



ROMAN FRANCE



GUIDE FOR PARTICIPANTS
APRIL 15-24, MMXI

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ATTITUDE IS EVERYTHING

This is a great opportunity. France is a very exciting and vibrant part of Europe. From visiting the Eifel Tower to Roman aqueducts our goal for you is to have fun, learn something new, and to enjoy the sights and sounds of France! We're excited to take you and glad you are joining us for this amazing learning experience.

The key to enjoying this trip is to have the right attitude. This is a group of over forty students from both Conard and Hall. It is not like going somewhere with your friends or your family. Things take time, there will be glitches and our actions won't revolve around your particular wishes. Relax, be patient and don't complain. Every moment of this trip will be a unique experience that you will probably remember for many years.

CHAPERONES

Your hosts for the trip include seasoned world travelers with many years experience taking students to Italy, Greece, Turkey and France

43 Students:

Conard H.S. #32 and Hall H.S. #11

6 Chaperones:

Gay Adams (Hall)

George Coleman (Conard)

Jim Crabb (Hall)

Nancy Moran (Conard)

Arlette de Koning (Conard)

Lynn Racz (Conard)

We promise:

- to trust you when you demonstrate responsibility
- to focus on keeping you safe
- to keep you informed of what's happening
- to treat you with respect
- to help you (or get you help) if you have a problem





ESSENTIAL ITEMS TO BRING

Here is a list of the most important items to remember. (Other things you can buy or borrow.)

- your passport, student ID and driver's license
- any medications you take
- your glasses or contacts if needed
- some cash (in dollars) for Boston
- Euros or a travel ATM card (see the section on money)

CARRY-ON BAG

You should bring a carry-on bag containing ALL valuables (camera, iPod, etc.), fragile items, reading and other materials for use on the plane, and a change of underwear and essential toiletries and medications (in case your suitcase is misplaced). You will also need a pen to fill out documents.

PACKING

Pack reasonably. Think about what you will need and won't need for one week. Plan to re-use several clothes items and leave valuable jewelry at home. Remember, you will have more items to pack for the trip home (gifts, souvenirs, etc.). Due to the variable weather (50° - 70° F), plan to dress in layers of outerwear. If it rains, we will still be doing a lot of walking. General Rule: Lay out everything you want and take half!

NB: If your checked luggage weighs more than 51 pounds, you will be subject to a \$60 fee by British Airways and American Airlines. If you bring it, you have to carry it!



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TO GET IN THE U.S.

ESSENTIALS:

- passport/driver's license
- money (U.S. dollars for Logan and travel money card; see section on money)
- a carry-on bag and suitcase
- money belt or neck pouch (no wallets!)
- meds (in original containers)

CLOTHING FOR 9 DAYS:

- comfortable sneakers/walking shoes
- light jacket/raincoat
- sweater/sweatshirt
- jeans/casual pants (for the sacred places and for the evenings)
- collared shirts/tops
- t-shirts/shorts for hotel
- underwear
- socks/stocking
- pajamas

TOILETRIES:

- cosmetics/lotions/hair products
- feminine products
- Kleenex mini-packs
- razor/shaving cream
- contact lens supplies
- deodorant
- sunscreen
- comb/brush
- toothbrush/paste/floss
- shampoo/soap

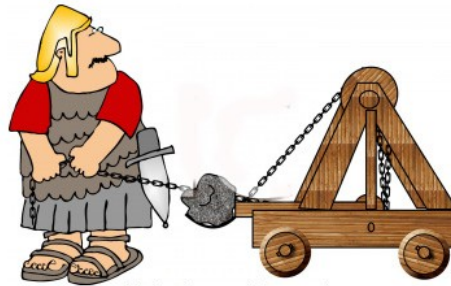
MISCELLANEOUS:

- sunglasses
- camera
- extra film/memory cards and batteries/battery charger
- small backpack
- hat for sun/rain
- notebook/pen
- diary
- small umbrella
- a gift list (especially for *mater et pater!*)
- a watch (because you probably won't have your cell phone)

TO GET IN FRANCE

- calling cards (if necessary)
- postcards/stamps

NB: *Use zip-lock bags for small items and items that could leak. Smoking is more prevalent in Europe. Febreze kills the smell on clothes. Review the airline baggage rules and TSA guidelines.*





TSA AND AIRPORT SECURITY

TSA will most likely open and inspect your bag after you check it at the airport. Don't pack any valuables or money in your suitcase. Pack so that an inspector can easily look around in your suitcase.

