

ISARA Lyon Exchange – Agroecology Summer School Program Handbook – Summer 2023

The ISARA Lyon Summer School Agroecology Exchange program is offered by the College of Agricultural and Life Sciences at the University of Wisconsin-Madison in conjunction with International Academic Programs (IAP) and ISARA Lyon. This Study Abroad Program Handbook supplements handbook(s) or materials you receive from ISARA Lyon as well as the General Study Abroad Handbook and provides you with the most up-to-date information and advice available at the time of printing. Changes may occur before your departure or while you are abroad.

Questions about your program abroad (housing options, facilities abroad, etc.) as well as questions relating to your host university or academics (e.g. course credit and equivalents, registration deadlines, etc.) should be directed to your study abroad advisor.

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Contact Information

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International Relations – AGRAPOLÉ-ISARA

23 rue Jean Baldassini

69364 LYON CEDEX 07, France

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sverneret@isara.fr

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If friends and relatives want to send you mail during the summer program, you can give them the following address:

Xxx (your name)

International Relations

ISARA Lyon

23 rue Jean Baldassini

69364 LYON CEDEX 07

FRANCE

UW-Madison Information

International Academic Programs (IAP)
University of Wisconsin-Madison
106 Red Gym, 716 Langdon Street
Madison, WI 53706
Tel: 608-265-6329 Fax: 608-262-6998
Web: studyabroad.wisc.edu

<i>For Program Advising & Grades:</i> Kim Kroeger CALS Study Abroad Advisor & Program Manager Tel: 608-265-5759 E-mail: kim.kroeger@wisc.edu	<i>For Financial Matters:</i> Judy Humphrey IAP Financial Specialist Tel: 608-890-3360 E-mail: judy.humphrey@wisc.edu
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Emergency Contact Information

IAP Emergency Number

For questions or general concerns that do not involve the immediate danger or threat to the health or safety of a student, call the main IAP number **(608) 265-6329** between 8:00 a.m.-4:30 p.m. Central Time, Monday-Friday. Calls received outside normal operating hours will be returned as soon as possible the next business day.

If an emergency arises after-hours or on weekends, you can reach the IAP Staff On-Call at **(608) 516-9440**. This number is **ONLY for emergencies**, otherwise, please call the main desk.

Emergency Numbers in France

- Ambulance (SAMU): 15
- Fire Brigade: 18
- Police: 17
- European Emergency Number: 112
- SOS Help (English Speaking Crisis Line): 01-46-21-46-46
- Centre Hospitalier Universitaire (CHU; University General Hospital): 02-41-35-36-37
- La maison des etudiants (students' centre): 02-41-22-69-10 (Provides students many free services, including consultation with MDs, medical advice, help from social workers, access to information and documentation centre.)

Embassy Registration and Information

All program participants who are U.S. citizens must register with U.S. Embassy through the Smart Traveler Enrollment Program (STEP) step.state.gov before departure as this will help in case of a lost passport or other mishap. If you are not a U.S. citizen, register at your home country's embassy or consulate.

U.S. Embassy in Paris, France
2 Avenue Gabriel

75382 Paris Cedex 08 France
Tel: +33 (0)1 43 12 22 22
Alt. Tel: +33 (0)1 42 66 97 83
Email: citizeninfo@state.gov
Web: fr.usembassy.gov/

Program Dates

Academic Program: **June 15 – July 13, 2023***

You will receive more information directly from ISARA about suggested arrival and orientation times.

*If you are participating on the month-long Farm Internship after the academic program, you will be working directly with ISARA to set up the location and dates of the internship.

Preparation Before Leaving

Immigration Documents

Passport

A passport is needed to travel to France. Apply immediately for a passport if you do not already have one. Passport information and application forms can be found on the U.S. State Department website (<http://travel.state.gov/passport>). If you already have your passport, make sure it will be valid for at least 6 months beyond the length of your stay abroad.

Visa

U.S. Citizens only need a passport to enter France for the ESA summer program. They will be given a stamp for 90 days in their passport. If you are not a U.S. citizen, a visa may be necessary. Please contact your study abroad advisor if you have further questions.

Please also note that outings will include a visit to the CERN (The European Organization for Nuclear Research) in Geneva, Switzerland and that you must have the appropriate visa enabling you to cross the border into Switzerland and back into France.

Handling Money Abroad

The official currency of France is the Euro (€). You should bring some money with you in cash for incidental purchases. You can request a small sum of Euros from most US banks before departure to assist with immediate payments. It is possible to convert almost any currency into Euros at the airport when you arrive. Banks in France are normally open from 9:00am until 4:00 or 5:00pm, depending on the branch. To view the current exchange rate and to print a traveler's cheat sheet, you can visit this website: <http://www.oanda.com/currency/converter/>.

