

WELCOME

Congratulations on your decision to study abroad in Luxembourg! Luxembourg is a fascinating country, both modern and steeped in history, which offers exposure to a variety of cultures and provides unparalleled opportunities for exposure to global business in action.

LOCATION

Luxembourg, officially the Grand Duchy of Luxembourg, is bordered by Belgium, France, and Germany. Luxembourg has a population of over half a million people in an area of approximately 2,586 square kilometers (999 sq mi). Luxembourg is a parliamentary representative democracy with a constitutional monarchy; it is ruled by a Grand Duke. It is the world's only remaining sovereign Grand Duchy. The country has a highly developed economy, with the highest Gross Domestic Product per capita in the world. Its historic and strategic importance

dates back to its founding as a Roman era fortress site and Frankish count's castle site in the Early Middle Ages.



Luxembourg is a founding member of the European Union, NATO, OECD, the United Nations, Benelux, and the Western European Union. The city of Luxembourg, the capital and largest city, is the seat of several institutions and agencies of the European Union. Luxembourg lies on the cultural divide between Romance Europe and Germanic Europe, borrowing customs from each of the distinct traditions. Luxembourg is a trilingual country; German, French and Luxembourgish are official languages.

CLIMATE

During the months of May and June, temperatures in Luxembourg have historically ranged from about 10° – 20° Celsius (50° – 68° Fahrenheit) with an average temperature of 16° C or about 61° F. It is certainly possible that you will have some rainy days during your stay.

CURRENCY

The currency in Luxembourg is the Euro. One Euro (€) is divided into one hundred cents. There are €500, €200, €100, €50, €20, €10 and €5 notes, and coins in denominations of €2, €1, 50c, 20c, 10c, 5c, 2c, and 1c. For the current exchange rate, visit www.xe.com. It is recommended that you bring along a credit card, as you will often get a favorable exchange rate by paying with a credit card. You will also need cash. Rather than traveling with large amounts of cash, you may access the money in your home bank account in Luxembourg with your ATM card. Remember, however, that the fees to use your ATM card will be higher abroad. So, you'll want to limit the number of trips to the ATM. It is important to inform your credit card company and your bank that you'll be accessing your accounts in various countries so that your account is not frozen for unusual activity. All major credit cards are accepted in Luxembourg.



SHU FACILITIES

SHU's Luxembourg site is located in the Chamber of Commerce in the financial district of Luxembourg City. It includes modern, high-tech facilities and classrooms, including a library with computer access. SHU's Luxembourg site was established in 1991.

HOUSING



You will stay in the Jean XXIII Residence. Please note, Housing placements are randomized.

The Jean XXIII Residence is a former seminary, located in the same district (called "Kirchberg") as the Chamber of Commerce where your courses will take place (15 minute walk or short bus ride on bus number 12). The residence is spacious, calm and surrounded by a park. The residence is an island of peace and should probably stay

this way.

GETTING AROUND



Luxembourg is a very walkable city, and when you are not walking the bus system is the fastest, cheapest, most reliable way to get around.

We strongly recommend you bring good walking shoes.

The Luxembourg bus system is modern, safe, comfortable and convenient to use. Basically, all bus lines cross in a city center hub called "Hamilius". Stanislas, your program director, will provide you with bus passes, appropriate info and will walk you (drive with you) through the system. Students staying at Youth Hostel will use bus number 9 or 14 to get to the city (2 stops only) and then will take bus to "Kirchberg" district, where the Chamber of Commerce is located (3 stops only).

Total travel time, including walking to and between bus stops, is about 30 minutes. There are several bus lines of choice (number 13, 1, 7 or 16, 18). Students staying in Jean XXIII Residence can walk to the Chamber of Commerce (15 minute walk). Stanislas will provide you with the map and will show you the way, or alternatively can ride the bus number 12 (one stop only).

INTERNET ACCESS & COMPUTER FACILITIES

The youth hostel has a Wi-Fi connection as well as two computers for guest use. In the Chamber of Commerce where SHU is located, students will have free access to computers and the network in the SHU library.

EMERGENCY INFORMATION & HEALTH SERVICES

SOS, Ambulance, Fire: TEL: 112
Police: TEL: 113
U.S. Embassy: +352 46 01 23
22, boulevard Emmanuel Servais
L-2535 Luxembourg
<http://luxembourg.usembassy.gov>

Central Police Station
60, rue Glesener
L-1630 Luxembourg
TEL: 40940 4400
<http://www.police.public.lu> or info@police.public.lu

Here in Luxembourg there aren't any "CVS"/drugstores; so if you need any kind of medication you will have to go to a pharmacy. For certain medications you will need a doctor's prescription. Should you need a pharmacy at night, on Sunday or at any time usual shops are closed you need to find the "pharmacies de garde" (on-call pharmacies). Should you need a hospital at night, you need to find out the "hopitaux de garde" (on-call hospitals).

