beautiful. Although Lyon 3 may not have the exact facilities or depth of the University of Washington, it was an amazing place to spend 6 months. The campus is beautiful and so is the community; even better yet, it is ridiculously easy to get around Lyon to view the different parts of the city due to the amazing public transportation system. There is a GREAT deal to experience around the city, so go explore.

5. Health and Safety

I had the great fortune of catching not one but two separate and incredibly painful stomach viruses in Paris during my stay. The silver lining though is that due to the “SOS medecins” I was able to get a doctor when I was writhing in pain even at 3 in the morning. I honestly believe that outside of the Paris metro, France was a clean and carefree place to be when it came to health and safety concerns. I found that obviously there could be dangerous parts of the big cities like in Paris and that (clearly) there were some unclean ones as well but if the unfortunate does happen, at least in Lyon, you have many options open to you. To get medical care is easy, and to get reimbursed is actually very easy as well. Pharmacies aren’t open all the time, about as often and late as the grocery stores, but any medication or health concern can be treated very easily and is certainly not very expensive.

6. Cultural Aspects

Meeting actual French people isn’t incredibly easy but it isn’t impossible. If you do take a class in French you can meet your French classmates, going to the pubs during football matches is where you’ll surely find many French guys to talk to, and any of the school activities or clubs are a great place to meet Frenchies as well. I got to know people just by joining a local gym and working out/walking there everyday. One thing is for sure, there are definitely many opportunities to go and meet people; you just simply have to take them. I didn’t find many parts of French culture that was incredibly different than in the US other than little things or habits, but not one of them seemed challenging. As time goes on you simple becomes accustomed to the French habit of doing certain things.

7. Financial

A. I took my American debit card with me and while most of the time you aren’t able to use an American credit card directly at a store, it is easy enough to physically pull out cash at an ATM and either pay something directly by cash, or deposit the euros into your French carte bleu account. If you need to move money around in your American accounts it is easy enough to go online and shift funds around rather than have to deal with wire transfers or anything else.

B. I spent quite a lot of money in France because I figured it was a once in a lifetime opportunity but in general the cost of living is much higher in France than in the US. You can spend about 500 euros a month on rent, about 50-100 euros a month on food, and about 30 euros a month on transportation (with a pass) so that alone will send you back anywhere from 580-680 ish a month. Extra spending will mean more of course. This is only what it cost me though; I found that these costs can vary to a LARGE amount depending on what you were eating, whether you walked or rode the metro everywhere, and whether or not you got a great deal on an apartment. Whatever you think you will spend, note that you will probably spend much more simply because you don’t want to miss out on anything and I don’t think that anyone should if they’ve come that far.

C. The real unexpected cost that I incurred was in taking the train to Paris, Grenoble, Annecy, or any number of random French towns. Comparably speaking, the French train fare for students is GREATLY below how much you would spend in say Switzerland, but it is still a rather large expense. For example, a roundtrip to Paris from Lyon (depending on the time of arrival and departure and when you buy the ticket) will

probably cost around 60-80 euros. If you want to experience different towns in France I would recommend keeping the cost of train tickets in mind, because it definitely adds up.

D. I did receive financial aid to help fund my study abroad and I had no complications in doing so; I didn't have to ask for additional funds however, so that saved me a lot of paperwork and I can't remark on the difficulty of that process, but I wouldn't doubt it to be rather easy. The tuition for a semester (2 quarters) at Lyon 3 is 1.5 quarters cost at UW so technically you will save a small amount of money by studying at Lyon 3.

8. Program/Exchange Administration

The IP&E office didn't have to do much before my departure other than sign off on some forms and also to make sure that I was fully capable on going on the program, but the process of filing the grade transfers when you get back is a little tricky. It is not too difficult but you do have to first pick up your transcript in the IP&E office (when your grades finally DO come in, true to French form it takes quite a while) then you must sign off on and assign a class number to every course taken by the specific department it falls under at UW. It is kind of a long process, but doable nonetheless. The administration in France that actually oversees the SELF/DEUF programs is quite capable as well and I didn't run into many problems, other than the fact that some people are hard to get a hold of and the amount of time it takes to get something done seems to be longer, but with patience everything gets done. Overall, I would rate both administrations as functioning and serving the students well and efficient; it simply takes a bit of getting used to the French way of getting things done.

