

ANGERS



PRACTICAL INFORMATION



LIVING IN ANGERS



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ESSCA STUDENT SERVICES



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Getting to Angers

Arriving by plane



Whether you arrive in France by plane, train, car or motorbike, you generally pass by Paris. France's capital has two major airports:

- Roissy-Charles de Gaulle
- Orly.

Both are linked to the city centre and the Montparnasse train station by coach shuttles (run by Air France).

From Roissy-Charles de Gaulle (CDG airport) to Angers:

There are several daily direct TGV high-speed trains for Angers (direction Nantes) from the TGV train station right below Airport Terminal 2 (terminal = aéroport in French).

CDG Airport	Angers St Laud	Days
10h28	12h50	Monday to Sunday
13h16	15h39	Monday to Sunday
15h42	18h23	Monday to Sunday
18h25	21h07	Monday to Friday, Sunday
20h34	23h03	Saturday
20h36	00h06	Monday to Thursday
21h10	23h35	Friday, Sunday

- Travel time: 2½ hours approx.
- Cost: 40-55€ (12-25 years) 45-60€ (25-59 years).

[info train](#)

From Roissy-Charles de Gaulle airport to Paris Montparnasse train station:

Another possibility, especially if the direct train times are not suitable for you, is to take the [Air France coach shuttle](#) from the airport terminal to Paris-Montparnasse train station. From here you can take the high-speed train to Angers (see below).

- Travel time: 1 to 1½ hours depending on traffic.
- Single ticket: 16,50€, a 15% discount is available for 4 passengers or more
- Departures: every half hour from 06h00 to 22h00

You can also take the free airport shuttle bus to Terminal 1, from where the regional express [train RER](#), line B, takes you to Denfert-Rochereau metro station. There you have to take metro line 6 (direction "Nation") to Paris-Montparnasse.

- Travel time: 1 hour
- Cost: 10€ approx.
- Departures: regularly all day

[info airport](#)

From Orly airport to Paris Montparnasse train station:

Take the Air France coach shuttle directly to Paris-Montparnasse train station:

- Travel time: 35-50 minutes depending on traffic.
- Cost: 10€
- Departures: every 30 minutes from 6h15 to 23h15

You can also take [“Orly bus” shuttle](#) to Denfert-Rochereau metro-station and then the metro line 6 (direction ‘Nation’) to Paris-Montparnasse.

- Travel time: 40-50 minutes
- Cost: 8€ approx.
- Departures: every 15-20 minutes



From Paris-Montparnasse train station to Angers:

From Paris-Montparnasse train station you can take the high-speed TGV train to Angers (direction Nantes). Departures from here are more frequent than those from CDG airport. Timetables can be found at Voyages-sncf.com

- Travel time: 90 minutes approx.
- Cost: 35-50€ (12-25 years) 40-55€ (25-59 years)

Please note that before you board the train you must validate your ticket by ‘punching’ it in the yellow machines situated on the platform. If your ticket has not been validated, the conductor will issue a fine.



Arriving by car or motorbike

The “Océane” (also called A11, direction Nantes) is a motorway that links Paris directly with Angers. The toll fee for the 300 km distance is 26€ approx. Please note that the speed limit on French motorways is 130 km/h (78 mph).

Arriving in Angers, you should drive through the city on the A11 motorway until the exit “Belle-Beille Université/ Technopôle”. ESSCA is only a few seconds from this exit.

Getting around Angers

Getting around Angers is very easy on the local “[IRIGO bus and tram network](#)”. Services run regularly between the town centre, student residences and ESSCA.

However be aware that after 8pm, on Sundays and on Public Holidays the service can be limited.



- ✚ Cost of a one-way bus ticket: 1,40€
- ✚ Cost of a day ticket: 3,60€
- ✚ Cost of a one month bus pass: 28,50€
- ✚ Take **LINE 1 or 4 for ESSCA**

Like train tickets, bus tickets must also be validated by ‘punching’ the ticket in the orange machine which is usually situated behind the driver. If your ticket has not been validated and there is a conductor on the bus then you will be fined 30€.

If you want to bring your car to Angers, check your insurance situation! Even minor accidents can be very costly. Parking at ESSCA is free and a number of spaces are available at Résidence de la Maine for a fee of around 20€ per month. However there are very few free car parks in the centre of Angers, the closest would be “La place Rochefoucault”.

