



France Travel Guide

This document is to be used as a reference for both frequent fliers and for those who have never traveled outside of the country. The guide will help to equip you with the essential information for travel to France, what to prepare for, and what you will need while in the country. This guide is complete with a checklist for travel as well as all traveling restrictions and guidelines for international travel. Additional information on France can be found in the important information on France page of this guide.

Should you have any further inquiry beyond what is covered in this guide you can contact ARAMFO directly for any concerns or questions.

All students need to apply for an international student's card. Students can apply online at this website <http://www.isic.org/>. Any students that do not apply for the international student card will have only 50% of their entry fees paid for by ARAMFO [instead of the 100% with the card]. All community members are responsible for paying all entry fees.

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Dressing Do's and Don'ts



- **Walking Shoes:** It is advised that you have sturdy, comfortable walking shoes that are already broken in. *Note: If you bring new walking shoes you will most likely have blisters from the walking.
- **Kinds of Shirts:** Refrain from packing shirts that have profanity or violent images on them.
- **Kinds of Pants:** You should wear pants that do not hang low. If you have loose fitting pants you should also wear a belt.
- **No Reveling Clothing:** You should avoid clothing that reveals the chest, back, midriff, or shorts that go above the knee.
- **For the Sun:** Sunscreen is recommended.
- **Clothes for Movement:** You should pack clothes that are comfortable for movement and avoid tight uncomfortable clothing or impractical shoes for walking (flip-flops, heels, etc.)
- **Clothing for Activates:** Some Museums and religious initiations that we will be visiting have dress codes. To avoid any trouble it is advised that you dress conservatively for these visits. [see Important Information on France etiquette and Laws for more details]
- **For your Eyes:** Sunglasses are recommended.
- **For your Head:** Hats are recommended.





Traveling Tips

- **Bank-** Call your bank and/or credit card Company before travel and let them know you will be traveling to France. Sometimes banks will assume fraud and they will cut off funds to your card (which would not be fun if you planned to buy things).
- **Insurance-** It is mandatory to have health insurance while traveling with ARAMFO. However, NOT all health insurance offered in the United States can be used in doctors' offices or emergency rooms internationally. Please make sure you have international health insurance before traveling.
- **Internet-** Many of the Hotels we will be visiting have wireless internet so you might want to bring a computer/ iPad/ Nook/etc. to communicate with family back home. This is a much cheaper and a less complicated option than purchasing a phone card in the country.
- **Laundry-** When traveling using a laundry service at the hotels can be very expensive. It is recommended bringing powder detergent and a stain stick to wash your clothes in a shower at one of the hotels if needed. Many hotels have clothes lines in their showers for such a need. *Note: Jeans are particularly notorious for taking too long to dry so pack accordingly.
- **Pick pocketing-** and theft is a major issue for many European countries (especially in tourist areas). It is advised to pack the majority of your money in your luggage and only take what you will need for the day. Otherwise you can use money belts to help avoid pick pockets.
- **More-** A great website for particular questions on traveling to France is on Wiki Travel - <http://wikitravel.org/en/France>