ATMs and Debit Cards

ATMs are readily available in Lyon and throughout France, in banks and post offices. ATMs are open 24 hours a day and take several different cards. Be sure to ask your bank about any international charges you may receive from using ATMs abroad and to notify them that you will be abroad so they do not freeze your account.

Credit Cards

Credit cards are accepted at most stores in France, but stores often have a minimum purchase requirement around 15€. It is important to notify your credit card company that you will be abroad so they do not freeze your account.

Packing

We suggest packing lightly for your 4-week program, since you may want to bring items/gifts home at the end of the program. Summer in Lyon tends to be very hot and humid, but the weather in France can be unpredictable, so be sure to bring clothes that can be layered. A hat, sunglasses, raincoat and umbrella are also important. Students in France typically dress fairly nicely; you don't typically see students wearing sweatpants, leggings, or athletic wear outside of doing sports. This program involves visiting farms and hiking, so plan to pack some comfortable hiking clothes and closed-toed hiking or walking shoes. You should also plan to bring at least one nice outfit because you may need to give a presentation or have another formal occasion during your stay. To check the weather in Lyon you can use this website for a general guide: <http://www.wunderground.com/>.

Other items to remember are: a copy of your important documents (passport, visa, etc.), a smaller bag for weekend trips.

Other things that you may want to pack, or may want to purchase upon arrival:

- A towel. The student residence hall includes bedding, but not a towel. You can opt to purchase one when you arrive, but you may have to take the metro to a store where you can purchase one, and taking a shower right after a long flight is always nice. You could choose to pack one that you don't mind leaving in France at the end of your trip, if you want to make some space in your luggage for the return to the U.S.
- A smaller bag or backpack for weekend trips
- A small purse/fanny pack/belt bag that can be kept close to your body. Lyon is generally a safe city, but as in any city, you should be aware of pickpockets especially when taking public transportation.
- Portable charger for your phone for longer day/weekend trips
- Reusable water bottle. Lyon is hot in the summer and staying hydrated is essential!
- A small battery-powered fan. There is no AC in the student residence halls (or in most buildings in France) so this is a good way to stay cool.

Electronics

The electricity current in France is 220 volts, whereas the U.S. is 110 volts. A plug adapter will be needed in order to fit the sockets abroad (two round prongs instead of our flat plug). Note

that many electronic items such as hairdryers or flat/curling irons do not operate with the same voltage and will likely short circuit if you use them in a French outlet with a plug adapter. An electricity converter may be necessary for certain electronic items, but you'll want to double-check with the manufacturer to make sure it will work.

Travel and Arrival Information

Arrival

A representative from ISARA Lyon will arrange to meet you either at the Lyon St Exupery airport or at the Lyon "Part-Dieu" train station to direct you to the residence hall. You will receive specific arrival information from ISARA Lyon.

If you wish to extend your stay either before or after the program to travel in France/Europe, you can certainly do so! You'll want to contact CISI (the international travel insurance that you will automatically be enrolled in by UW Study Abroad) to extend your coverage dates. It's very easy and inexpensive to do so.

The Academic Program

ISARA Lyon

To reach the goal of developing sustainable agriculture, also questions around the valorization of biodiversity has become a major stake. ISARA Lyon is involved in research programs aiming to analyze these factors in taking into account different scales for agroecosystems analyses. This includes looking at cropping systems, livestock systems and extensive fish production systems in cultural landscapes as elements interacting with natural components of ecosystems. The summer school will provide the keys to understand how biodiversity in agricultural landscapes can be supported in European environments made up of natural landscapes and human activities. First, the coursework puts special emphasis on case studies and field work. Then, personal investigation and lectures provide the necessary theoretical approaches and methods for agroecosystem diagnosis, by taking into account all the diverse components: ecological diagnosis, spatial analysis, cropping and livestock systems analyses, the economics and sociology of agroecological farming.

The ISARA Lyon Summer Program is part of the larger IPL International Summer School, which is a consortium of Engineering and Agricultural universities in Lyon. Students will take program-specific courses, but will have intercultural sessions

Registration & Course Equivalent Request

You will be automatically registered for a special "Study Abroad Placeholder Course" for the term you will be studying abroad. This is a temporary registration, which will be converted into graded UW-Madison credit after the completion of your program.