To find pharmacies de garde: <http://www.112.public.lu/urgences/gardes/pharmacies-gardes/index.jsp>

To find hopitaux de garde: <http://www.112.public.lu/urgences/gardes/hopitaux-gardes/index.jsp>

OR

Administration de services de secours

1, rue R. Stumper

L-2557 Luxembourg

TEL: +352 49 77 11

The recommended medical center for doctor's visits is the Centre Medical in Luxembourg-Belair located at 29, rue Alphonse München +(352) 45-83-93. There are five doctors available at this medical center. For any medical emergencies, there is a nearby hospital, the Kirchberg Hospital in Kirchberg.

TELEPHONE

You may wish to contact your cell phone service provider to determine if it is possible to utilize your cell phone while you're traveling. If you will be using your phone, be sure to understand the costs for calls within Europe, calls to the U.S. and text messaging. If you see a + sign before a number, this stands for "00".

- To dial the U.S.: 001 – ### – ### – #####
- U.S. to dial Luxembourg: 011 352 – phone number

FOOD AND RESTAURANTS

Breakfast and lunch at the hostel are available to you free of charge as part of your program cost. Boxed lunches are available to take with you from the hostel in the morning, if you will not be returning at lunchtime. Dinner at the hostel is a hot meal and reasonably priced at €9.



Many excellent restaurants are available in town, including in the city center. You'll even see some familiar U.S. chains. Prices are usually shown on a menu posted outside the restaurant. To find the cuisine you are looking for, visit <http://www.resto.lu/fr/Luxembourg/>. Here are a few suggestions:

- Bacchus (www.resto.lu/bacchus/) for a good Italian (not expensive)
- Brochettes & Compagnie (not expensive, fries and meat in the Place d'Armes)
- Coffee Lounge (bagel sandwiches, near the post office/Hamilius bus station)
- Fu Bar (excellent burgers in Clausen, <http://fubar.lu/>)
- Dal Notaro (www.notaro.lu/en) is a famous Italian restaurant with good prices

There are two areas in the lower level of town called "Clausen" and "Grund" they offer some nice restaurants and pubs along the river. They are definitely worth exploring to find places to hang out.

To try Luxembourgish food, you may wish to try Goethe Stuff (32, rue de l'Eau, nearby the Grand Ducal Palace www.espaces-saveurs.lu/gothestuff_noustrouver.php), which is a bit more expensive. Luxembourgish food is mainly influenced by German or French cuisine.

If you want to go to the grocery store, the one in the city center is called Alima Bourse. It is near the Luxembourg Stock Exchange (Opening Hours: M-F 8:30am-6:30pm; Sat. 8:30am-6:00pm; Sun. Closed). For a bigger shopping center, you can go to AUCHAN (Opening Hours: M-F 9:00am-8:00pm; Sat. 9:00am-6:00pm; Sun. Closed) which is walking distance from SHU in Kirchberg.

FREE TIME & THINGS TO DO

Sports and Fitness

Right in front of the Chamber of Commerce you'll find Luxembourg's largest sport venue, the National Sporting and Cultural Center, also known as *d'Coque*. This includes a few shops, 2 restaurants, an aquatic center (swimming pool with Olympic dimensions) and a fitness center which you can use without needing to be a current client. Tennis, squash and badminton courts are available in Leudelange ("ck sport center") or Luxembourg-Belair ("Bambesch").

Culture



While you will have several sightseeing and cultural excursions as part of the program, there are certainly additional opportunities to visit other cultural attractions during your free time. Luxembourg offers a moderate choice of notable Museums. These include the National Museum of History and Art (MNHA), History Museum of the city of Luxembourg and the Grand Duke Jean Museum of Modern Art (Mudam). The designer of the Mudam, Ioh Ming Pei, previously designed the Louvre museum in Paris. Also, Luxembourg has produced some internationally known artists, such as the photographer Edward Steichen. Steichen's *The Family of Man* exhibition is now permanently housed in Clervaux. Another cultural treasure is the Casemates. The Casemates are a

labyrinth of defensive passageways that helped forge Luxembourg's impressive military reputation. The first underground tunnels were built in 1644. It is these impressive defense works that caused Luxembourg to get the name "Gibraltar of the North". The Casemates were opened to the public in 1933. It is important to mention that Luxembourg was the first city to be named European Capital of Culture twice, in 1995 and in 2007! For tour information, you can visit the Luxembourg City Tourist Office (<http://www.lcto.lu/en/index>).



