



Build your future

PARIS PRACTICAL GUIDE April 2017

Prepare and enjoy your stay in France



WWW.ESSCA.FR

Welcome to ESSCA!

The International Relations department, on behalf of ESSCA, would like to welcome you to the International Exchange Program. If you decide to join the program, you will become a part of our expanding student community. ESSCA welcomes more than 400 International students per year across campuses, from over 40 different countries – so you will truly have an international experience!

We have created this Practical Guide to help our International Students to get prepared for their exchange experience ahead with us.



Dr. Catherine Leblanc
Dean of ESSCA Group

Catherine Leblanc

Content

• Studying at ESSCA	PAGE 2
• Coming to Paris	PAGE 4
• Insurance	PAGE 5
• Housing & Accommodation	PAGE 6
• Health & Medical Guidance	PAGE 7
• Managing your Money	PAGE 9
• Transportation	PAGE 10
• Safety Tips	PAGE 14
• Climate	PAGE 15
• Tourist Information	PAGE 16
• Your Contacts	PAGE 18
• Pre-Arrival checklist	PAGE 19



Studying at ESSCA

ESSCA was founded 108 years ago, and ever since has been delivering continuously innovative education while taking into account human and social dimensions.

ESSCA is a 'Grande École' located in three countries, across 7 learning sites in [Angers](#), [Paris](#), [Lyon](#), [Bordeaux](#), [Aix-en-Provence](#), [Budapest](#) and [Shanghai](#) which gives the school a truly international context. This aspect is also reflected with ESSCA having more than 200 partner universities in over 50 countries across the world.

ESSCA is a member of the 'Conférence des Grandes Ecoles' with an accredited diploma, bestowing master's degree in the AACSB, EQUIS and EPAS-accredited *Grande Ecole* programme. ESSCA is currently also eligible for AMBA accreditation and has started this process.

ESSCA's Mission Statement

"ESSCA equips students and managers for a successful and sustainable career while fully taking into account the human and social dimensions of a globalized world. This is achieved through high level academic and professional management programs, developed by research-active faculty, a strong student mentoring system and respect for the traditional humanist values on which the school was founded".

ESSCA Paris: learning in the Heart of the Capital

The facilities available to those studying at ESSCA Paris learning site in Boulogne cater to students. Associations and societies make use of offices and student areas designed specifically for their use.

Surrounded by gardens and greenery, the buildings (5,000 m² over eight storeys) is located on the riverbanks of the Seine, within easy access to bus, metro and tram whom links to the center of the city and the rest of the metropolitan area.



Orientation Days

At the beginning of each semester ESSCA Paris organises an orientation day which is mandatory for all exchange students. The orientation day for the Fall 2017 semester is **Tuesday, August 29, 2017.**

Among the activities are an introduction to ESSCA and attending classes in France, course registration, explanations on the email and ECampus systems, photo sessions for the

ESSCA student card, help with administrative formalities, a tour of the site and of Boulogne, and so on.

Site Information

The facilities available to those studying at ESSCA's Paris campus are top-notch. Modern, state-of-the-art equipment is combined with student-oriented facilities to make learning and time spent outside of classes as pleasant as possible. Students also have access to the municipal library (151,000 documents covering every field) and access to multiple sport facilities.

Some of the facilities available on campus:

- A mediatheque and online databases, as well as computer Labs and group work areas
- Access to Boulogne-Billancourt's 'omnisport' sports club
- 2 amphitheatres
- Wireless internet available throughout the building
- Quality food services offered on site by *La Brioche Dorée* at discounted student prices
- A terrace with greenery on the third floor
- 5,000 m² over eight storeys
- Capacity for 1500 students and auditors from the corporate world

Coming to Paris

Address and Access

55 quai Alphonse Le Gallo
92513 Boulogne-Billancourt Cedex
Phone: +33 (0)2 41 73 47 47

By Metro

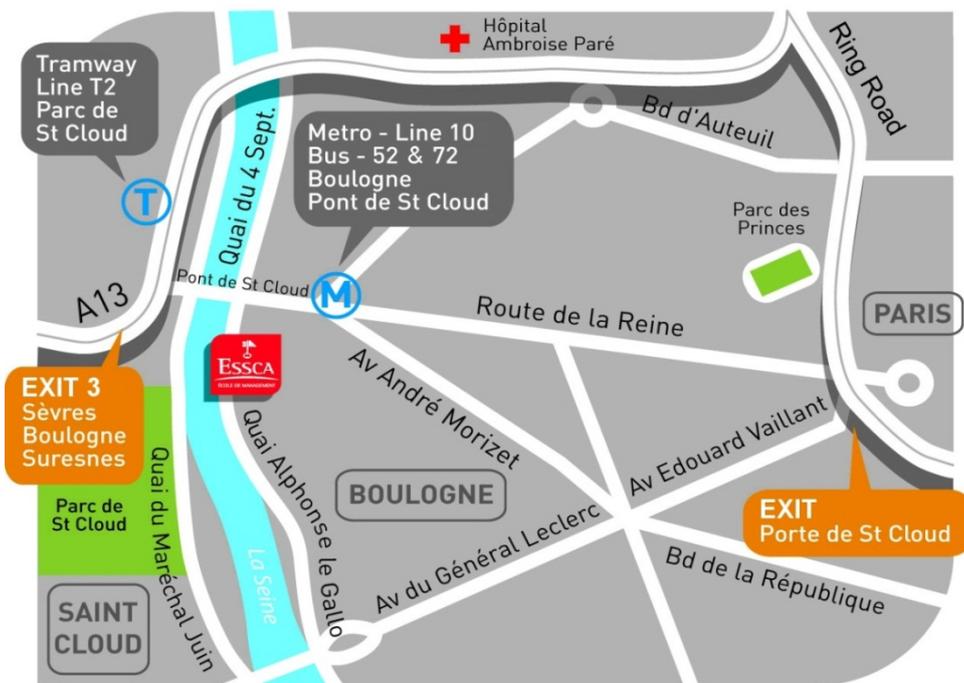
Line 10, get off at the last stop,
“Boulogne Pont de Saint Cloud.”

