



25th Anniversary

Tour de France

Travel Booklet



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Introduction to France Travel

Educate Yourself...

The CIA's "Fact Book" on France – <https://www.cia.gov/library/publications/the-world-factbook/geos/fr.html> and the State Department's travel information on France – http://travel.state.gov/travel/cis_pa_tw/cis/cis_1116.html

Also take a look at the US Customs website - <http://dnserrorassist.att.net/search/?q=France&t=9>
The U.S. Embassy in France – <http://france.usembassy.gov/>

Before You Travel

To avoid sending your child abroad with a large sum of cash, we suggest getting them a prepaid credit card in their name. This is better than a debit card because if someone uses it fraudulently, the money can be refunded. If someone steals your debit card number, like from a restaurant or shop, and they use it, the money will probably be lost forever. They should bring a minimum of \$250 in cash in addition to the credit card. Call the credit card company to confirm that your card can be used at ATM machines outside of the U.S and obtain a PIN # if needed. Also let them know that the card will be used in France and give them the dates. See the Money section of this booklet for additional information.

Learn some basic phrases in French. Try this online source: <https://www.elearningfrench.com>

Buy that digital camera you've been wanting or just be ready to your phone.

Ask your health insurance company about coverage outside of the U.S. and, if necessary, either purchase a rider or buy a separate limited-term policy.

Purchase Travel Insurance. Travel Insurance protection is usually divided into the following categories: trip investment, property, health and life protection. Trip investment protection means covering the cost of your trip should your trip be canceled, interrupted, or delayed due to some circumstances. Property protection offers coverage in case of luggage loss, delay, or rental car damage. Health protection tackles your health problems while traveling, medical emergency, dental emergency, or cases when medical evacuation is needed. Life protection takes care of air flight and common carrier accidents. Travel Insurance packages offering several options are also available at <https://www.insuremytrip.com> or at <https://www.travelexinsurance.com> (To compare different plans and rates) <https://www.thebalance.com/insurance-buying-advice-4011066> (*Advice on when and when not to buy various coverages*)/*additionally, for local assistance with travel insurance contact Ms. Leatta Perdue, Travel Agent & Destination Specialist, a friend of GNOYO at 504-834-7000 although she is not official travel agent, she is ready to help assuage families with insurance*

Preparing to Leave

Please pack using only one suitcase to check in with the airline and one small piece such as a backpack or tote bag as a carryon. See Appendix A for a helpful packing list.

Your carryon should be small and contain only the items you need on the plane during your flights. Your carryon should have a secure compartment for your passport and money. Here is what the TSA says about liquids: **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. You can check their website for more info: <https://www.tsa.gov/travel/security-screening/liquids-rule> Your carryon should also contain your I-Pad, cell phone, neck pillow, eye mask, prescription medications, glasses, feminine products, reading materials, etc. Keep in mind that it must fit under the seat in front of you. Also, keep a ball point pen handy. Gel pens can leak. **DO NOT BRING LAPTOP COMPUTERS ON THIS TRIP. YOU WILL NOT HAVE TIME OR ROOM FOR IT IN YOUR CARRYON.**

Your checked luggage should weigh less than 44 lbs. Pack light. You can wear things more than once. Elevators in French hotels are so tiny that sometimes not more than one person with one suitcase can fit. Remember that we will have more than 70 people checking in all at once. You must be able to carry your own suitcase up several flights of stairs. Buy travel sized personal items, limit your shoes to two pair, and plan your outfits to match others. You can save space by rolling clothes instead of folding. Carry your jacket or sweater with you on the plane.

GNOYO is making arrangements for your instruments. Small instruments can be placed in your carryon. Remember to bring extra strings, rosin, reeds, valve oil, etc. You should pack your portable music stand in your checked luggage.

Arrival in France

When you land, the plane will taxi to one of the gates. Upon deplaning, you'll walk down a long hallway toward immigration and customs. You will enter an immigration line, so have your immigration form ready, along with your passport. Note: Ask for an immigration form on the plane. If they do not have them, they will be available on tables in the immigration area. Fill it out completely, remember to sign it, and then go to the immigration line. Have a pen handy and keep your passport ready. After the agent stamps your passport, you'll move through double doors toward the baggage claim area.