Another option is to hire a car especially for tourism purposes. Major car hire companies, like Hertz and Europcar, all have offices at the railway station. Please be aware that with many of these companies, you must be at least 21 years old and have held your licence for a minimum of 1 year to be able to rent a vehicle. A daily surcharge for drivers between the age of 21 and 25 will also apply.

Cost of living

Day-To-Day Expenses in Angers

Is life generally expensive in France? Or is it rather cheap? The answer here depends very much on where you come from. We estimate a total monthly budget to be between 600 and 800€ but this will vary depending on your choice of accommodation. It is worth remembering that during your first few weeks in Angers you will probably find yourself spending more money than usual as it is necessary to buy bus and train passes, pay for insurance etc.

The following prices should give you an idea:

- baguette: 0.85€ from the bakers and 0.75€ from the supermarket
- train pass, 'carte 12/25 SNCF': 49€
- integration weekend with United Cultures Association 35€
- a "café crème": 2,50€
- a small beer : 3€
- a stamp: 0.56€
- a cinema ticket : 7-9€
- "Le Monde": 1.70€
- a "Menu Big Mac": 5.50€
- a "ticket de restaurant universitaire": 3€



Shops are normally open from 9am until 7pm with bigger supermarkets staying open until 10pm. On Sundays however all shops are closed, and some remain closed on Mondays as well. In Angers, the main market is held every Saturday morning.

Opening a bank account



Even if you have a regular bank account in your home country, an account with a French bank will facilitate your payments during your stay. Please note that if you are eligible, the **APL housing subsidy can only be wire-transferred** into a French bank account.

Many of the French banks offer interesting incentives to students enrolled at a Grande Ecole, for example free home insurance or reimbursements on your bus pass. Our international students' orientation team will be pleased to organise appointments for you at one of the major Angers branches.

Opening a bank account in France is free of charge, and we strongly advise you to order a cheque book which is still very much in use in France as a secure method of payment. In order to open an account, you will need to provide:

- your bank details from home,
- your passport,
- a proof of your address in France
- your student certificate (which will be provided by ESSCA).

Banks are generally open from Tuesday to Friday, 9h00 to 17h30 and Saturday mornings. Many banks have deposit machines allowing you to deposit money into your account outwith these hours.

Something else to note, it is not advisable to be overdrawn, even for a few days!

Health insurance

Health insurance is **compulsory** for all international students:

Students coming from the European member countries should send to ESSCA the document E111 or E128 (or the European Health Insurance card) before arrival. This document can be obtained either via your university or your home country's health service.



Quebec students should provide the document SE-401-Q106. This document can be obtained either via your university or your home country's health service.

Non-EU students, born after 01/10/1983 must pay French Social Security (la Sécurité Sociale) of 205 Euros. Please note that it is compulsory and should be paid to ESSCA before arrival either by cheque in euros or wire-transfer to Groupe ESSCA's bank account.

Bank name : **Crédit Mutuel SAINT LAUD**,
Bank address : 6 Place de la Visitation,
49100 ANGERS
FRANCE
Bank n° 15829, Desk 39405, Account N° 00020518701 Key 90,
Swift code CMCIFR2A . IBAN code FR7615829394050002051870190

(Please make sure to mention your name with the payment and send us the remittance of payment).

The health insurance is valid for one full year and can be used in all EU countries. It covers 70% of the cost of all medical and hospital expenses including visits to the doctor, dentist and pharmacy. You must therefore also acquire a complementary insurance policy covering the remaining 30 % which can be obtained either via an insurance company in Angers or a complementary health insurance policy in your home country. This should also include repatriation. Please note that we will require proof of your insurance documents on arrival.

Your Health Security number and health certificate will be given to you within your first month of arrival.

Non-EU students 28 years of age and above should take out private health insurance in their home country. This insurance should cover the medical, hospital and repatriation expenses during their stay in Europe. Please send a copy of your insurance policy to ESSCA before arrival. This copy should be translated into either French or English.

TRAVEL INSURANCE

Travel insurance is also strongly advised.

It is a good idea to take several photocopies of all the above documents.



PERSONAL HEALTH

Please contact the International Office for a list of doctors and dentists. Take with you any medical records which may be of help to a French doctor such as list of vaccinations and allergies.

Telephone and internet connection

There are numerous public telephones in Angers, both in public places like the train station as well as in the street. To use them you will need to buy a "Carte de Telephone" from local tobacco shops called "Tabac". You can also use your credit card if you have one. The instructions are easy to follow and they are in English as well as French.