By Bus

Lines 52, 72, 126, 160 & 175, get off at “Boulogne Pont de Saint Cloud.”

By Car From Paris City Centre

Exit at “Porte de St Cloud” and follow Avenue Edouard Vaillant, then continuing on to Général Leclerc. Before “Pont de Sèvres” turn right on to Quai Alphonse le Gallo.



Arriving by Plane

Roissy-Charles de Gaulle Airport

Getting to Paris from the Roissy-Charles de Gaulle International Airport, the main arrival point for international students, is relatively easy as there are several modes of transport at your disposal.

Follow the “Paris by Train” signs inside each terminal to the RER B (blue) line. A single/one-way ticket costs about €10 and it is by far the fastest way of getting into the city. Some trains are express and will not make any stops between Terminals 1 & 3 and the city. [Click here](#) for more information.

Orly Airport

Follow the “OrlyVal” signs inside each terminal to take the OrlyVal train to the RER B (blue) line at Antony. Then take the RER B line into the city. A single / one-way ticket costs about €12. [Click here](#) for more information.

Les Cars Air France

Air France has its own line of coaches which run 7 days a week from 05h45 to 23h15.

In Paris, you can purchase your tickets online, directly from the drivers or any Air France ticket office. At the airports, you may find specific ticket machines at each stop. Keep in mind that the coaches do not cater to students specifically and therefore the prices are noticeably higher than in the RER trains.

From Charles de Gaulle airport, [click here](#) for information in English on Air France coaches. From Orly airport, [click here](#) for information in English on Air France coaches.

Taxis

Paris taxis are convenient but **very expensive**. The average taxi ride into the city will cost anywhere from €45-75 depending on where you are traveling to. However, you may split the cost with up to two other people (three other people if you get a van) which will definitely be worth your while.

TIP: write your final address down on a slip of paper and hand it to the taxi driver as many drivers speak only French.



Insurance

Travel Insurance

Travel insurance is also strongly advised.

Before travelling to France you must ensure that you have proper insurance coverage while travelling, should something happen to you and your belongings. There are many specialist insurance companies that can provide you with insurance best suited for you.

Some countries such as the UK offer insurance tailored to a Study Year Abroad and Exchange students. Coverage may include theft and damage of valuable equipment and emergency travel expenses - should you get seriously ill or injured. The best way to get a better deal is to do your research carefully, keep your options open and see what type of insurance is offered in your country. **Keep in mind that even if your travel insurance covers your health costs abroad, students outside the EU will still be obliged to pay for the French Social Security.**

*See Health Insurance section below.

Visas

Visa to study in France for **more than 3 months**.

Long stay visa D CE SEDA R.311-3 6° 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. There is no longer a need for a residence permit from the French local authorities 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 their first 3 months. Detailed instructions on this procedure will be given on the orientation days.

The long stay visa allows students to stay in France for the duration of the time AND visit the Schengen countries AND apply for visas for other countries.

Housing & Accommodation



ESSCA's partner residence is the Séquana Residence, 23 rue Marcel Bontemps, 92100 Boulogne-Billancourt. All studios are single occupancy and are between 18 and 23 sq. meters in size located on the Île Seguin in the River Seine in Boulogne (metro: Pont de Sèvres) about a 20 minute walk from the ESSCA Boulogne site. All requests and questions must be sent to the Séquana Residence hall. Please contact Agnès Navetat (agnes.navetat@efidis.fr) for any/all further information.



ESSCA is also partner with Be my Nest. They provide homestay options throughout Paris and it's surrounds. Meal options are available, choose the option that suits you the best. For more information please have a look on their [website](http://www.welcome@bemynest.com) or send them an e-mail on welcome@bemynest.com

We also recommend you to register to [ESSCA housing platform](#) where you will find different accommodation offers.

If you did not choose to take advantage of ESSCA's offering Housing in Paris is expensive and rents will typically run anywhere from €700 (for a small studio) to €850 per month to up to €1500 for a one bedroom flat, most likely more for furnished accommodations.

CAF - Housing Subsidy

For your permanent accommodation, European students only—meaning those students who have a passport from an E.U. country—may apply for the APL (“Aide pour le logement”), a state financed housing subsidy which helps cover part of accommodation costs for students. The sum varies according to the rent paid and the number of tenants sharing the apartment.

For non-EU students, you must be in France one entire year to receive this grant. If you are not in France for one full year, you will not receive this grant. Do not make the attempt to apply for it because it will be a waste of time for you and for the people assisting you.

For example, should your passport bear the mention “*Dispense de carte de séjour*” you are automatically disqualified from receiving the APL housing subsidy, and no exceptions will be made.

For a simulation of the APL amount you may be able to receive, log on to the CAF Caisse d'Allocations Familiales web site (in French only).