9. Program/Student Type

I don't believe there is one type of student for this program, but I do believe that you should be somewhat independent and not afraid to go about things on your own. The experience is much more enjoyable if you do and see every opportunity that comes your way. Being reclusive and staying at home won't serve any purpose. Intellectually I believe any student can complete the courses at Lyon 3; the SELF classes aren't challenging enough that too many students will have a hard time, and if the SELF classes alone won't inspire you, you can always take one of the actual French courses for an added challenge providing that your French is proficient enough.

10. Overall Experience

Academically I think my expectations were probably a bit too far-fetched; I was expecting a university comparable to the UW and Lyon 3 simply isn't. However I wasn't bored, I did learn about things that interested me, and the amount of activities I did in between certainly made up for that lack. Personally I think I could have done even more to really practice my French (and not revert back to English with all the exchange students) and to get to know better my French counterparts, but I do believe that even though I could have done more I was ultimately VERY happy with what I accomplished. I believe if you set your expectations high that they will be met in Lyon; you will not be disappointed.

DHV

Universite Lyon III (France)
Spring semester 09 (winter/spring quarters)

SELF Program +
DEUF

SEP 10 2009

1.a. I recommend incoming students to try to locate a hostel for the first few days before one moves into their permanent accommodation. There are many cheap hostels in and around the city where one can be centrally located and be able to explore the city before officially moving in. The university can put you into a student housing unit, and I would say that the closer to the university the better. Also, try to be on the green metro line, that's the line that the university is on.

b. Orientation didn't do a whole lot, but they told us a bit about French culture and a few things that one should stay away from saying/doing. However, in my opinion, the orientation was a bit silly because most of what we talked about were our views of France and not so much about France itself. They tell you about the open-air markets which are pretty cool.

2. a. The classes are much smaller than most UW classes – from about 20 to 30 students in each class. Instruction seems to be much more inclusive of the students. It's a discussion more than it is a lecture. There is a lot of student participation. It is a very formal student teacher relationship, there's not a lot of room for joking. It's a pretty serious working environment. The grades pretty much all depend on one final or maybe a final and a paper. The exams are pretty equivalent to UW in difficulty, but there is much less coursework over the course of the class. The administration can be pretty hard to get into contact with so always give yourself plenty of time to get things done. Don't plan on anything getting done right away, it all takes a long time. The library, computer, and classroom facilities are all fairly similar to that of UW.

b. The quality is pretty good, the teachers are very well-rounded and able to answer most questions, though the courses do demand a lot of your own work. You must do your own research and studying to stay on top of the content.

c. Theories of European Integration, Surrealism, and National Identity are all very interesting courses.

d. The coursework came in very close to that of my UW coursework. It's great to be able to have something translate so well, especially with the courses being related to my political science major.

3. a. Homestay, student accommodation, and your own search were all housing options available.

- b. I chose a student accommodation because I really wanted to be with a lot of students.
- c. I would recommend the student accommodation if you want to have a laid back fun experience. Although, the homestay people really liked their situation although a lot of them didn't like that they were in the suburbs and farther away from the city, class, and friends.

4.a. The campus is made up of two squares next to each other. It's very small but it has a very nice library and a couple of eating/coffee places right on campus. It's one of the main strips on the city and the metro goes right to it. It's in a beautiful area and there are a lot of fun bars and parks around it.

5.a. I had no concerns with the area. As always, with any big city, just don't make silly decisions. A friend of mine had an experience there but everything was taken care of perfectly and it wasn't expensive because of the student insurance that one must purchase before going there.

6.a. You have to work to integrate. Create a routine where you go to specific markets on specific days. Do your shopping at local bakeries and markets. Spend time with the people in the close community at bars, and the like. Get involved with sports as much as possible.

b. The stereotypes of the French in my opinion were very unfounded. They were all very patient with me and my French. They really appreciate when you try to use French with them, even if they speak English. They're very understanding of you and your learning.

7.a. One should look into opening an account with a French bank and doing a wire transfer or using a Western Union money order.