When going through security at the airport, remove your jacket, shoes, belt, watch and any jewelry or coins. Place them in the bucket provided or in your carry-on bag. If you set off the metal detector, you will be searched.

NB: *DO NOT make ANY jokes about security or act annoyed with any security procedures. Also, avoid bringing ANY liquids onto the plane. If you must, it has to be in a clear container and be no more than 3 fl. oz.*



ELECTRONICS AND CONVERTERS

For electricity, Europe uses 220v instead of the 110v used in the U.S. Chargers for most iPods, digital cameras and laptops, however, accept 220v automatically and do not require a converter. Check the input information on your charger. You will need a cheap adapter (available at AAA on Farmington Ave.) to change to round prongs for the outlets. You can buy travel irons and hairdryers, which accept 220v. Any charger or appliance using only 110v input, however, will require a converter, which can be bought at travel stores or Radio Shack. Make sure it can handle the wattage of your appliance.



MONEY: PREPARING BEFORE YOU LEAVE

The euro is similar to the dollar. There are bills and coins. The euro is also divided into centimes. One major difference is that there are coins for 1 and 2 euros as well as for centimes. The bills are the same all over Europe, but the coins are like state quarters. One side represents a different country in the European Union. See how many different ones end up in your pocket.





GETTING MONEY IN FRANCE



EUROS to DOLLARS

In the past year, the dollar has held steady against the euro.

At this time: €1 = \$1.40 or \$1€ = 70

DON'T PUT ALL YOUR *OVA* IN ONE BASKET! It is important that you successfully plan for your spending money in France. Please note the following options:

1. PURCHASE A TRAVEL ATM CARD. The Visa Travel Money Card (at AAA) is preloaded with credit and can be replaced if lost or stolen. The benefit of drawing money from an ATM in Europe is that you usually get a fair exchange rate at the time. Furthermore, money can be transferred to the card remotely. It is ESSENTIAL that you activate and test your card at an ATM here before you leave by doing a balance inquiry under "Checking".
2. BRING A BANK ATM CARD. An ATM card from your local bank should work all over the world. It is ESSENTIAL, however, that you contact your bank to tell them of your travel plans and to verify that it will work. Also get a contact name and number at the bank in case you have trouble.
3. BRING EUROS. You can get them at your bank or AAA. The benefit is that you will have your money ahead of time (unless it gets lost or stolen). Be sure to order euros at least a week ahead of time!





GETTING MONEY IN FRANCE

You can use your ATM or travel ATM card at automatic tellers all over the city. Be sure to use the ATM machines wisely. You usually have a daily limit of how much you can withdraw. Furthermore, there will most likely be a \$5 fee for every withdrawal.

HOW MUCH TO BRING

We recommend that you have at least \$50 a day. Budget €355 euros (~\$450 dollars) for expenses during the trip, including lunch each day, gifts, souvenirs, snacks and incidentals. Breakfast, dinner, and all activities and entrance fees are included.

MEETING THE BUS

DEPARTURE:

On Friday, Hall travelers should meet at Hall no later than 8:30 am and Conard travelers should meet at Conard no later than 9:00 am.

NB: *You are not getting on the bus unless you have your passport.*

RETURN:

All travelers will be dropped off at Conard at approximately 4:30 pm. We will activate a phone tree as soon as we get on the bus to return home.





FLIGHT INFORMATION

DEPARTURE

✈	4/15/2011 2:15 pm	Boston	American
	4/15/2011 4:05 pm	Chicago	Flight # 2487
✈	4/15/2011 5:55 pm	Chicago	American
	4/16/2011 9:10 am	Paris (de Gaulle)	Flight # 42

RETURN

✈	4/24/2011 7:30 am	Nice	British Airways
	4/24/2011 8:34 am	London (Heathrow)	Flight # 341
✈	4/24/2011 11:15 am	London (Heathrow)	British Airways
	4/24/2011 1:20 pm	Boston	Flight # 213