What to Pack-Check list for travel- Not all items may apply to each individual

- *Any prescriptions you have
 - You will want a copy of all prescription meds (type and dosage) in the event you lose you prescription during the course.
 - Any devices needed to administer the medication (syringe, meters, etc.)
- *Pass Port/(to those that it applies) Green card-current/U.S. visa-current
- *Medical Insurance Card
- *Photo ID
- Money/wallet
- Contact lenses/ Eye Glasses
- Tooth Brush
- Tooth Paste
- Brush/Comb
- Toilet Paper- for public bathrooms
- Shampoo and Conditioner
- Face wash/ cream
- Soap
- Hand sanitizer/ wipes
- Deodorant/ Hygiene products
- Shaving products
- Laundry Kit
 - Powder Detergent
 - Stain remover
- Clothes for all 14 days
 - Shirts
 - Pants
 - Belt
 - Socks
 - Undergarments
 - Sleep wear
 - Long Scarf *Optional for women
 - Dresses/ skirts*Optional for women
 - Jacket
 - Bathing suit
 - Towel
- “Broken in” comfortable walking shoes
- Nice pair of shoes
- Any snacks you enjoy
- Converter-The voltage in France is generally 220 V, and outlets will fit the two-pin plug known as the Europlug
- Voltage converter
- Bug Spray
- Hat
- Sun Glasses
- Phone Numbers of Family
- Sunscreen
- Pillow and light Blanket- Recommended
- Reading material
- Sense of Humor
- Pencils/Pens
- Note book/Diary
- First Aid Kit
 - Anti-diarrheal
 - Antihistamines
 - Disinfectant Wipes
 - Pain reliever
 - Band Aids
 - Sleep aids
 - Vitamins
 - Anti-nausea
 - Lip Balm
 - Eye drops
- Camera
- Hand bag/ Carry on
 - In the rare event your bag does not make it to France from the flight, pack a spare set of clothes in your carry on or hand bag.
- Electronics- iPod/ MP3/ etc
 - Plugs and chargers
- Others
- _____
- _____
- _____
- _____

Medications and Health



- **It is important to pack ALL prescriptions** and a copy of all prescriptions including the dosage and the name of the prescriptions.
- **It is important to pack ALL materials necessary to administer any prescriptions** (meters, syringes, inhalers, etc.)
- **Talk to your doctor-** You may want to talk to your doctor about writing you a back up prescription for while in the country in case you lose your medication while on the trip.
- **Talk to ARAMFO-** It is important to let the ARAMFO team know of any existing medical conditions and prescriptions in the event of a medical emergency.
- **Insurance and ARAMFO-** ARAMFO is not responsible for providing your health insurance for the trip. Should you decide against acquiring proper health insurance, you do so at your own risk and must pay for expense in the event of any problem with your health.

- **Travel Health Insurance-** It is very important on the trip to be certain that your health insurance that you are planning to use outside of the United States is international health insurance. Not all health insurance offered in the United States can be used in the hospitals internationally. It is important to check with your insurance provider that the health insurance you are taking internationally can be used abroad. ARAMFO is NOT responsible if you purchase the wrong kind of health insurance or any health insurance for the trip.
- **More-** Please check this website for more information on health and international health insurance

<http://travel.state.gov/content/passports/english/g/o/health.html#healthy>



Important Information on France Etiquette and Laws



❖ Emergency Situation

- In the event of an emergency the phone number in the country of France to call is 17
- Travel leaders also have protocols for emergency situations. In the event of an emergency it is important to inform travel leaders of any and all situations.

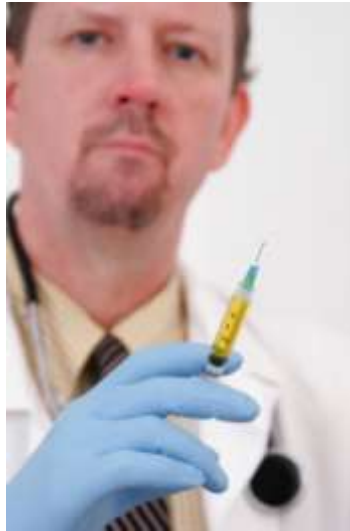


❖ Cultural Warnings

- Many French vendors speak English due to the many tourists that they have. However, it is advised that you learn some simple phrases in French like “Where is the bathroom?” or “What is the cost? As well as “please and thank you” (etc.)
- Wearing revealing clothing for women (particularly) might attract unwanted male attention.
- Petty crime can be an issue particularly in tourist areas. It is recommended to wear a money belt or to hide money to avoid trouble with pickpockets.
- When traveling to a religious institution or museums there are sometimes restrictions on dress. It is important not to wear revealing clothes in museums, churches, mosques, or synagogues. For women this means- not to show your legs above the knee (or above the ankle for Mosques), midriffs, chest, backs, or shoulders (or arms in Mosques and to cover your hair). For men this means- not to show your shoulders and not to wear too loose fitting jeans (or to use a belt).