Please note:

- If you are eligible, you will receive the subsidy from the second month of your stay (at best), solely into a French bank account.
- The housing subsidy does not include the 1st month of rent.
- You may be required to provide a copy of a Birth Certificate translated by a certified and licensed translator in order to obtain the APL.
- ESSCA cannot guarantee that you will receive APL and cannot nor will not intervene in your behalf.
- Access to the APL can vary from one city in France to another, depending on how the allocation rules are interpreted.

Health & Medical Guidance

Health insurance is compulsory for all international students.

ESSCA has already paid your health insurance fees if you are from outside the E.U. Even if you “have enough coverage” or “have your own policy,” the ESSCA Financial Department will send you an invoice for this fee, which you must pay.

Students with Passports from Outside the European Union

Non-EU students, 20-27 years of age, must pay French Social Security (la Sécurité Sociale) which costs €215 (2016-2017). Please note that it is compulsory and must be paid to ESSCA before arrival either by cheque in euros or a bank transfer to the ESSCA Group’s bank account. Students concerned will receive an invoice with information on how to pay this fee.

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.

For non EU students your Social Security number and health certificate will be given to you within your first month of arrival.

European Union Students

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

Québécois Students

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

Coverage

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 Paris by way of a

complementary health insurance policy in your home country. (The policy should also include repatriation.) Please note that we will require proof of your insurance documents on arrival.

Tip: it is always a good idea to make several photocopies of all important documents.

Personal Health

On arrival a list of doctors and dentists, French and English speaking, will be given to you.

Please bring with you any medical records including prescriptions for medicine which will be necessary for a French doctor, including such as list of vaccinations and allergies.

Remember that if you feel ill at any point during your stay, all pharmacies (chemists) are run by doctors in pharmacy studies or pharmacology. Often times all you have to do is go to a pharmacie and the experts there will provide you with some over-the-counter medicine which will ease your condition.

If your case is an emergency, we recommend calling SOS Médecins at 01 47 07 77 77 or 36 24. We know that all of these doctors do speak English to varying degrees.

If you are a European student

If you use the French health care system during your time in France the best way to claim some of the expenses back is to use your EHIC (European Health Insurance Card). These should help cover you for 70% of your medical costs. For the other 30% it is advisable to buy additional health insurance either in your home country or in France.



When visiting the doctor and buying your prescriptions you should show your EHIC card, you should then be given a treatment form (une feuille de soins) which you can use to claim some of the cost back.

You can ask for money back either in your home country upon your return or in France at la Sécurité Sociale office.

If you are a non EU student

Either before or upon your arrival, you will be required to pay a fee to la Sécurité Sociale. As mentioned above, this is compulsory for students aged 27 and under. Students aged 28 and above will need to provide proof of private health insurance. This must be sent before arrival.

NOTE: The amount any student can claim back will depend not only on the insurance they will have, but also on the type of medicine prescribed to them.

In order to be reimbursed by the French Social Security system, you will need to register with a doctor (GP). The consultation will cost approximately €23.

Managing your Money

Debit cards

Most shops, restaurants and other services will accept card payment; however, with some foreign cards charges are made for these transactions. Therefore, it is advisable to open a bank account and use a French bank card. Always be sure that you have signed the back of your bank card for security reasons. If you lose your wallet/purse please be sure to cancel these cards immediately, so no money can be taken out of your account.

Please note that very often your card will have a computer chip on it to carry out transactions. Other cards will probably work also, but we cannot guarantee that all businesses will accept such cards.

Bank and Cash Machines

There are a number of different banks available, offering differing services and incentives for students. During the orientation days, the main operators will be presented and explained.

Each bank has its own network of cash machines linked to the bank; however, you can also withdraw money from the majority of cash machines in France.

Exchanging Money

During the first few weeks when your French bank account is not yet up and running you may wish to exchange your own currency into Euros. There are foreign exchange offices dotted around Paris which will exchange your currency. Yet it is likely each office will operate with a different exchange rate and commission rate, so do some research to find the best deal.

Examples: most international train stations and all airports will have currency exchange facilities. Please avoid the currency exchange offices on the Champs Elysées as they all tend to charge exorbitant commission fees.



Due to banking improvements, security measures have been advanced. This has had an effect on cashing in travellers cheques. It is now becoming more and rarer for these to be exchanged.

Transferring Money

It may be that when you first open your French bank account, you wish to transfer money from an account in your home country. This is possible, but keep in mind that there may be additional charges from your home country bank and any French bank.

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.

Opening a bank account in France is free of charge, and the bank card will help you make your payments easier during your stay.

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 (Attestation de Residence)
- Proof or registration at ESSCA (Acceptance Letter)

Banks in Paris are generally open from Tuesday to Saturday, 9:00am to 5:00pm (except for La Banque Postale). Many banks have deposit machines allowing you to deposit money outside these hours.