HOTEL INFORMATION

PARIS

April, 16 - 19

Campanile Paris X - Gare du Nord
 232 Rue du Faubourg St. Martin
 Paris 75010
 Paris
 +33 1 40 34 38 38

PROVENCE

April, 19 - 22

Best Western Nimactive
 152 Rue Claude Nicholas Ledoux
 Parc Hotelier - Ville Active
 Nimes 30900
 Provence
 +33 4 66 38 13 84

FRENCH RIVIERA

April, 22 - 24

Chateau de la Mer
 161 avenue Yves Brayer
 Mandelieu la Napoule 06210
 French Riviera
 +33 493 93 45 13





TELEPHONE COMMUNICATION

It is expensive and complicated to get your cell phone to work overseas, but you can use it when we are in the U.S. If you are a Verizon customer, you can rent a phone through them. Other service providers may be able to install a SIM card into your current phone. This card would allow you to use your phone overseas.

You can call home from a public phone or the hotel. You should check with your long distance carrier for calling card options. Many have toll free numbers you can use in Europe. The most economical option is to buy a pre-paid phone card in France. If you're not careful, you can get ripped off big time on phone charges. Most international phone cards you buy here will not work overseas. They are for calling overseas from the US.

EMERGENCY CONTACT NUMBERS

George Coleman: +011.44.792.443.6296

Jim Crabb: +011.44.792.441.2698

Lynn Racz: 860.212.3529

Nancy Moran: 860.395.7572

- See hotels for additional contact information.



TRIP UPDATES

Tell your family and friends to visit our blog:

<http://blog.whps.org/crabbylatin/>

CAVEAT: Updates can only be made when we have Internet access.

INTERNET ACCESS

Internet centers and public coin-op computer stations are popular and cheap. They are how most people in the world stay connected. Many hotels offer internet access for a fee.

POSTCARDS

Even in the Internet age, postcards are a classic, tangible symbol of your travels. Please consider sending a postcard to your grandparents and other special people in your life. Mail service tends to take about a week. Stamps are sold at post offices and tobacco shops.

NB: *Save time now by preparing address labels on your computer. A postage stamp to the US is about one dollar*





STREET SMARTS

You are not as savvy and street-smart as you think you are. Our biggest worry during the trip is that you will be hit by a car. Our second worry concerns your personal safety and your passport/money.

PLEASE, PLEASE, PLEASE!!!

- Each time you leave the hotel, take only what you'll need.
- Look both ways TWICE before crossing any street.
- Be aware of your surroundings.
- Avoid suspicious people and places.
- Guard your camera and bags.
- Don't risk your safety for your valuables. Give them up!
- Don't carry your passport or other important items with you.
- Carry the hotel and chaperone phone numbers at all times!

BASIC, YET ABSOLUTELY CRUCIAL, RULES

Here are the rules we consider most important:

1. Be courteous, respectful, friendly and patient.
2. Don't whine and/or complain.
3. No drugs, alcohol, piercings, tattoos or sex.
4. Don't leave your room/hall after bed check.
5. Always know the "game plan" before leaving.
6. Show up on time.
7. Never go anywhere alone!
8. Stay within stated boundaries.
9. Don't buy illegal or inappropriate items.
10. Don't steal (even from hotels or restaurants).
11. Report when others are doing something questionable.



YOU ARE U.S. AMBASSADORS

People form their opinions of other countries on personal experiences. How you act in France will affect people's opinion of the U.S. Many Europeans feel that Americans are arrogant, obnoxious, and clueless about anything other than themselves. You will help shatter that stereotype by being polite and respectful.





ITINERARY

DAY 1 - FRIDAY. APRIL 15 - DEPARTURE

Departure for Paris, France
Departure from West Hartford
Bus to Boston's Logan Int'l Airport
Flight from Boston to Paris
Overnight across much of the Atlantic

DAY 2 - SATURDAY. APRIL 16 - PARIS

Arrival in Paris
Sightseeing boat ride on the Seine
Visit Notre Dame/climb the towers
Free time to explore the Quartier Latin
Overnight in Paris

DAY 3 - SUNDAY. APRIL 17 - PARIS

Musée d'Orsay in the morning
Arc de Triomphe
Late afternoon-evening in Montmartre / *Overnight in Paris*