Immunizations and the CDC

- When traveling you should always check the CDC (Centers for Disease Control) website www.cdc.gov before traveling to see the most up to date information on recommended immunizations.
- Special note:
 - You should always discuss the immunizations with your doctor



- Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.
- Check website www.cdc.gov for more detailed instructions

- As of January 2, 2014 the recommended (up to date) immunizations for France are as follows *Note: You may already have some of these vaccinations and can check with your doctor to see if they are current.
 - All routine vaccinations are recommended to be updated for all travelers.
 - For more information on vaccinations please visit <http://wwwnc.cdc.gov/travel/destinations/traveler/none/france>



At the Airport

1. As Seen on TSA website Concerning Liquids and Aerosols <http://www.tsa.gov/>
 - a) Liquids, aerosols and gels, in limited quantities, are safe to bring aboard an aircraft. Each traveler is allowed one bag in order to limit the total volume of liquids, aerosols and gels. Consolidating products into one bag and X-raying them separately from the carry-on bag enables security officers to quickly clear all items.
 - b) **3-1-1 for carry-ons** = 3.4 ounce (100ml) bottle or less (by volume); 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. One-quart bag per person limits the total liquid volume each traveler can bring. 3.4 ounce (100ml) container size is a security measure.
 - c) **Be prepared.** Each time TSA searches a carry-on it slows down the line. Practicing 3-1-1 will ensure a faster and easier checkpoint experience.
 - d) **3-1-1 is for short trips.** If in doubt, put your liquids in checked luggage.
 - e) **Declare larger liquids.** Medications, baby formula and food, and breast milk are allowed in reasonable quantities exceeding three ounces and are not required to be in the zip-top bag. Declare these items for inspection at the checkpoint. Officers may need to open these items to conduct additional screening.
2. Luggage Dimensions and Restrictions as seen on Air France
 - a) <http://www.airfrance.us/cgi-bin/AF/US/en/common/home/flights/ticket-plane.do>
 - i. One handbag is allowed with the following dimensions and weighing no more 12 kg / 26.4 lb
 - ii. Dimensions must be 55 x 25 x 35 / 21 in x 13 in x 9 in.
 - b) One piece of checked luggage are allowed
 - c) Maximum weight of checked bag/bags allowed 32 kg / 70 lb
 - d) Maximum Dimensions 158 cm / 62 in
3. You may want to pack under the recommended 70 pounds on your checked luggage if you plan to bring souvenirs back with you.
4. All other travel restrictions and information can be found at <http://www.tsa.gov/>



Important Documents for Travelers



- a) Passports are a **must** when traveling outside of the country
- b) Passports must be valid up to 6 months after the trip.
- c) An additional photo ID is recommended- (Drivers license/ Military ID/ etc.)
- d) You will be required to buy a visa while in the country. For 3 to 90 days stay period (one entry) the cost will be approximately \$20 dollars US. You can buy a visa when you land at the air port as long as you are a U.S. citizen.



- e) Green Card Holders and Non-U.S. citizens
 - i. Green Holders and Non- US citizens may have special requirements
 - f) For travel restrictions on Green Card holders and Non- U.S. citizens please visit these sites for more detailed information

- a. [http://ec.europa.eu/immigration/tab1.do?subSec=30&language=7\\$en#anchor3](http://ec.europa.eu/immigration/tab1.do?subSec=30&language=7$en#anchor3)
- b. <http://www.uscis.gov/green-card/after-green-card-granted/international-travel-permanent-resident>

Important Information on France

ARAMFO on Facebook

- c. In order to keep friends and family updated on what we are doing day by day we will make posts on Facebook, everyday of the trip. We encourage all participants to have family and friends familiarize themselves with the ARAMFO Facebook page to see the updates on the trip as they are happening.
- d. <https://www.facebook.com/aramfo>



- a) Great sites to research France
 - a) Travel- <http://wikitravel.org/en/France>
 - b) About- <http://www.infoplease.com/county/france.html>
 - c) Recommended reading
 - a. DK Eyewitness Travel Guide: France Paperback – February 13, 2012