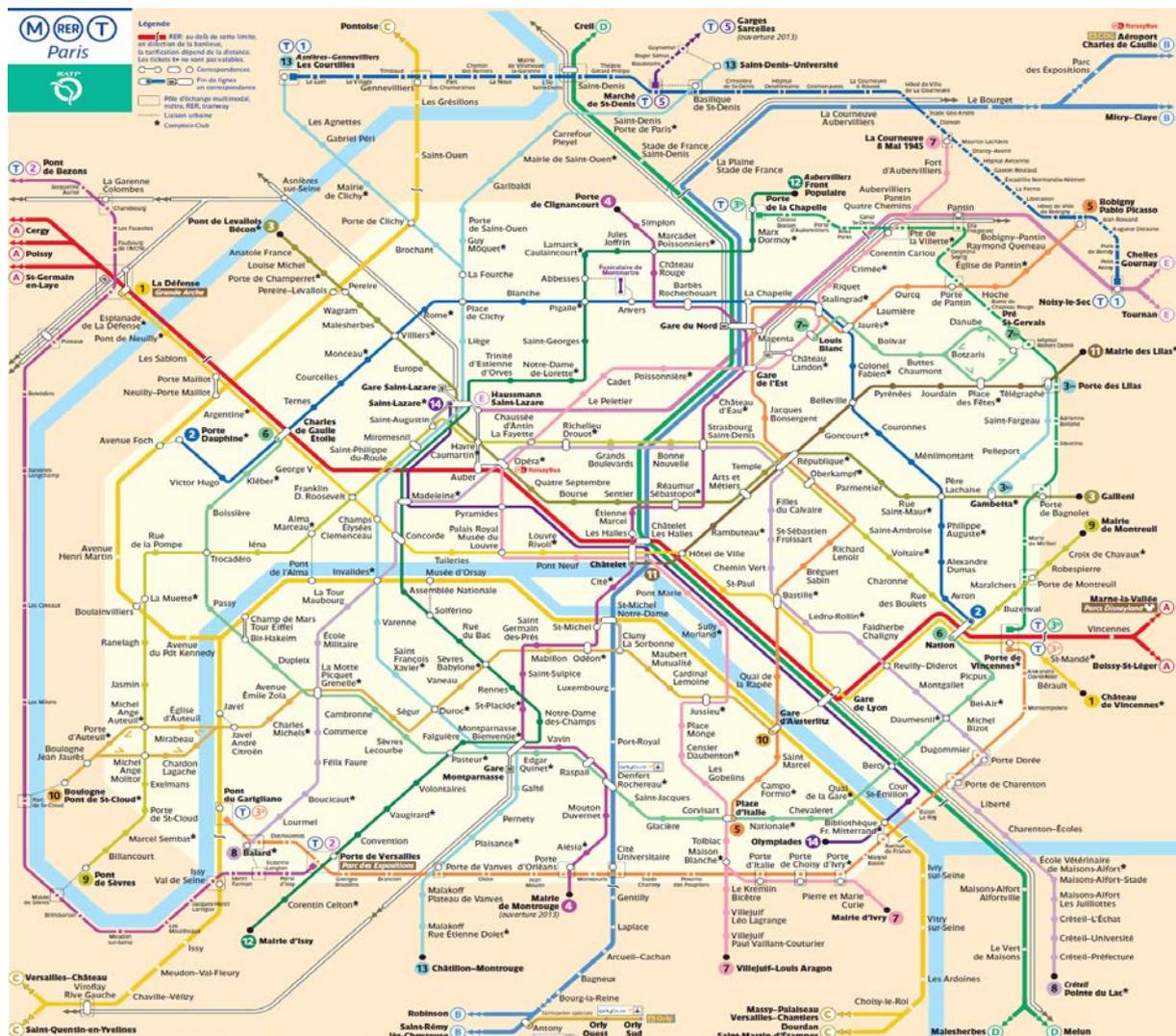
Sometimes banks can take time to open your account, notably if they ask you for a lot of papers or forms to fill out. Bring enough cash with you at the beginning of the semester to ensure that you do not run out of money during the first month.

Transportation

The Métro

The Paris métro needs no introduction, as it is one of the oldest (1900) and most reliable networks of underground public train transport in the world.

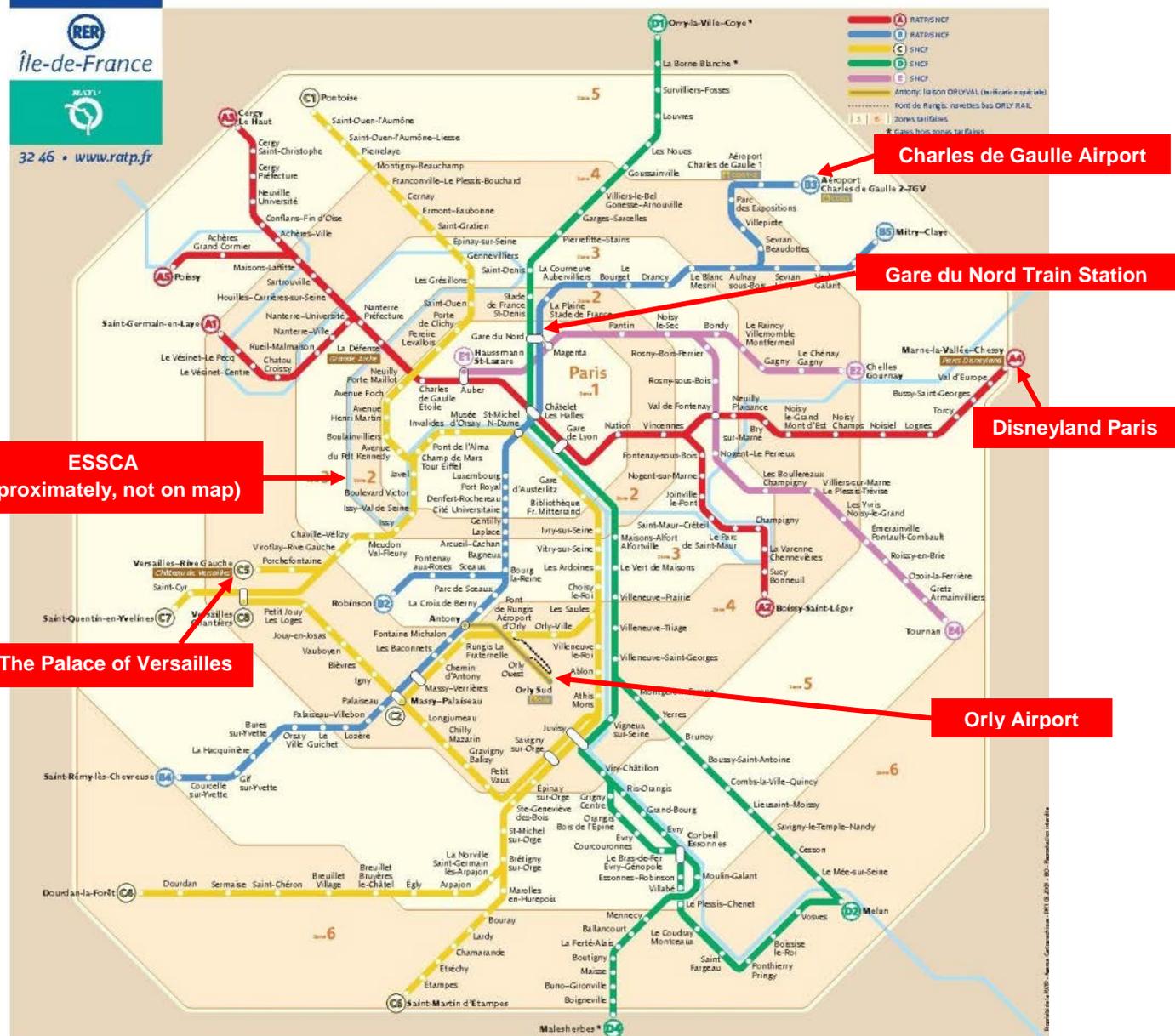
Here is map of the metro, though better ones are available online of course:



There are currently 16 metro lines (numbered 1-14 with the two extra ones being lines 3b and 7b) in Paris as well as 5 RER lines, meaning Réseau Express Régional or in other words an express underground train service crossing and serving the city and the suburbs. In addition to this there are 6 tram lines, only one of which—line T2—which is in the city of Paris. The others are all outside of the city. A wide-ranging network of suburban commuter trains completes this picture.

Individual metro tickets cost around €1.90 a piece and can be purchased in booklets (carnets) of 10 for around 40% off the single ticket price. Ticket machines are at every station, though not every one will have a person working at it anymore, and take credit cards equipped with computer chips and a PIN code. If you do not have a chip on your card, you will have to go to the window and be waited on by a person.

The RER lines:



There is an extensive bus network in Paris, and certain buses, like line 72 which goes from the ESSCA Campus to the Hôtel de Ville in the very heart of the city, can be quite scenic— it provide a great view of the Eiffel Tower (sit on the right-hand seats in the bus). However, buses can be considerably slower than the metro, though less soporific as they are above ground. ESSCA in Boulogne is served by bus lines nos. 52, 72, 126, 160 or 175.

The night bus network (www.noctilien.fr) has developed in recent years and has become both an institution and a necessity for Parisian night owls. The lines go all over the city and suburbs at regular intervals all night. If you are “out,” please avoid taking a cab (see below) and choose the night buses instead. They may take a bit longer to do the route, but are far more reliable and much less expensive.



The monthly travel card is called the Navigo Découverte card and as of September 1, 2017, will cost €73 a month for all 5 travel zones. You may purchase the Navigo card (€5 cost and you are good for 10 years) at any metro station, then top it up for a week’s or a month’s travel, as you need.

Do not buy a *Carte Imagin’R*, a different travel card that all of your French classmates will have—it is a year-long pass and you must provide your bank coordinates for direct withdrawals for the entire year, which is a shame and actually a waste of money if you are only here for a semester.

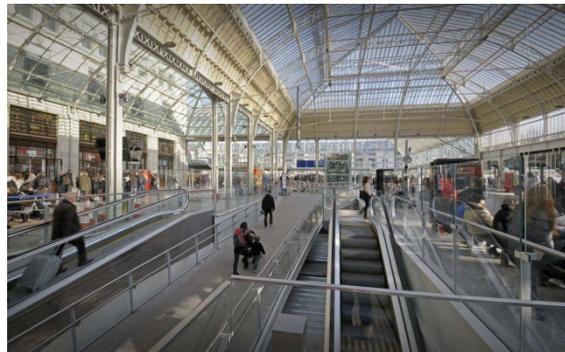
Individual Transportation

Paris taxis are convenient but expensive (€6.10 minimum charge + €1.35/km – night rate – or €1.12/km – day rate) and virtually impossible to find on a Friday or Saturday night when people are going home from a night out. Taxi drivers tend to choose who they transport and regularly refuse out-of-the-way destinations.

The [Uber company](#) is quite active in France and does operate cars throughout the Paris area. If you have an Uber account, you may use it in Paris also. The advantage to this is that, even if it might be somewhat more expensive than a cab, it will be a friendlier and safer overall experience, in that no money will exchange hands. You will be ranked by your Uber driver and you may also have the opportunity to rank him/her. Special Uber offers may also apply in Paris, so click on the above link for more information.