You will claim your bags from one of the baggage carousels. Once you've collected your bags, exit the baggage claim area either by passing a uniformed person who will collect your customs declaration or by moving through a baggage inspection line. We suggest taking the former path; expect that your baggage will not be searched, hand your customs form to the customs agent and be on your way!

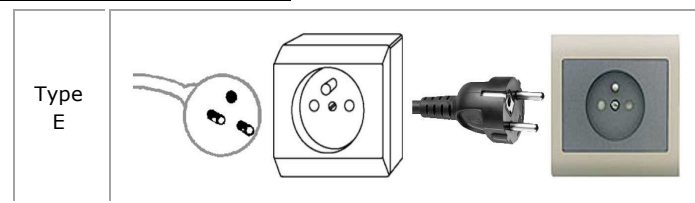
Luggage carts are available should you need one. There are restrooms and currency exchange booths inside and you cannot return to use them once you pass through the exit doors.

Your Travel Documents

Every traveler needs a valid passport. Your passport should not expire for a minimum of six months prior to your trip. Sign the face page of your passport before leaving home and pack a photocopy in your checked luggage. Bring a color photocopy of your passport with you. For extra security, lock your passport in the hotel safe and carry the photocopy with you. Some hotels have a safe in the rooms.

Electrical Current

Electrical current (220/380), see this site for plug description:
<http://www.trade.gov/mas/ian/ecw/FR.html>



American electrical appliances will not work in France. You cannot use them with just an adaptor either. You must bring a converter with the proper adapter if you wish to use your blow-dryer, etc. **WORD OF CAUTION:** Even with a proper converter and adapter, your American blow-dryers, etc. will not work well. You should plan to wash your hair at night, and then just use a curling or flat iron in the morning. With so many of us traveling, we don't want to blow all the fuses in the hotels. Please be contentious of this problem.

Phone chargers must have a converter and adaptor. Video cameras and computers usually only need an adaptor because they work on either electrical current. Check your user manual.

Money

The Euro is the currency in France. 1 Euro equals approximately 1.10 U.S. Dollars. French Francs are no longer legal currency. You can check the latest exchange rate at: <http://www.xe.com/ucc/> You can have Dollars exchanged into Euros at the airport while you are waiting for your luggage.

Banking by ATM is another way to get currency in France. Simply insert your credit card and withdraw cash in Euros! ATM machines are available in France and can be used if your Visa card has the PLUS designation on the back. (Visa ATMs are much more common than MasterCard ATMs.) Please note that many credit card companies add a surcharge for purchases made outside the country. Please use care when using an ATM, especially on the street.

VISA is more widely accepted by merchants than MasterCard and American Express.

Phone Calls

Acquire an international calling card (before you leave), useful for calling home from your hotel. ATT&T has an international card. International phone calls from hotel room phones tend to be very expensive as most hotels add a service charge. When at all possible, use a pay phone in a hotel lobby and an international calling card. International cards are widely available through long-distance providers, discount stores, and bulk purchase clubs. Internet access is provided in the larger hotels, and Internet cafes are available. Your cell phone company may offer a global or world plan. This is very expensive, but you can look into it. International texting is also expensive, so warn your child to limit calls and texts. International roaming for data and email is also expensive. Make sure to look into data plans before you leave.

Restrooms

Some restrooms may not be as sanitary as what you're used to, so try to use hotel and restaurant restrooms. Be aware that for reasons of water conservation and antiquated plumbing, damp toilet paper is often disposed of in a wastebasket, rather than in the toilet. If you enter a stall that has a wastebasket containing crumpled toilet paper, you'll know the protocol! It's also helpful to carry some tissues, hand sanitizers and wet wipes when you're out and about. Toilet paper is not

typically supplied in restrooms outside of hotels and nicer restaurants. It's always good to be prepared! Also be prepared for "squatty potties" This is a concrete stall with a hole in the middle of the floor.

Safety

You will be escorted everywhere by GNOYO chaperones. We do not recommend going out at night or going shopping alone.

