

## Before departure

### Plan for your trip and arrival

#### ↘ 1 week in advance

##### ●●● TIP

↘ **Let your institution know** the details of your arrival. Try to make an appointment to register, and gather information on the place and times for that process. Know the name of the institution's international student coordinator, the location and opening hours of the international student office, and the dates of the orientation session for incoming international students.

↘ **Inform your housing contact** of your arrival. Make an appointment to inspect the premises and get the keys. ●●

If your plane or train is delayed:

*don't forget to notify your contacts and reschedule your appointments.*

#### MY TRAVEL ARRANGEMENTS

##### ↘ My trip

 TRAIN

 PLANE

Departure date: \_\_\_\_\_

Departure time: \_\_\_\_\_

Arrival time (local time): \_\_\_\_\_

##### ↘ Route to my study site

From the airport into Paris: \_\_\_\_\_

Within Paris: \_\_\_\_\_

Upon arrival at my study site: \_\_\_\_\_

##### ↘ What to pack

 An adapter to fit French electrical outlets

 Medications

 A French dictionary

 Appropriate clothing (information on the weather in France: <http://france.meteofrance.com>)

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##### ↘ Good to know

*Here are some things that are best left at home: recreational drugs, psychotropic drugs (except by prescription), digital copies, certain plants and plant products, protected animal and plant species. For full information, consult the French customs service: [www.douane.gouv.fr](http://www.douane.gouv.fr)*

#### DOCUMENTS TO KEEP ON YOUR PERSON

(in case your bags are delayed or lost)

##### ↘ Identity papers

 Nationals of countries in the European Economic Area and Switzerland: national identity card or valid passport

 Other nationalities: passport valid for the duration of your stay and a visa (if required)

 For all: birth certificate (certified copy and translation)

 Driver's license: If you plan to drive or rent a car in France.

##### ↘ Academic documents

 Proof of registration in a French institution of higher education (make sure you have address and contact information for your school or university, the academic department (UFR) in which you will be studying, and the international office)

 Evidence of language proficiency (French, English, etc.)

 Previous diplomas (certified copy and translation)

##### ↘ Health

 Medical and vaccination records (original or copy)

##### ↘ Daily life

 Your cell phone (in case of emergency), with international option activated

 A bankcard that will allow you to withdraw cash while in France (verify agreement between your bank and the ATM systems used in France)

 Printed housing reservation (hotel, hostel, room, apartment)

 Any documents required by the property owner as a condition for taking possession of your room or apartment

 Printed train reservation

 Printed itinerary from airport (train, metro, bus, walking) (see "1 month in advance")

 Your contacts list (see "1 month in advance")

Download "Enjoy French culture shock"

[http://ressources.campusfrance.org/guides\\_etab/quotidien/fr/abecedaire\\_accueil\\_fr.pdf](http://ressources.campusfrance.org/guides_etab/quotidien/fr/abecedaire_accueil_fr.pdf)