- * To call abroad, you should dial:
00.country code + the phone number without the '0'
- * To receive a call from abroad:
the person calling should dial 00.33 for France then your number without the '0'

If you wish to set up a **land line** connection, go to the France Telecom shop on rue Lenepveu and buy a French telephone for a land line. You can also ask for internet access on the same phone. Remember to bring some proof of residence in Angers such as your lease contract.

There are numerous phone shops in Angers where you can purchase a **mobile phone**: France Telecom, the Phone House, Orange, SFR Vodafone. You can either pay a monthly contract or opt for a "pay as you go" prepaid card. Make the effort to do a little research because there may be special promotions to take advantage of during your time here. Just watch out for the small print! Do ask our welcome team for advice on arrival.

Another option is to take out a contract with a French company, allowing you to use your own phone from home. To do this you need to **buy a French SIM card** to replace your existing one. Note that this is not always possible due to the technical restrictions of certain mobile phones. However, if you take your phone along with you, the salesperson should be able to tell you if this option is possible or not for your mobile.

Here are some telephone numbers we hope you won't need to use:

Emergency services: 15 or 112

Police : 17

Fire brigade : 18



Bringing your personal computer

ESSCA offers **wireless internet** connection in certain parts of the campus. Login and connection details will be given to you during the orientation days.

To connect to the internet at home, you may need to choose a service provider. There are numerous in Angers, the more popular being: **France-Télécom, 9 télécom and Numericable.**

At student residences, the internet connection is included in the rent but you will need a RJ45 cable to link your laptop to the internet.

Electricity Standards

The French electricity supply works on 220 volts/ 50 hertz (Hz), so make sure you have the necessary adaptors for any electrical equipment you bring with you from home. We recommend that you buy adaptors before you leave rather than on arrival. Above all, remember to avoid overloading sockets with too many plugs.

The Weather in Angers

Located in the centre of a temperate zone, France enjoys 4 moderate seasons:

September, October and November: Autumn
December, January and February : Winter
March, April and May : Spring
June, July and August : Summer



Moderation does not mean uniformity: the climate in France is very varied. Angers weather is rather unpredictable but the “Angevins” are rarely confronted with extremes of heat or cold. The average daily temperature in winter is around 5°C and in summer it’s about 19°C.

Even though it can be quite cold and windy during the winter months, the summer is usually very warm with plenty of sunshine. You will need a warm coat and a sweater for the winter but indoors it will be mostly warm, unless you don’t switch the heating on! Adapting to the changeable weather is easy as long as you layer your clothing.

Angers has its fair share of rainfall and so you will not regret packing a waterproof jacket before you leave your native shores!

Angers has a number of fashion retailers, small boutiques, vintage shops and charity shops where you can go to expand your wardrobe. Winter sales take place from mid-January to mid-February with summer sales lasting from the end of June to July.

French visa

Living and studying in a foreign country always involves a certain amount of paperwork and administrative formalities and it is the role of the International Office at ESSCA to help with these. It is helpful to bring with you passport photos and photocopies of your passport and health insurance documents as these are required for much of the paperwork.

For a **study period of over three months** in France, non-EU students may have to apply for a visa. Please contact your nearest French consulate or [Campus France](#)

Visa to study in France for more than 3 months:



As of the 1st June 2009, French consulates introduced long stay visa D CESEDA R.311-3 6°. Long stay visa holders are allowed to reside in France for up to 12 months according to the validity of their visa and the purpose of their stay. They will no longer be required to obtain a residence permit ("carte de séjour") from the French local authorities ("Préfecture") as long as their visa is valid.

However, long stay visa holders will have to register to the *French Office of Immigration and Integration (OFII)* during the first three months of their stay in France. Detailed instructions on the registration to the OFII will be given during the orientation days.

The long stay visa allows the student to stay in France for the duration of his/her studies, to visit the Schengen countries (except UK and Ireland) and if necessary to apply for a visa for other countries from France.

We strongly recommend that you make copies of your passport, visa and residence permit and keep them in a safe place in case you were to lose the original documents.

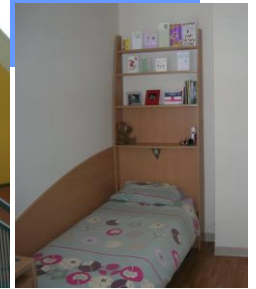
Accommodation



ESSCA offers student accommodation at Residence de la Maine in Angers city centre, close to the State University Saint Serge.