- b. One should probably have about 200 Euro a month plus more if you're doing any traveling. That should take care of transportation and food and spending money. Then maybe an extra 500-600 Euro or so for rent.
- c. There are several start-up costs with school including a couple insurance things that one must purchase. It was about 200 Euros right off-the-bat. But that was the bulk of the unexpected costs.
- d. To use financial aid, one must make sure that they fill out the tuition split request form before they leave UW. Or else they will have to pay all the tuition for both quarters at the beginning of the semester. With this split, one will only have to pay similar to the way one pays here at UW.

8.a. The IP&E office really did a lot of good work. They were more than helpful when it came to any questions that I had regarding the program. The French advisors are good about e-mailing you to make sure you're notified of anything important and to make sure you've settled in well. I would pay a lot of attention to the financial breakdown that you can get before leaving for the program. It will tell you a bit of what to expect with costs. It's a very good stencil to stand by.

9. This is best suited for an independent student who doesn't mind having to go and take care of things themselves. Nobody will stand there and tell you what to do. You have to see what you need and go out and get it without much help like one receives here at UW. One needs to be confident, patience, and a positive attitude.

10. The expectations were met, though in a very different way. I expected to learn French much better, which I did. And I expected to see and do a lot of great things and I was fortunate to be able to. However, anything you expect the abroad life to look like, it won't be. One just can't imagine how it looks or feels. That is for sure. But in that sense, one just must be prepared to dive head-first in there, and not worry about what they thought it would look like. Just be able to adapt and make strides.

Université Jean Moulin, Lyon III, France
DH ✓

INTERNATIONAL PROGRAM REPORT

Lyon, France

Fall 2006, Winter & Spring 2007

3/1/09

1. ARRIVAL OVERSEAS/ON-SITE ORIENTATION:

- a. I recommend staying at the youth hostel or a hotel upon arrival. Then you won't have to drag your luggage and bags across campus to the international office to assign you a dorm. Plus, there's no guarantee you'll have a room by the end of the day.
- b. Yes, the program had an on-site orientation within the first few days. They gave maps, information pamphlets, and registration information to all the students. It was a chance to meet other students and the advisors planned picnics and such to help further adapt.

2. ACADEMICS:

- a. – Classroom structure: Most were in general classrooms with desks. Some had lecture style stadium seating.
 - Instruction: Depending on the teacher, you could have a professor who mostly lectured on a lesson plan or someone who was less structured and loved discussions and student presentations...
 - Teacher/Student relations: Like UW, it's mostly what you make of it. Plus some teachers are very stand-offish and others are more friendly and open. A lot of teachers seem like they weren't "real" professors from the school, but professionals from the community. E.G., my business teacher was an international lawyer who taught our class several nights a week.
 - Grading/Exams: A lot of these teachers don't have time to grade lots of assignments or tests (except perhaps the French grammar courses) so they never assign homework. Most graded you on your final exam – though one class graded me solely on a 30-minute presentation we had to make to the class.
 - Administration: It was always so busy and hectic inside their office. But they tried to help you as best they can. There's lots of information and grades posted on their bulletin boards.
 - Library, computers etc: The library was nice though I never checked any books out or rarely went in. It seemed like a nice place to study though. There were several computer labs available to students. There was a very nice cafeteria in the basement I highly recommend (2 euros for a main course with a side, a dessert, roll, and water). However, there was no gym like the IMA.
- b. Like mentioned above, the quality and content varied. The French courses were pretty intense (I was in the upper level). Lots of grammar exercises and presentations. You had to visit a museum and write an essay. I took SELF (taught in English) courses first semester and they were hit and misses. I took DEUF (classes in the French system with French students) and they were more serious and intimidating. If anything, it helped a lot in my aural comprehension.
- c. I don't recommend any particular classes. It's all what you make of it. I enjoyed the India class and the one on European Economics. A lot of the business and political courses were snoozers. Next time, I'd probably try the philosophical/art/or literature courses? Just choose classes you have an interest in.

- d. I was a French major, so I tried taking French-appropriate courses. The major doesn't allow a lot of credits to transfer, so I ended up taking a lot of electives I simply had an interest in.