Trains: the SNCF

The SNCF (la Société National de Chemins de fer Français) is France's national main line train network and serves the entire country as well as the rest of Europe. Its flagship lines are the TGVs, the Trains à Grande Vitesse, whose operating speeds can reach 350 km/hour on certain lines. If you have an Interrail (available to addresses in Europe) or a Eurail card (available to addresses outside of Europe), you may indeed take any SNCF train, though you will have to pay separately for a mandatory reservation on any TGV. You can book TGVs in English [here](#) or go to an SNCF sales point. Another good and easy site to use is [Voyages SNCF](#) and you may select the language you use/need.



Keep in mind that there are 6 different train stations in Paris depending on destination:

There are 6 train stations in Paris depending on your destination:

- **Gare du Nord**—London via Eurostar, Belgium (Brussels), the Netherlands (Amsterdam) and northern Germany (Cologne and the North) via Thalys, as well as the north of France
- **Gare de l'Est**—Strasbourg and Alsace on the German border via TGV, Western Germany, Luxembourg, and the Reims in the Champagne area
- **Gare de Lyon**—Switzerland, Italy, the French Riviera (beaches) and Provence, as well as the Alps (skiing)
- **Gare d'Austerlitz**—Spain (via the Mediterranean side) and Southwestern France, including Bordeaux and Toulouse.
- **Gare Montparnasse**—the Atlantic Coast, Brittany, the Loire Valley châteaux and Angers ESSCA's main campus, as well as Spain again via the Atlantic coast. No international trains leave from this station
- **Gare St Lazare**—mainly Normandy and a large number of suburban stations including La Défense. No international trains leave from this station.

If you travel in Europe and do not have a European passport, please note that access to the U.K. and Ireland is highly regulated, due to their not being part of the Schengen area. Check with the British or Irish consulate nearest you in your home country for more information. If you travel by car or coach and do not have a visa for Britain, you will be stopped at the border on arrival and prevented from entering the country. By train, you will need to show your UK visa before even entering the Eurostar departure zone and, if held back, you may forfeit your travel costs.

Any travel outside of Europe (for instance to Morocco) will necessarily take you outside of the Schengen area. You might be able to go there, but you might not be able to get back in.

Coaches

There are several low-cost intercity coach services, but we recommend [Eurolines](#) for its huge network and low prices. They go everywhere including outside of the Schengen Area

and cost next to nothing. Keep in mind though that a coach trip from Paris to Lisbon will take more than 24 hours. [IDBus](#) is also highly recommended.

Low-Cost Airlines

From the airports, you will be able to catch regular flights on Air France / KLM and other carriers both full-fare and low-cost such as [EasyJet](#), [Ryanair](#) (leaving from the Beauvais airport, an hour's drive from Paris via shuttle coaches from the Porte Maillot) and [Vueling](#).

The latter often will offer tickets at incomparable prices, but also will change fares or conditions rather quickly. If you are going to London, take the Eurostar; if you are going to Madrid or Barcelona, catch a low-cost flight—don't bother with the 16 hour train ride to Madrid, which will also cost you far more than a cheap flight.

Car Rentals

They are possible, but we highly recommend avoiding a car rental in Paris, as traffic is hideous and French drivers are...well let's say..."daring." The French have very specific driving regulations and pay close attention to road rules and drivers' licences. Please check with the driving authorities in your home country as to your licence validity in Europe.

Americans especially should be careful and go to AAA to get an international driving licence before coming to Europe.

Ride Sharing / Carpooling

You really are the internet generation and should know where to find ride sharing web sites. The one most often used in France is [BlaBlaCar](#), but it has recently taken to charging "administrative" fees for trips, so ask other students before setting out. Also, keep in mind that SNCF now has a ride sharing service; again, ask your fellow classmates before using it.

Safety Tips

When you are travelling / staying in any large city, you have to be aware of security measures and Paris is not safer or more dangerous than anywhere else. Below are a few tips that you should be aware of at all times. Keep in mind that even in an international city, speaking other languages and looking 'un-French' may lead to attention.

- As proof of identity put a photocopy of your passport into your purse or wallet and leave the original at home.
- Different districts of Paris are more dangerous than others. We recommend that you pay attention and, if you are female, do not walk through/travel through these areas alone. When traveling alone, it's best avoid areas around the metro stations Les Halles, Chatelet, Gare du Nord and Stalingrad late at night or when the streets appear less than crowded.
- After 9pm it is advised that you don't go out alone (transport, walking, etc.).
- Always try to board a taxi from a marked taxi stand. It is illegal for cars to stop and offer strangers rides in Paris.
- Try to travel with change and not just notes, as this makes it easier to pay for smaller things without taking out notes.
- Never leave your baggage unattended and arrange your valuables in your bag so that they aren't accessible to pickpockets. In and around major tourist sites, the Champs-Élysées, as well as Châtelet, Les Halles or the Gare du Nord, men should keep their

wallets in a front pocket and women should make sure that their handbags are closed at all times.

- Be aware that near tourist areas, people may ask for charity donations. If they are wearing a brightly colored jersey with a clearly identifiable logo on them, they are probably students like you out getting some professional experience. If not, they are most certainly beggars and should not even be given the time of day.

- Use a cheap mobile phone, as this draws less attention & is less of a worry of losing it. Do not leave your phone on a table at an outdoor café. This is an open invitation to theft.

- Pedestrians should be especially careful while crossing streets and busy intersections. Drivers can be very aggressive in Paris and traffic laws are frequently broken. Even when the light is green, use extra caution while crossing the street.