DAY 4 - MONDAY. APRIL 18 - PARIS

Louvre in the morning
Free afternoon
Tour Eiffel (late) this evening
Overnight in Paris

DAY 5 - TUESDAY. APRIL 19 - PARIS/CHARTRES/NIMES

Visit Chartres early
Depart Paris for Nîmes on the TGV
Overnight in Nîmes

DAY 6 - WEDNESDAY. APRIL 20 - NIMES/ARLES/ST. REMY DE PROVENCE

Nîmes: "Temple of Diana", Maison Carrée, Amphithéâtre, Gate of Augustus, Fountain sanctuary, Great Tower
Arles: Roman theater, Amphithéâtre
St. Rémy de Provence: Mausoleum, Triumphal Arch, remains of Roman town of Glanum
Overnight in Nîmes



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DAY 7 - THURSDAY. APRIL 21 - PONT DU GARD/AVIGNON/ ORANGE/VAISON-LA-ROMAINE

Pont du Gard

Avignon: Papal Palace, Carthusian Monastery

Orange: Roman Theater, Amphithéâtre,

Triumphal Arch

Vaison-la-Romaine

Overnight in Nîmes

DAY 8 - FRIDAY. APRIL 22 - AIX-EN-PROVENCE/FREJUS/ CANNES/NICE

Aix-en-Provence: Hike the Route de Cézanne / free time in Aix

Fréjus: (brief stop to see the Roman Aqueduct)

Cannes

Nice

Overnight in Nice

DAY 9 - SATURDAY. APRIL 23 - NICE/VENCE/ST. PAUL-DE- VENCE

Nice: Roman Baths in Cimiez section of Nice, Russian Orthodox Church,
Promenade des Anglais

Vence: Chapelle du Rosaire

St. Paul-de-Vence: Maeght Foundation

Overnight in Nice

DAY 10 - SUNDAY. APRIL 24 - BOSTON

Bus from hotel to airport/ Departure from France

Arrival at Boston's Logan Int'l Airport

Transfer back to West Hartford

ANCIENT ROMAN FRANCE: A HISTORY

THE ARRIVAL OF THE CELTS: THE 6TH CENTURY BC

During the last centuries of their prehistory, France and northern Spain are infiltrated by energetic tribes originating in central Europe. They speak an Indo-European language, and they know how to work iron. Their arrival inaugurates the Iron Age in these regions. They are the Celts, known to the Romans as the Gauls.

Meanwhile civilization has been brought to the coasts of both France and Spain by colonists from further east in the Mediterranean. The most im





portant colonies are Massilia (Marseilles), settled by Greeks in about 600, and Cadiz, established by the Phoenicians at about the same time.

MARSEILLES AND THE ROMANS: 3RD - 1ST CENTURY BC

The traders of Marseilles extend a network of colonies along the coast, and so become the commercial rivals of the Carthaginians, the successors of the Phoenicians in Spain. This makes Marseilles the natural ally of Rome in the Punic Wars. Thereafter Marseilles is of great importance to Rome in keeping open the coastal route between Italy and Spain.

In 121 a Roman army wins a conclusive victory over the surrounding Celtic tribes. The Roman province of Gallia Transalpina (also called Gallia Narbonnensis, from its capital at Narbonne) is established by 118 BC. Marseilles, a loyal ally to Rome, remains a free city. The tribes elsewhere in Gaul retain their independence until the campaigns of Julius Caesar.

CAESAR'S YEARS IN GAUL: 58 - 50 BC

Caesar is away from Rome for eight years. During this time he systematically subdues the Celtic tribes in Gaul, making separate alliances with their many independent chieftains. He even adventures beyond the natural boundaries of Gaul - the region framed by the Alps, the Rhine, the Atlantic and the Pyrenees.

In 55 and again in 53 he bridges the Rhine for brief campaigns into Germany. Twice in the same period he crosses the Channel to test the mettle of the Celts in Britain (see Caesar in Britain). According to Plutarch, writing 150 years later, this expedition is the first to prove to certain skeptical scholars in Rome that Britain really exists.

Caesar's campaigns into Germany and Britain suggest that he considers Gaul itself secure. The year 52 BC proves him wrong. The Celts find an inspiring leader in Vercingetorix, a young chieftain of the Averni. His early successes against Roman contingents are in the absence of Caesar, who has been wintering south of the Alps. But the great general's arrival does not make quite the difference to which he has become accustomed.