The Residence is open to both International and French students. Two types of accommodation are available:

- ▶ 3/4/5 bedroom apartments, each bedroom with private bathroom
- ▶ Studio apartments with single or double bed



← **Residence de la Maine,**
18 allée Fr.Mitterrand,
49100, Angers
Car access rue de Rennes →

Residence facilities

- Secure residence
- Furnished bedrooms
- Internet connection
- Kitchens with fridge, microwave and hob
- Laundrette
- Help with housing subsidy application for those eligible

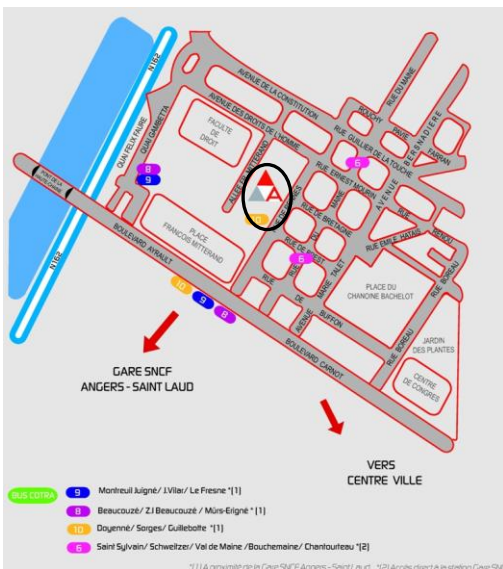
Around the residence

- University restaurant : la Gabare
- University cafeteria
- Espace Culturel
- University Library
- Smeba student insurance
- Post office
- Subway : fast food
- Cinema Gaumont
- Carrefour express

Easy access to bus lines

- Line 4 for ESSCA
- Line 9 for Carrefour hypermarket St Serge
- and to the new tramway line**
- Line A for Angers train station

Walking distance to city centre's shops



A: Résidence de la Maine/Arpej

Monthly rents:

- ❖ Individual furnished bedroom 19m²(single bed) with en-suite bathroom, and shared kitchen = 415,85€ per month/person
- ❖ Furnished single bed studio 18m² = 423, 78€ per month/person
- ❖ Furnished single bed studio 20,38m² = 447,84€ per month/person
- ❖ Included in the rent are all utility charges, internet connection and maintenance service
- ❖ A deposit equal to one month's rent is required

Please complete and return this [reservation form](#)

A limited number of places in a CROUS residence hall are also available. Students interested in this option should contact [Nadège Picquenard](#) directly.

Finding private accommodation in Angers can be difficult, especially if you are only studying here for one semester. Flats available for rent are often unfurnished and many landlords will require a French guarantor. However it may be possible to live with a 'host family'. If this interests you, you can search for a host family on the following website: www.homestaybooking.net.

Temporary Accommodation:



[Le Foyer Darwin.](#)

Campus Belle-Beille, 3 rue Darwin 4900 Angers,

Phone: 00 33 (0)2 41 22 61 20

Email: contact@foyerdarwin.com

Prices per night:

17,95€ individual bedroom

27,90€ double bedroom

3,40€ for bed sheets

3,50€ for breakfast

7,60€ all meals

Bus line 4

Angers hotels and other accommodations: [Angers tourist office](#)

Housing subsidy (CAF):

For your permanent accommodation it is possible to apply for the **APL** ("Aide pour le logement"), a state financed housing subsidy which helps cover a part of accommodation costs for students. The sum varies according to the rent paid and the number of tenants sharing the apartment.

For a simulation of the APL amount you may be able to receive, try [CAF \("Caisse d'Allocations Familiales"\)](#) (*website in French only*)



Please note that housing subsidy doesn't include the 1st month of rent. If you are eligible, you will receive the subsidy from the second month of your stay, solely into a French bank account. Please make note however that ESSCA cannot guarantee that you will receive **APL**.

Sports and the Student Union at ESSCA



The BDE (bureau d'élèves) and BDS (bureau des sports) are the associations at ESSCA responsible for organizing sporting and student events.

The BDE helps and advises projects and associations created for students as well as organizing themed nights, cultural events and trips and much more.

The BDS organizes sports training sessions, tournaments and sporting weekends. Sports which you can participate in at ESSCA include weightlifting, volleyball, handball, basketball, squash, tennis and football.