IMPORTANT: a French police officer or gendarme is the only individual who has the right to ask you for your ID. Do not show it to someone who does not identify him-/herself clearly—including showing you his/her official police identification—as one of these officials. Be especially wary of anyone asking you for your credit card at the any time. If this happens, find the nearest uniformed police officer and ask him/her for assistance.

Climate

As France is located in the centre of a temperate zone, there are 4 moderate seasons:

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

Moderation does not mean uniformity: the climate in France is very varied.



Even though it can be quite cold and windy during the winter months, the summer is usually warm with plenty of sunshine. You will need a warm coat and a sweater for the winter and one or two waterproof items in the autumn months. And don't forget your umbrella! Paris, like London or Dublin or Amsterdam, gets a lot of rain. You will definitely need at least one very sturdy umbrella.

Adapting to the changeable weather is easy as long as you layer your clothing. If you are used to a much warmer climate it's a good idea to always carry an extra layer with you, just in case. Also, you may wish to purchase a good thick quilt / duvet for your room on arrival, especially if you are very used to the warm weather.

France, like most of Western Europe, is not subject to very inclement weather. The Gulf Stream ensures that the climate remains wet and temperate. The worst weather we could get here in France comes off of the North Sea in the winter and involves cold and gale force winds, but only on occasion.

There are no tornados, hurricanes, earthquakes, tsunamis or other major weather or climate related disasters in France. Click on the [Meteoconsult](#) link or any other reliable weather link for more weather information.

Tourist Information

Remember that although you will be coming to study, you will also be staying in a vibrant and beautiful city. So don't forget to explore! Below are a few ideas to get you started.

Some attractions are **free for EU students** under 25 (Louvre, Notre Dame). Others, like the Eiffel Tower, have student prices. If you are not an EU student, show your ESSCA student card or even your home university student card. The person at the window might give you a discount.

This is one area where we would rather leave you to your own devices. The best people to talk to about this are the student helpers so check with them.

Movies

If you'd like to go to a movie, keep in mind that most cinemas show films in French or dubbed into French, marked **VF** in most guides. If you are looking to see a film in its original language, whatever that may be, look for a **VO** next to the film title.

Keep in mind though that there will always be subtitles on films in other languages, which corresponds to a uniquely arcane French law passed in the 1980s.



Lost in Frenchlation proposes each week a **French film with English subtitles**. It is also an excellent opportunity to meet international students from other schools/universities in Paris. For more information, please have a look [here](#).

Theater and Cabaret

Theatres are all over the place in Paris and often very good. However...they're all in French.

If you're looking for a cabaret evening, you have the Lido on the Champs Elysées, the Moulin Rouge in Montmartre and the Paradis Latin on the left bank. Your parents or even grandparents may like the VERY expensive spectacular shows (about €160.00 for dinner and the show!), but such entertainment is not really geared for younger people.

Sites and Monuments Not to be Missed in Paris...

- The Louvre. [Click here](#) for a BBC program of the Louvre on YouTube.
- [Musée d'Orsay](#)
- The [Sacré Cœur](#) or Sacred Heart Church in Montmartre
- [Notre Dame](#)
- The [Conciergerie](#)
- The [Sainte Chapelle](#), containing some of the greatest Gothic stained glass in the world
- The [Palace of Versailles](#)
- [Musée Marmottan](#)—with a vast collection of Monet's works including his painting palette!
- The [Jeu de Paume](#)
- The [Orangerie](#) (click on English on the top right-hand section of the page)
- The Musée de la Mode or the [Fashion Museum](#)
- The fortified castle in [Vincennes](#)
- The [Latin Quarter](#) at St. Michel and the [Boulevard St Germain](#). [Click here](#) for a YouTube video of the Latin Quarter by night.
- [Rue Montorgueil](#) and its market, restaurants, bars and cafés. [Click here](#) for a YouTube video
- [Rue Mouffetard](#), its cafés, bars and restaurants. [Click here](#) for a YouTube video.
- The main châteaux (non-fortified castles used mainly for entertaining and showing off how rich their owners were) in the Paris area—[Fontainebleau](#), [Vaux-le-Vicomte](#), [Chantilly](#), [St Germain en Laye](#), or Empress Josephine's own château [La Malmaison](#)
- The [Île de la Cité](#) and the [Île St Louis](#), with Bertillon and its famous ice cream
- [Hôtel de Ville](#)
- The [Centre Pompidou](#), affectionately called Beaubourg by Parisians, after the name of the center's neighbourhood

More information?