The four-week academic program will be assigned one UW-Madison course equivalent in order for your grades and credits to be recorded on your UW-Madison transcript. The 2023 academic program is currently equated with the following course equivalents:

Agroecology 400: Study Abroad in Agroecology

It may be possible to request an alternate course equivalency for the academic program. Look in your [MyStudyAbroad](#) account for details under the “Academics” section to submit a New Course Equivalent Request.

Credits

9 ECTS (European Credit Transfer System) credits will be awarded to you for passing your courses on the ESA summer academic program (3 ECTS for the French class and 6 ECTS for the scientific module).

These credits will be converted to UW-Madison credits using the following conversion scale:

ECTS Credits	UW-Madison Credits
9	4

Students who choose to participate on the month-long farm internship will receive an additional 3 ECTS credits from ISARA Lyon. You will need to work with a UW-Madison faculty member to validate your internship grade/credit (usually 399 credit within a specific department) by completing the Directed Study Form in your MyStudyAbroad account. Please reach out to your Study Abroad Advisor with any questions.

Grades

You will receive a transcript from ESA with French grades. The scale will be used to convert your grades to UW-Madison equivalents is as follows:

ISARA Lyon Grade Scale	
Lyon Grade	UW Grade
14-20	A
12-13.9	AB
11-11.9	B
10.1-10.9	BC
9-10	C
8-8.9	D
0-7.9	F

Pass/Fail/Drop/Audit

Please refer to the IAP Study Abroad Handbook for academic policies.

Living Abroad

France

On the western edge of Europe, France is bordered by Belgium, Germany, Switzerland, Italy and Spain. It is the largest country in Western Europe and is about 80% the size of Texas. The country extends from the coastal plains in the north to the beaches of the south; from the wild coastline of Brittany to the to the top of the Alps, with cliff-lined canyons, dense forest and vineyards in between. The highest point in Western Europe, Mont Blanc, is situated in the Alps on the border between France and Italy. Metropolitan France also has extensive river systems such as the Loire, the Garonne, the Seine and the Rhône, which divides the Massif Central from the Alps and flows into the Mediterranean Sea at the Camargue, the lowest point in France. Corsica lies off the Mediterranean coast.

Over the centuries, France has received more immigrants than any other country in Europe. From the ancient Celtic Gauls and Romans to the more recent arrivals from France's former colonies in Indochina and Africa, these peoples have introduced new elements of culture, cuisine, and art, all of which have contributed to France's unique and diverse civilization.

French cuisine is rich and varied, creative and innovative; each region specializes in certain dishes, cheeses and wines. In France, people usually eat three meals a day. Breakfast, eaten when they get up, is usually quick and consists of a hot drink and a baguette with butter or jam. Lunch and dinner, eaten around 12 or 1:00 pm and 8:00 pm, respectively, typically consist of a starter, a hot main course (meat or fish with vegetables), followed by cheese and dessert. The French drink a lot of bottled water, although tap water is perfectly safe to drink throughout the country. Although France produces a lot of wine, fewer and fewer French people are regular wine drinkers.

Lyon

- Total urban area population: 2.2 million inhabitants. Student population: 137 600 students in 4 universities, 15 Grandes Ecoles.
- Lyon's city center is classified by UNESCO as a world heritage site.
- Arts and leisure: Opera House, the Auditorium, around 15 theaters, many museums, Roman ruins, and 20+ museums.
- A center for life sciences in France, Lyon has one of the most advanced pharmaceutical and chemical industries in the world.
- A good place for food-lovers, Lyon is known for its traditional "bouchons" (small, family-run restaurants with local specialties), as well as even finer dining in Michelin-starred restaurants, or fresh local products in its bustling markets.
- Lyon is a major European business and economic hub, with an international conference center and the world headquarters of Interpol.
- Lyon is close to the Alps where you can find 7,000 km of ski runs and the largest skiing area in the world around Europe's highest peak, the Mont Blanc.
- Lyon is 1h45 min by TGV (high speed train) from Marseille, the gateway to the Côte d'Azur (French Riviera) and 2 hours from Paris.

Housing

During the program in Lyon, students will stay at the “[Jacques Cavalier](#)” residence hall close to the ISARA Lyon campus. This residence hall offers basic housing including single rooms (called “studettes”) with shower and toilet facilities in the room. Bed linen and blankets will be provided. Rooms are furnished with a bed, a desk, a closet, a fridge, and WiFi. There are kitchen facilities (*no kitchenware is provided*), microwave ovens, and washing machines. If students want to cook in the residence hall, they should plan to buy some basic cookware to keep in their room or share with other program participants. Cookware and Tupperware is available at local grocery or household stores like Casino, Monoprix, etc.