3. HOUSING:

- a. The only housing options available to students were the dorms or a host family. However, due to confusing circumstances, I ended up "homeless" for a while and lived out of my suitcase for the first few months (I stayed in a hotel, youth hostel, a farm, my friend's dorm, a friend's flat...until I finally found my own French apartment). It was quite the adventure.
- b. I secretly stayed with my friend in her dorm room. It seemed simple and modern. She had her own bathroom and mini kitchen. It definitely wasn't like the UW dorms where it was more open and social. These dorms were colder feeling and less social. The lights in the corridors would automatically turn off after a few minutes to save energy.
- c. If you want a real French experience and you have the patience and perseverance, you could opt out of the university housing system and either do the host family option and make the most of it (I lived on a farm I found via vivastreet – the French version of craigslist – but the horrible commute made me move out), find a shared apartment (I tried this for a while but with no such luck...), or find your own French apartment to rent. It took me several months, but I did finally find the perfect place. It was a furnished flat for 480 euros a month, compared to the dorms which were upwards of 500 euros a month.

4. PROGRAM/EXCHANGE SITE:

- a. I guess the campus used to be an old tobacco factory? It's a pretty nice building actually. There are several courtyards, cafes line the street, there's a multi-level McDonalds down the street... It's a few blocks from the Sans Souci subway station. The area is definitely post-war France with the bland dreary architecture. All the pretty and elegant Hausmannian buildings are on the Peninsula or the more upscale areas like Foch and Massena. There are several supermarkets nearby and every Sunday there's a huge farmer's market along the river.

5. HEALTH AND SAFETY:

- a. The French health system is completely socialized. Before you register, I guess you have to go to this special hospital building where they screen immigrants or foreigners. They were really nice and even gave you your X-ray to keep. You had to pay a social security fee I think... But afterwards, all the care and drugs you needed were pretty much free. The city itself appeared safe. It's the suburbs that are supposedly more dangerous.

6. CULTURAL ASPECTS:

- a. I was always a bit shy so I tended to be more solo and independent. There's always group outings and social events going on though. The international parties were great. I met fun strangers in the cafeteria or through my more outgoing friends who liked clubbing etc. I met people on the subway or the TGV trains when I travelled.
- b. The supermarkets were interesting. You had to weigh your own produce and print out a sticker with the price. The checkers were so annoyed if you didn't do that. Also, you had to bag your own groceries. Be prepared for that. Just know that customer service in France is more professional and less friendly.

7. FINANCIAL:

- a. I noticed a lot of people setting up bank accounts with the bank nearest campus. I set one up with BNP Paribas. I converted a lot of currency before I went, and used my American debit card at their ATMs to get more. Our cards are pretty much useless in a lot of local or French chains...the Europeans use a special card. You'll get one when you open up an account.
- b. I budgeted about 600-800 euros a month. The first thing I bought was a pay-as-you-go phone. I also needed to get internet for my apartment etc. To save money, try going to the cafeteria for most of your meals. They're cheap and very filling.
- c. I didn't really find any unexpected fees.
- d. No complications with Financial Aid. Also, if you're staying for the year and you open up your own French bank account, you could ask for aid via the CAF. It's a government agency that gives money to students. It gave me about 150-200 euros a month. Your landlord has to fill out information about rent and expenses, and you need other documentation as well. But it's easy and highly recommended.

8. PROGRAM/EXCHANGE ADMINISTRATION:

- a. Maybe I just never took advantage of it, but I didn't really correspond with the IPE office here as much. I know they visited the campus and tried to meet up with us, but I don't remember where I was. They should send a follow-up email to us a few weeks after arrival asking how our experience is so far.

9. PROGRAM/STUDENT TYPE:

The program is best suited for people with a desire to live and experience a real French metropolis with less of a touristic atmosphere (like Paris or maybe the South of France), but also enjoy the benefits of being close to Paris and the rest of Europe via TGVs.

10. OVERALL EXPERIENCE:

My expectations were pretty low since I had nothing to go on (My time there was the first exchange the UW did with Lyon III), so I was a bit nervous. But I was very laid-back and just tried to enjoy and take in each moment. It's all what you make of it. Balancing out my academic goals with my personal ones was hard. I ended up studying less and traveling outside Lyon into neighboring countries and cities way more than I originally planned.