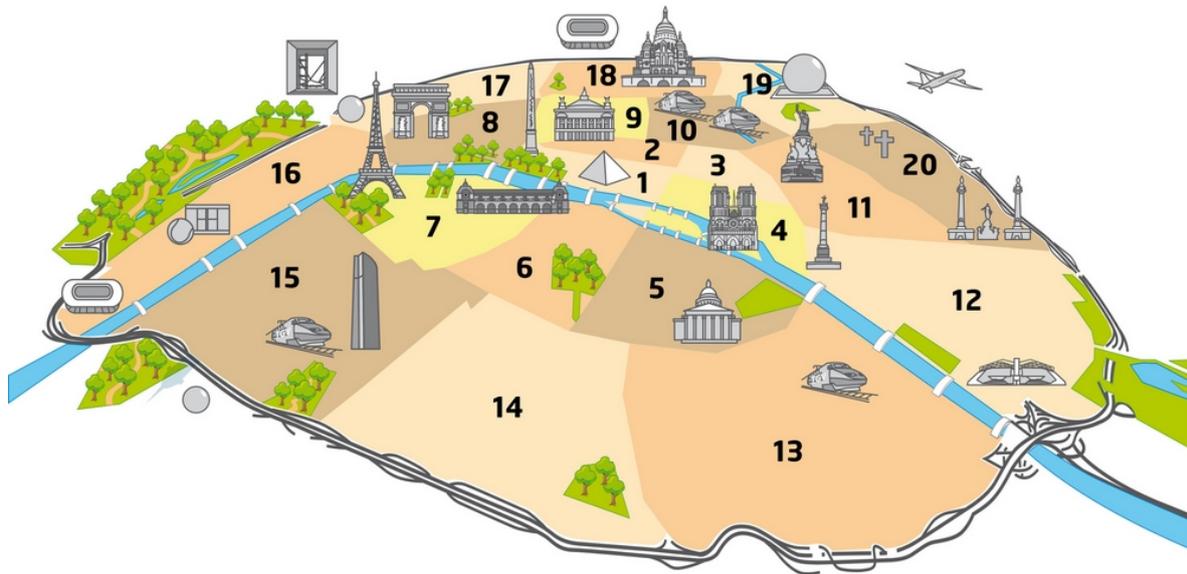
<http://www.paris-attraction-tickets.com/>

<http://www.parispass.com/how-it-works/index.html>

<http://www.parisetudiant.com/etudiant/sortir/recherche/gratos.html>

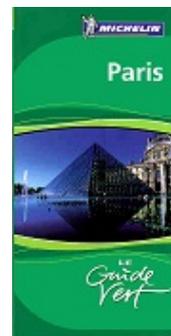
...and outside of Paris (and good for a weekend's drive or stay)

- The medieval cities of Senlis, Provins and Les Andelys (the latter not easily accessible by train). More information on France's preserved medieval cities and towns can be found by [clicking here](#).
- The magnificent gothic cathedrals of St Denis (on the Paris metro), Chartres, Beauvais, Senlis, Rouen, Orléans, Reims, Amiens, and so many others especially in the north of the country (Noyon, Laon) or further to the south (Sens, Auxerre and Vézelay).
- The châteaux in the Loire Valley should not be missed if you can go: Chambord, Chenonceau, Cheverny, Villandry, Azay-le-Rideau, Langeais, Amboise, Blois, Loches, Ussé, Serrant, Brissac and of course the Plantagenet's home castle in our magnificent city of Angers! For more information on the [Loire Valley châteaux](#). For more information on visiting Angers and its sites, [click here](#). You may also use one of your three-day weekends to do a cycling tour of the Loire Valley and its châteaux, vineyards, abbeys and medieval / renaissance towns.
- [Mont St Michel](#), one of the most spectacular sites in all of Europe, accessible by car or by train to Pontorson then by coach. If walking on the seabed at low tide, it is highly advisable to get information on the daily tides. If you find yourself on the seabed and the tide is coming in, it is so strong that you cannot outrun it and will be overtaken and submerged under water, necessitating quite an expensive rescue operation to save your life. And we are not kidding.
- The [Normandy beaches](#) near William the Conqueror's home city of [Caen](#)—not to be missed if you go, especially as this year marks the 71st anniversary of D-Day, June 6, 1944—as well as the provincial cathedral town of Bayeux famous for its magnificent [11th century tapestry](#) which tells the story of the Norman conquest of Britain and the battle of Hastings.



The “Must-Have” in Guidebooks

If you're looking to explore Paris or other regions of France, we very enthusiastically recommend the [Michelin Green Tourism Guides](#) and the [Lonely Planet Guides](#) available in a number of languages including English and Spanish. They are invaluable with tips and other recommendations and also are published for other regions besides Paris in France as well as other cities and regions in Europe (e.g. Amsterdam, Barcelona, Seville, London, Rome...). If you're looking for an excellent walking guide with ideas for seeing the parts of Paris where tourists don't go let alone see, this is the guide for you. It can be quite detailed, but you can cover whichever part of the visit you would like to.



Your Contacts

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Pre-Arrival Checklist

Send the following documents back to the International Relations Department (by post or e-mail exchange@essca.fr, before your arrival):

- Application Form sent out to you via e-mail
- 1 passport photograph (scanned photo)

- Sports Medical Certificate (only for students who would like to play sports at ESSCA)

- Course Choices
 - EU Students Studying in French: students should send in a completed ECTS Learning Agreement from their home university

 - NON- EU students studying in French: should send the ESSCA pre-arrival course choices form or a Learning Agreement from their home university (equivalent to the ECTS Learning Agreement provided by EU students)

- Recent academic transcripts

- Students wanting to study in English at ESSCA : TOEFL score of 550 (or equivalent) for non-native English speakers or students not studying in English at their home university

- Copy of your health insurance, or your health insurance payment for non-European students under 27 (see the Health Insurance pages for more details on the type of insurance you need and how much you should pay)

Once you have sent all the above documents you can wait for your Acceptance Letter and confirmation of accommodation.

Visa – You may have to do this quite early, depending on which country you are coming from. Some general guidance can be found on our visa page.

Orientation day at ESSCA is Tuesday, August 29 at ESSCA and is mandatory of all students.

Arriving - please use the prices in the guide as a rough guide. Prices can change significantly depending on when you travel and how far in advance you book your tickets. Check the links on our arrival pages to search for a better option.

And don't forget to join our [Facebook page](#) to meet the other students you will be studying with!





A Few Figures

8 sites: Angers, Paris, Aix-en-Provence, Bordeaux, Cholet, Lyon, Budapest and Shanghai

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