Transportation

Bus/Metro/Tram

Lyon’s **public transport network**, ran by TCL, consists of 4 metro lines, 5 tram lines, 2 funicular railways and over a hundred bus routes. The ISARA Summer Program coordinator will provide you with an unlimited metro pass when you arrive that you can use for the duration of the program. If you have visitors or need to purchase individual metro tickets for some reason, a single ticket costs €1.80 and can be used for any mode of public transport. It lasts for one hour and you can change as many times as you want within this hour. However, you must validate your ticket every time you board a new bus/tram. You can also buy a book (*carnet*) of 10 tickets. You can purchase tickets from the machines found at all metro/tram stations and major bus stops. Bus drivers also sell single-journey tickets, but they cost €2 and you’ll need to provide exact change. Public transport is free with the Lyon City Card.

Public transportation to Cavalier residence:

Bus number C16 –stop “Harmonie”

Metro line D – stop “ Monplaisir lumiere”

Lyon public transportation : www.tcl.fr

Bicycle

Riding a bike is an inexpensive, fast and convenient way to travel throughout the city. Velo’v is a bike rental service in the city. For more information, go here:

<https://velov.grandlyon.com/home>

Taxi

Taxi fares in France are strictly controlled and all taxis have meters. Fares are more expensive in the evening and late at night.

Train

The French railway system is a fast and convenient way to travel between major cities. *Société nationale des chemins de fer français* (SNCF) is the national railway operator, and also runs coach buses to smaller municipalities that were part of old, discontinued railway lines. The train can also be a less expensive way to travel if you are able to take advantage of one of SNCF’s many reduced rates. For example, there are promotional fares available if you travel with a

Commented [KK1]: Emma, I added this - anything to add?

Commented [ECD2R1]: I know it depends on the weather but a lot of us also needed to find a fan upon arrival (which was difficult because Casino and a lot of places only kept a few in stock). I think it might be good to note regardless??

Commented [ECD3R1]: You could also add that cookware and Tupperware is available at local grocers like Casino

Commented [ECD4]: A part of my ISARA tuition was an unlimited train card which came in handy as I used the metro to get to class and basically everywhere else- is this still an option for students?

companion, reserve your ticket well in advance, or are 15 to 25 years old. Certain reduced rates are only good on certain trains, at certain times or have a limited number of seats available - so plan your trips well in advance! France also has high-speed trains, TGV (*train à grande vitesse*). These trains travel at 300 km per hour, compared to the 160-200 km per hour that normal trains travel. This can cut a trip that would normally take 8 hours down to three. Prices depend on if you are traveling at peak or off-peak time.

For more information, including train timetables, fares, and details on reduced-fare travel, visit:

Gare de Lyon-Part-Dieu
5 Place Charles Béraudier
69003 Lyon, France
Tel: +33 (0) 892-35-35-35
Web: voyages-sncf.com

Air

Traveling by air can be a relatively cheap and convenient way to visit other European countries. Several airlines, including Ryanair, Sky Europe, and Easyjet, provide flights throughout Europe at a very cheap rate. The cheap flights allow access to almost all of Europe, but enforce a 20-kg limit for checked luggage when flying within the EU (unless traveling trans-Atlantic on the same trip).

Communication

Telephone

When making calls, keep in mind time zone differences timeanddate.com/worldclock. To make an international call to the United States, dial the access code for the country from which you are calling plus the United States country code (always "1") followed by the appropriate U.S. area code and local number. To call internationally from the United States, dial "011", the country code, city access code (if necessary) and the phone number. Country and city codes can be found online timeanddate.com/worldclock/dialing.html. Some of above steps can vary if you are using a calling card.

Calling to France

International access code: 011
Country code: 33
Lyon city code: 2

To call France from the United States, your family and friends must dial the international access code, followed by France's country code and Lyon' city code, and finally your phone number:
011 + 33 + 2 + telephone number

Calling from France

International access code: 00

Country code: 1

To call the United States from France, you will need to dial the international access code, the United States' country code, the area code and phone number: 00 + 1 + area code + telephone number.

Check with your US cell provider about international calling/data plans and rates or consider unlocking your phone, so that you can insert a SIM card that you would purchase once in France.

With a smart phone or a laptop + Wifi connections, you may be able to easily communicate with friends and family in the US via different applications such as Facebook, iMessaging, WhatsApp, or Skype.

Calling within France

Please note that when you make calls within France you must include a 0 before the city code: 02 + telephone number. However, the 0 is dropped when friends and family make international calls to France, as shown above.