Most importantly, use common sense! Play it safe by leaving your jewelry at home and by storing documents and extra cash in the hotel safe. Some hotels have safes in each room. You should also put any valuables inside your suitcase and lock it before leaving your room.

Time Zone

France time is UTC/CMT +1 HOUR Click on this link for current time: <http://www.timeanddate.com/worldclock/city.html?n=195> This will adjust as France switches to Daylight Savings Time in late March.

Weather

The weather in June will still be a little on the hot side. The minimum temperatures average in the mid 65's and the high temperatures average around 80 for late June/early July. The average rainfall in June is 1.4 inches. However, it could get much cooler or warmer than the average.

Vaccinations

No vaccinations are currently required for travel to France. However, we encourage you to check with your physician for recommendations before traveling. Changes are made occasionally by the Centers for Disease Control –

<http://wwwnc.cdc.gov/travel/destinations/france.aspx> and your doctor may see a special need based on your medical history. Be sure to check with your doctor well in advance of your trip as some vaccinations consist of two injections spaced a month apart, and others must be administered six months prior to travel. We routinely advise everyone to be vaccinated for Hep A and B.

Health Considerations

We call it our "rapid weight loss plan!" Most refer to it as food poisoning. Whatever name you give it, diarrhea is the last thing you want on this special trip. French cuisine is delicious and interesting; take a little care, and you can enjoy some unique dining experiences during your trip.

French food is comparable to the USA when it comes to safety. It is generally OK to consume uncooked, fresh, vegetables and fruit.

Regardless of where you dine, be very careful about eating at buffets. Hot foods on buffets can be breeding grounds for bacteria. In some cases, foods left over from buffets are refrigerated and reused the next day. Dangerous bacteria can grow because foods are served in chafing dishes that are never brought back to a safe boiling point. Order off the menu whenever possible, or eat foods you can see being prepared. Drink only bottled water, and carry a supply of Pepto-Bismol or Imodium in case something doesn't hit your system just right. Some who travel frequently suggest chewing one Pepto-Bismol tablet every morning. This is supposed to get rid of a potential bug before it becomes a problem. Some travelers carry a prescription of Cipro antibiotic with them in case they contract a bacterial infection. For more information on this topic, read the Centers for Disease Control's coverage at <https://wwwnc.cdc.gov/travel> Be sure

to consider your personal health history and vulnerabilities when making food and beverage choices.

If you are taking any medication, bring enough to see you through the entire trip and carry it in its original container. It's not a bad idea to carry an extra prescription, too, should you lose or misplace your medication. Contact lens solutions are not readily available, so plan ahead. Bring the usual "just in case" items you normally pack when traveling (pain reliever, bandages, etc.) plus pack something for diarrhea.

To avoid negative reactions to the dry air when flying, the germs on the plane, and the unfamiliar pollen in France, we suggest using a saline nose spray. This is especially useful in keeping your nasal passages moisturized. It can also prevent sinus infections if you do catch a cold or have allergies.

Jet Lag

Because France is 7 hours ahead of New Orleans, experiencing Jet Lag is a high possibility. You may experience headaches and sleepiness.

Much has been written about jet lag and ways to prevent, or lessen it. Melatonin or Tylenol PM are helpful. Here are a few links with good information.

<http://wwwnc.cdc.gov/travel/yellowbook/2010/chapter-2/jet-lag.aspx>

<http://www.nlm.nih.gov/medlineplus/ency/article/002110.htm>

Bring Pepto-Bismol and Imodium for diarrhea. You should also bring a prescription (filled) for a broad spectrum antibiotic such as Cipro for any major stomach or intestinal upset. Tylenol PM is great for jet lag.

You cannot always purchase the same type of feminine products that you are used to. Bring tampons and everything else you will need with you. Bring more than you think you will need.

Why Etiquette?

Your trip to France is an opportunity to learn about another culture, including the fact that there are wonderful people everywhere who share our same hopes and fears. This is what unites us as human beings, after all! Take the opportunity to learn as much about France as you can.

You are ambassadors for the United States, New Orleans, GNOYO, and for those who will come after you!