Nightlife

Explore the city center, Clausen and the Grund for pubs and other places to spend time in the evenings (see also the food and restaurants section above for suggestions). Clausen is a trendy place to go for food, drinks and clubs. There is a free bus from the Glacis parking in town to Clausen. On a student budget, it may be better to have dinner elsewhere beforehand due to the price of the restaurants there. Pubs in Luxembourg are open until 1:00 am on weeknights and 3:00 am on Fridays and Saturdays.

Shopping

Shops and boutiques are open Monday from 2pm to 6pm and from Tuesday to Saturday from 9am – 6pm. Sunday most shops are closed. Shopping mall such as Auchan, La Belle-Etoile, and City Concorde have different opening hours. All three of these malls have large supermarkets and restaurants in addition to the stores. There are lots of shopping areas in Luxembourg.

- City Center, Grand-Rue
- Gare, Rue de la Gare/ Avenue de la Liberté
- Auchan (Opening Hours: M-Th & Sat. 8:00am-8:00pm; F-8:00am-9:00pm)
- La Belle-Etoile (Opening Hours: M-Th & Sat. 9:00am-8:00pm; F 9:00am-9:00pm)
- City Concorde (Opening Hours: M-Th & Sat. 9:00am-8:00pm; F 9:00am-9:00pm)

Cinema

Even though most of the movies shown in European cinemas have probably already been released in the States, Luxembourg offers a great choice of movies. The multiplex cinema “UTOPOLIS” in Luxembourg City (only five minutes by bus from the Chamber of Commerce and ten from town) has a total capacity of 2,693 spread across 10 screens and is consequently the largest cinema in the country. Movies are released in original versions with subtitles in French. There are also several other smaller theaters (<http://www.utopolis.lu/>).

DAY TRIPS & TRAVEL ADVICE

You may wish to do some pre-departure research on the places you’ll be visiting outside of Luxembourg: Paris, France; Metz, France; and Trier, Germany. It would also help if you learned a few French phrases before you come (from a guidebook for example).

If you plan on doing any traveling on your own before or after the program, it is cheaper to book ahead of time. Traveling to cities such as Paris & London is expensive unless booked in advance.

- Use Ryan Air for cheap flights. There are two Ryan Air airports accessible from Luxembourg - Brussels Charleroi & Frankfurt Hahn.
- Flibco.lu provides busses to both Ryan Air airports. The earlier you book, the better the price.
- There are many discounts for students and people under the age of 26 years old.



SAFETY ABROAD

Luxembourg City is a safe place with a low crime rate. However, you should of course use common-sense precautions whenever you travel:

- Always carry your money and other important items in a safe manner (use a money belt or, bag that closes and can be worn across your chest)
- When returning to the guest house at night, travel with a friend
- Carry identification (passport or passport copy is best) with you at all times.
- If you're leaving on your own on a day trip, let someone know where you're going and when you're planning to return (tell someone or leave a note with details in your room).
- Bring locks for your luggage, you may not always have a safe available.



PACKING FOR YOUR TRIP

Be sure to visit the airline web site and carefully read the policies on carry-on items (e.g. packing liquid or gel items in carry-on bags) as well as weight limits for your checked bag.

Clothing

It is a good idea to pack clothing both for cooler and warmer temperatures. You will also need to be prepared for any rainy days. Remember, you'll be walking outside much more than you're used to, so you'll need to bring a travel umbrella, waterproof jacket and waterproof shoes. Be sure you have shoes which will be comfortable for days spent walking in Luxembourg City or in the cities you'll be visiting in other countries.

Business attire is not necessary for corporate visits; however you should dress in a neat, business casual fashion i.e. pants that are not jeans, and a shirt that is not a t-shirt or sweatshirt such as a button-down or polo shirt.

Day Pack & Accessories

A day pack, such as a backpack, is necessary for day trips, excursions and weekend travel. You will need to bring your own outlet adapter. Make sure you get one that allows for the voltage difference in Europe, especially for hair care electronics (hair dryers, flat irons, curling irons). Sheets will be provided for you at the hostel. Towels are available, but you will need to pay €5 to rent it. When you return the towel, you will receive a refund of €3.

Medications

If you are taking any prescription medicines abroad with you, make sure you have enough for the entire time abroad and that they are in the original containers with the prescription label attached. If you are taking many medications abroad with you or medications with syringes, you should ask your physician to write a letter detailing the prescription and the necessary equipment that you are bringing. This will all help when going through customs if there are inquiries. While over-the-counter medicines will be readily available, if you have preferred brands you may want to bring these products with you, as the American-name brand may not be available.

Valuables

Aside from your camera (don't forget your charger or extra batteries) and other truly essential items, the rule for international travel is: if you can't afford to lose it, don't bring it. Leave the jewelry and other valuables at home. Any valuables that you do travel with should be transported in your carry-on bag, not in your checked luggage. Remove all items you will not be using during your trip (extra credit cards, etc.) from your wallet.