Cellphones

Contact your current plan provider before you go abroad to discuss the following options:

- Unlocking your phone to be able to purchase a local SIM card that is compatible with the cellular network in your program location
- Adding international calling capability (and associated costs)
- Turning off data to avoid charges
- Additional fees to expect
- If you have a warranty is it for your phone, your number, or your SIM card?
- Potential impact to your plan when you return to the United States

If your current cell phone cannot be used in your program location, do research on purchasing a pre-paid phone for your time abroad.

For communicating with friends and family back home, app-based communication (WhatsApp, Signal, Skype, Messenger) when connected to WiFi may be the best option.

Internet

WIFI is found in many restaurants, cafes and other locations in France.

Additional Relevant Information

Websites of Interest

U.S. State Department

<http://travel.state.gov>

State Department Students Abroad site
<http://www.studentsabroad.state.gov/>

UW-Madison International Academic
Programs
<http://www.studyabroad.wisc.edu>
ESA www.groupe-esa.com

Center for Disease Control
<http://www.cdc.gov/travel/>

Current exchange rates
<http://www.oanda.com>

Lonely Planet
<http://www.lonelyplanet.com>

Ouest-France (Regional Newspaper for
Pays de la Loire)
<http://www.ouest-france.fr/>
Lyon Tourism
<http://www.Lyonloiretourisme.com/en>
<http://www.Lyon.fr/>
www.nta-Lyon.fr

Books about France

Learn as much as you can about France before you leave. Travel guides are helpful for providing background information on France's history, geography, politics, and culture as well as for assisting you if you travel to other regions of the country. Novels also provide a glimpse into French history, landscape, and way of life. The list below is by no means exhaustive and IAP cannot guarantee the accuracy of the information in all of the books below.

Recommended Travel Guides

- *Lonely Planet France* by Nicola Williams et al.
- *Rick Steves' France 2016* by Rick Steves & Steve Smith
- Eyewitness Travel Guide to France
- Frommer's EasyGuide to France 2016 by Lily Heise et. al
- *When in France, Do as the French Do* by Ross Steele

Recommended Novels

- *A Year in Provence* by Peter Mayle
- *Paris, Paris: A Journey into the City of Light* by David Downie
- *True Pleasures: A Memoir of Women in Paris* by Lucinda Holdforth
- *Chasing Matisse: A Year in France Chasing My Dream* by James Morgan
- *Paris Stories* by Mavis Gallant
- *Paris: The Collected Traveler* compiled by Barrie Kerper

Diversity Climate In-Country

France is largely considered to be a highly tolerant country, with robust laws protecting ethnic and religious minorities, LGBTQ individuals, the disabled and other groups from

discrimination. Students in France will encounter a culture that is generally accepting of multiculturalism with progressive social policies.

Racial/Ethnic Minority

Some students of color studying in France find it to be less prejudiced, in general, than many parts of the U.S. Outside of big cities, students not of European descent may have difficulty finding certain beauty products they use in the United States.

Sexual Orientation

France is generally considered one of the most LGBTQ-friendly places in the world, with many groups, organizations and establishments supportive of the LGBT community for students to get involved with.

Disabilities

Getting around French cities can be challenging for those with mobility issues. Many sidewalks are narrow and uneven, and cobblestone streets make access difficult. Major tourist areas may often have better facilities.

Religion

France is historically predominantly Roman Catholic, though more in tradition only. There has been a growth in the number of worshippers of Islam, and small, but significant Protestant and Jewish populations. There do exist some tensions between the Muslim community and wider French society due to recent political disagreements, but overall, individuals can be assured of the ability to practice their faith in open and in peace.

Women

Female students who travel to France can expect a level of protection and respect equivalent to the U.S.

Student Testimonials

The testimonial below is compiled from past participant's evaluations; they reflect various students' experiences and are included to provide different perspectives.

Safety

"Overall, I felt very safe in my program environment. It requires some personal responsibility to be safe, since they obviously don't track your every move. Some students engaged in unsafe behavior, but overall it felt no more unsafe than Madison. The university in Lyon also recommended that no one walk alone at night, especially women and went over what to do if you felt unsafe."

Cost

"Airfare is hard to calculate as I took a week before the program to travel... As well, the program said that meals would be included, but we ended up not having a kitchen and buying most of our meals."

"Make a budget before you go! Stick to the budget you made, and carefully watch your expenses. With so many food and travel options it's easy to lose money very fast."

Additional

"I liked the ability to interact with the local community and live in France. There were a lot of trips around the city of Lyon and a dinner with a French family that were very informative and a great way to get to know my host city."

"I liked the field trips and the cultural experience and meeting people from all different backgrounds in the program."

"Sometimes the language barrier was a challenge."