Leave people you meet with a favorable impression of young American musicians.

Please DO!

- Remember that you are a visitor and guest in their country, and behave accordingly.
- Learn about France before you travel. Show respect and an interest in France's people, customs and culture and try to adapt to them.
- Listen to the advice of your chaperones.
- Go sightseeing whenever possible and take plenty of photographs.
- When there is a setback, remember that with patience and persistence it will pass
- Make apologies for mistakes you may make.

Dressing Yourself

Dress conservatively in “business casual” style.
Dress for the occasion. This is a trip of a lifetime.
See packing list at the end of this booklet.

Tipping

A 10% gratuity is expected at restaurants. A similar level of tipping is also appropriate for taxi drivers and tour guides.

A tip of one or two Euros per bag for the hotel porter is appropriate.

When using public restrooms, you may be in the care of a bathroom attendant, so be sure to have a few coins (less than one Euro) ready to compensate them for their service.

A room tip at the end of your hotel stay is strongly recommended. Be gracious and show that you appreciated the efforts of the cleaning staff that took care of you during your stay.

Using Courteous Language

The French people are courteous, gracious, and accommodating if you mind your manners. Always say good morning, good evening, etc. Remember please and thank you, etc. Most French speak some degree of English. It is customary to greet a shopkeeper when you enter by saying “Bonjour.” Try to learn a few French phrases. If you make the effort, the people will usually be friendly and answer you in English! Remember to check this website to learn a few phrases: <https://www.elearningfrench.com> Also, some of our GNOYO musicians speak fluent French, so ask them for help.

Please DON'T

- Be impatient, inconsiderate, loud, noisy, belligerent, demanding, or argumentative.
- Use alcohol or smoke.
- Seek or expect to find your culture in the foreign country.
- Make demands or expect others to cater to you.
- Indulge in political conversation with people in your host country.
- Expect a foreign bureaucracy to work any more efficiently or swiftly than one of ours.
- Complain about or criticize different customs, attitudes, political events, or social conditions.

Departing France

Currency and Customs

It is possible to change back your unused Euros for U.S. dollars for a small fee. Save your original exchange receipts, as they may be required. Customs allows each family member to return to the U.S. with \$800 worth of personal items duty free. Keep your receipts for documentation. You will fill out a declaration on the airplane before you land in the U.S.

Traveling Home

When you land in the U.S., you will first pass through Immigration (USCIS). With this done, you will be free to get your luggage, proceed through Customs.

Appendix A – What to Pack

Formal Performance Outfit

Lightweight, conservative clothing. Pants and tops are best. Women can wear skirts.

Sandals

Extra Pair of Shoes

Pajamas

Underwear

Light Jacket or sweater

Toiletries

Shampoo/Conditioner

Deodorant

Hair Products. Some hotels have hairdryers

Make up

Toothpaste

Toothbrush

Lotion

Shaving Supplies

Comb and Brush

Sanitary supplies

Miscellaneous

Pens and notepad

Sudafed

Pepto-Bismol

Imodium

Throat lozenges

Saline nose spray (for dry air)

Any prescription medications

Camera and extra film

Video Camera

Neck pillow for plane

Snacks – lots of them

Reading Materials (for long flight and jet lag)

Ear plugs (to aid sleep, lots of street noise)

Eye Mask (to aid sleep on the plane)

Ziploc bags for your liquids

Money belt

Kleenex

Adapters/converters

Travel toilet paper

Appendix B - How Much Money to Bring???

You can get U.S. Dollars exchanged inside the airport upon arrival. The bank kiosk is in the area where you will wait for your luggage. Keep all exchange receipts so you can exchange it back when you depart. You can also exchange money at hotels and banks. We advise exchanging \$200 at the airport and then use your credit card at ATMs when you need more.

Everything is more expensive in France than in New Orleans. You should plan on \$20/day for the one meal that is not included in our travel package. This amount will also cover any snacks, softdrinks, etc. Souvenirs will be in addition. Lunch and dinner is provided however in case you want to try other options. Lunch will be around \$20 and Dinner will be closer to \$40.

ALL FEES QUOTED ABOVE ARE IN US DOLLARS.