If you would like to take part in sporting activities at ESSCA, you need to make an appointment on arrival with a doctor in France in order to obtain the necessary medical certificate. Please have your home country doctor complete this [bi-lingual document](#) first. This is to confirm that your DPT injections are up-to-date.

Then when you arrive in Angers you can visit a doctor at 'La Maison des étudiants,' close to ESSCA. It is open weekdays from 9am to 5.45pm. This visit will be free of charge.

The French doctor will check your vaccinations and health before giving you the "certificate medical," which should be returned to the Bureau des Sports at ESSCA allowing you to practice sports.

Orientation Days

Despite their name, the French "Grandes Ecoles" are actually rather small in size, and ESSCA is no exception. With its annual intake of 430 students, it is the very opposite of a large anonymous institution. You will soon discover that it is extremely easy to find your way around the Angers campus and you may be surprised at how quickly everybody gets to know each other.



However you choose to travel to Angers, please try to let us know the date and the approximate time of your arrival so that our welcome team of ESSCA students can come to pick you up at the train station, (or if you come by car, expect you at ESSCA) and take you to your apartment or temporary accommodation. Moreover they will be pleased to help you with all the administrative formalities such as opening a bank account, buying a bus pass, a mobile phone or house insurance.

At the beginning of each semester ESSCA organises orientation days. **We advise you to arrive a week before them in order to have enough time to settle into your accommodation and your new environment.** Moreover we strongly recommend all international students to **attend the orientation session**, before classes began. Among the activities organised are course presentations by the different academic departments, course registration, photo sessions for the ESSCA student card, help with administrative formalities etc.

The orientation days also give international students the chance to meet ESSCA staff and students, as well as the other international students who have chosen to study at ESSCA.



United Cultures

'United Cultures' is an association which aims to ease the integration of internationals into ESSCA student life. Made up of both French and international students, they organise a variety of activities and excursions each semester. Examples include sports events, a wine and cheese evening, international dinner where each nationality prepares a national dish, visits to the Mont Saint Michel and finally the "parrainage", giving each international student a French student mentor (Buddy network).



Communication Facilities

ESSCA students have various means of communication:

1. Every student at ESSCA has his or her **own personal mailbox** or pigeonhole called “casier”. They are all situated at pole G, next to the student associations. The “casiers” are used for official communication (like “Actualités ESSCA” the weekly newsletter, or other important administrative information), but also for communication between students (invitations, advertisements, letters from the student associations etc.) and faculty members. Within ESSCA’s relatively small community, the “casiers” are a very efficient means of communication and it is highly recommended to check your “casier” once or twice a day.
2. You will also find traditional **notice boards** (“les tableaux d’affichage”), one for each programme or year of study. You need to check them for details of any timetable or classroom changes etc.
3. More and more teaching and administrative information can also be found online on “esscanet”, ESSCA’s intranet system. The international student orientation days include a session on how to use “esscanet”, and each international student will receive his or her personal log-in password.



Computer Facilities at Essca

ESSCA has several computer labs with internet access (open Monday to Friday from 8.00am to 10.30pm, Saturday from 8.00am to 6pm). All students will have their own ESSCA e-mail address and password.

In the school library you also have computers, essentially for research. Their use will be explained to you in detail during the orientation days.

ESSCA offers wireless internet connection in certain parts of the campus. The IT department will help you to connect your laptop to the ESSCA’s wifi system.

The French Media



In the past, international students have stated that studying at ESSCA has greatly improved their French language skills. If you are an open-minded student that likes to communicate with others, we can guarantee that your French speaking abilities will significantly improve with time passing by just like a fine wine!

To enhance your language skills you may wish to take a look at the reading material available in ESSCA's médiathèque. The médiathèque is open Monday to Friday, from 08h00 to 19h00.

If you really want to make the most of your time here in France then you will want to get some idea of what the French media is all about. Diving into the different media of a foreign country has to be one of the most effective ways to improve language skills and to learn about what makes the place tick. At ESSCA this activity is strongly encouraged and you will find a fine variety of journals and newspapers available in the library (médiathèque). A demonstration of its use during the international student orientation will show you how to use this service. In addition to the médiathèque, ESSCA students also have access to other libraries within Angers.

