



J-Term Packing Suggestions

1. Layers are very important. You can layer t-shirts, sweaters, cardigans, a light jacket and especially a hat. The temperature during the trip can vary greatly. Please plan your clothing accordingly.
 2. Pack comfortable shoes because you'll be doing a lot of walking.
 3. Don't wear flashy or expensive clothing, shoes or purses.
 4. You'll be visiting churches and possibly mosques, because of this please pack long sleeves and long pants. Some of these locations require your shoulders and legs to be covered. Thank you for being respectful of these traditions.
 5. Please plan to pack any prescriptions you take with enough supplies for the length of the J-Term. Prescriptions are difficult to fill and usually require a doctor's visit. If you have any medical conditions we should be aware of please email enroll@iaufrance.org so we can best prepare for your time abroad.
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Laundry

You will have the opportunity to wash your clothing during the J-Term. You can do so in any of the following ways.

1. Hand washing and air drying your clothing in the hotel. This is recommended as it will help aid you in packing light!
2. Hotels can also launder your clothing; however there will be a fee.
3. Laundromats are also available.
4. While with your French host in Aix-en-Provence, you'll have the opportunity to do your laundry in their home.



Ryan Air Baggage Allowance

You will be allowed one checked bag and one carry-on item. Ryan Air is **very** strict about baggage. You'll need to read the below details as well as visit the Ryan Air website (links provided below).

1 Checked Bag – There is a 20 kilogram checked baggage weight maximum (20 kg = 44 lbs.). It is very important your bag not be overweight, or you will be responsible for paying the extra baggage fee. Please follow this link to read the [important checked baggage details](#). Any passenger exceeding their personal checked baggage allowance will be charged for excess baggage at the rate prevailing on the day of travel. This is currently £20/€20 per kilo (or local currency equivalent).

1 Carry-on Item – There is a 10 kilogram baggage weight maximum (10 kg = 22 lbs.). This includes purses and small handbags. Strictly one item of cabin baggage per passenger weighing up to 10kg with maximum dimensions of 55cm x 40cm x 20cm (21.7in x 15.7in x 7.9in) is permitted (handbag, briefcase, laptop, shop purchases, camera etc.) must be carried in your 1 permitted piece of cabin baggage. Extra/oversized cabin baggage will be refused at the boarding gate, or where available, placed in the hold of the aircraft for a fee of £40/€40. Please follow this link to read the [important cabin baggage details](#).

Weight Conversions

1 kg = 2.2 lbs.

1 lb. = 0.5 kg



Finances

You'll want to bring a small amount of cash with you to exchange in the airport or at a currency exchange on your first day abroad. Please also pack one debit card and one credit card, if possible. Don't forget to let your bank know that you will be traveling so that they do not put a hold on your account. Once abroad the easiest and most efficient way to get money is through an ATM. Conversion rates change, and below are the rates as of 11/30/2013. Please be sure to make your bank aware of when and where you'll be traveling, so you can have access to your funds.

Conversion Rates

- 1 American Dollar = 0.74 Euro
- 1 American Dollar = 8.27 Moroccan Dirham
- 1 American Dollar = 2.04 Turkish Lira
- 1 American Dollar - .59 British Pound
- 1 American Dollar = 19.87 Czech Republic Koruna

Wi-Fi

Wi-Fi will be available at most J-Term hotels. During the day your electronics can be stored in your room or at reception. Small, portable laptops and iPads are preferable when traveling. Written assignments can be submitted via email throughout the J-Term.

Phones

If you have an international phone and are planning on bringing it with you, please email your phone number to enroll@iaufrance.org.