Caesar is besieging the town of Gergovia when Vercingetorix attacks and routs the Roman forces, killing 700. This is Caesar's first defeat in all his years in Gaul. It prompts many more tribes to come out in support of the rebels.

The next siege in the campaign reverses the situation. Vercingetorix



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holds the fortress of Alesia. Caesar and his troops, attempting to blockade the garrison, are themselves threatened by a large army of Gauls. But

when the Romans win the first major battle between the two sides, the Gauls melt away. To save further lives, Vercingetorix rides out of the town and surrenders - in a dramatic gesture of Celtic chivalry.

He is kept in captivity for six years, until Caesar finds the right moment to lead him through the streets of Rome in a triumphal parade.

THE GALLIC WAR: 52 BC

It is probably in the autumn of 52 BC, after his defeat of Vercingetorix, that Caesar settles down in his winter quarters at Bibracte (to the northwest of modern Lyons) to record for posterity his successes in Gaul over the past six years.

The title he writes at the head of his papyrus is 'Gaius Julius Caesar's Notes on his Achievements' - though historians will come to know his book simply as *The Gallic War*. When the work is finished a copy goes off to Rome, where it is probably published during 51. Caesar has been assiduously cultivating support back in the capital, for political struggles to come. The book of his achievements is an important shot in this other campaign (see Caesar and his book).

ROMAN GAUL: 1ST CENTURY BC - 5TH CENTURY AD

Gaul proves one of the most stable and economically important regions of the Roman empire outside Italy itself. This can be clearly seen in a town such as Nîmes. Founded during the reign of Augustus, it is supplied with water by one of the most spectacular pieces of Roman engineering - the great aqueduct known as the Pont du Gard.

Other superbly preserved buildings in the town demonstrate how the Romans export both their state religion and their favorite entertainment. The famous Maison Carrée is an exquisitely simple temple to the Roman gods. The amphitheatre holds some 24,000 people (about half as many as the contemporary Colosseum in Rome) for gladiatorial shows or chariot races.

But Nîmes also shows traces of the end of Roman Gaul. In 407 it is sacked by the Vandals. About sixty years later it is occupied by the Visigoths, who build a fortress in the amphitheatre.

Great Germanic tribes, of which these are but two, have been pressing for





centuries on Gaul's eastern frontier. Often they have made deep and devastating incursions into Roman territory. Always, eventually, the Roman armies have driven them back - until the 5th century, when new forms of accommodation are devised, turning the tribes into Roman allies. The result, by the end of that century, is a Gaul shared between Visigoths, Burgundians and Franks.

Gascoigne. Bamber. "History of France." History World. <<http://www.historyworld.net/wrldhis/PlainTextHistories.asp?historyid=ab03>> Web. 13 March 2011.

WORDS OF WISDOM FROM RICK STEVES (ENDORSED BY ASTERIX)

"Extroverts have more fun. If your trip is low on magic moments, kick yourself and make things happen. If you don't enjoy a place, maybe you don't know enough about it. Seek the truth. Recognize tourist traps. Give a culture the benefit of your open mind. See things as different but not better or worse. Any culture has much to share.

Of course, travel, like the world, is a series of hills and valleys. Be fanatically positive and militantly optimistic. If something's not to your liking, change your liking. Travel is addicting. It can make you a happier American, as well as a citizen of the world. Our Earth is home to nearly 6 billion equally important people. It's humbling to travel and find that people don't envy Americans. Europeans like us, but with all due respect, they wouldn't trade passports.

Globetrotting destroys ethnocentricity. It helps you understand and appreciate different cultures. Travel changes people. It broadens perspectives and teaches new ways to measure quality of life. Many travelers toss aside their hometown blinders. Their prized souvenirs are the strands of different cultures they decide to knit into their own character. The world is a cultural yarn shop. Travelers are weaving the ultimate tapestry. Join in!"





NOTES

Lined area for notes

This libellus is an adaptation of the ones used by Mark Grudzien and Lauren Drazen for their trips abroad. Thank you, Mark and Lauren!!!



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COVER PHOTO: The Pont du Gard, by Ed Alcock for The New York Times