Restaurant Facilities

There are various places to eat such as :

The university restaurants: the main one, called [Restaurant Universitaire](#) ("RU"), is situated just across the street from ESSCA in the Belle Beille University area. There is another in the city centre, the "RU des Beaux Arts", 35 boulevard du Roi René, not far from Angers Castle. Tickets can be bought in "carnets" of 10 on presentation of a student card (3,00€ per ticket).



In and around ESSCA:

ESSCA student associations also sell sandwiches and snacks during lunch time. In the shopping centre on Boulevard Beaussier, just around the corner from ESSCA, there are several restaurants, snack bars and a supermarket selling sandwiches. If you want to go out to have a meal in the city centre have a look at all the offers that are presented in the handy city guides at the tourist office.



ACCOMMODATION FORM

PLEASE COMPLETE THIS **PRE-RESERVATION FORM** FOR THE STUDENT RESIDENCE de la Maine. RETURN IT to *Nadège PICQUENARD, ESSCA, 1 Rue Lakanal, BP 40348, 49003 ANGERS CEDEX – FRANCE*, or by fax 00.33.2.41.73.47.90 or by E-mail to nadege.picquenard@essca.fr

BEFORE **JUNE 15** FOR THE FALL SEMESTER
OR BEFORE **NOVEMBER 15** FOR THE SPRING SEMESTER

NAME _____

FIRST NAME _____

YOUR EMAIL _____

Please note that your accommodation will be confirmed on your email address given above.

- | | | |
|-----------------------|--|---|
| REGISTERED FOR | <input type="checkbox"/> Exchange Programme | <input type="checkbox"/> Degree Seeking Programme |
| | | <input type="checkbox"/> Dual Diploma |
| SEMESTER(S) in Angers | <input type="checkbox"/> Fall semester in French | <input type="checkbox"/> Fall semester in English |
| | <input type="checkbox"/> Spring semester in French | <input type="checkbox"/> Spring semester in English |



WOULD YOU LIKE TO RESERVE AN ACCOMMODATION AT THE STUDENT RESIDENCE de la Maine?

- NO, I will find an accommodation by myself.
- YES. Please make your choice by order of preference from 1 to 3. **Accommodation will be allocated on a 'first-come, first-served basis'.**

CHOICES	TYPE OF ACCOMMODATION
	Individual bedroom with en suite bathroom + shared kitchen for 3 to 4 persons ⁽¹⁾ ⁽²⁾ : hobs, fridge, table & chairs, kitchenware, microwaves Rent all inclusive 415.85 euros/month/person
	Furnished studio 18 m ² : 1 room with hobs, table, chair, desk, single bed, en-suite bathroom. Rent all inclusive 423.78 euros/month/person
	Furnished studio 20.38 m ² : 1 room with hobs, table, chairs, desk, single bed, en-suite bathroom. Rent all inclusive 447.84 euros/month/person

(1) Should you like to share the kitchen with your fellow students, please write the name(s) _____

- (2) Bring electrical adaptor -if necessary for your computer & appliances
- Please note that only the shared kitchen have kitchenware & microwaves.
 - A duvet & pillow on demand – Bring towels and bed sheets.(single: 1.90m x 0.9m or double: 1.90m x 1.40)
 - Laundrette available at the residence
 - Underground car parking available for 20€/month.
 - Utilities and internet connection are included in the rent.(an internet cable RJ45 will be necessary for the internet access)
 - On arrival, you will need to buy a home content insurance and pay 100 € entry fees and a deposit to the residence
 - Rents should be paid directly to the residence.

☞ This is a pre-reservation form. A confirmation of reservation will be sent to you. Then if you would like to reserve, you will be required to pay the DEPOSIT by wire-transfer to the residence Please note that bank transfer costs are at your expense.



SPORTS MEDICAL CERTIFICATE

Doctor (name).....

Docteur

Hereby certifies that the student.....born

Certifie avoir examiné l'étudiant(e)

né(e) le

Has had the **diphtheria, poliomyelitis and tetanus (DPT)**'s vaccination

A été vacciné(e) contre le DPT

Diphtheria, poliomyelitis and tetanus (DPT)	Write below Dates of DPT vaccinations
1st injection (1ère vaccination)	
2nd injection	
3rd injection	
1st booster injection (1er rappel)	
2nd booster injection	
3rd booster injection	
4th booster injection	
5th booster injection	
6th booster injection	

Doctor address and phone number

Adresse et numéro de téléphone du médecin

.....

Date..... Doctor signature

Signature du médecin