



ESSCA

SCHOOL OF
MANAGEMENT



PARIS PRACTICAL GUIDE

Prepare and enjoy your stay in Paris

SEPTEMBER
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Welcome to ESSCA, School of Management!

On behalf of ESSCA, the International Relations Office would like to welcome you to the International Exchange Programme. If you decide to join the programme, you will become a part of our expanding student community. ESSCA welcomes more than 800 International students from over 50 different countries – so you are guaranteed to have a truly international experience!

By studying at ESSCA you will become a part of one of the most prestigious post BAC business schools in the country which is accredited by the French Ministry for Education and by three international accreditation agencies, EFMD, AACSB and AMBA.

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

Muriel JACQUELIN
International Relations Director



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Studying

At ESSCA

Learn, discover, explore, make friends, gain skills, build an international network!
ESSCA School of Management will use its centenary experience to offer you a top of the top experience in Paris!

Orientation days

Despite their name, the French “Grandes Écoles” are rather small, and ESSCA is no exception.

It is the opposite of a large anonymous institution. You will soon discover that it is extremely easy to find your way around the Paris campus and you may be surprised at how quickly everybody gets to know each other.

At the beginning of each semester, ESSCA organises orientation days which take place on campus. We recommend that you arrive a week before them to have enough time to settle into your accommodation and your new environment.



Moreover, we strongly advise all international students to attend the orientation sessions before classes begin. Among the activities organised are course presentations by the different academic departments, compulsory course registration, photo sessions for your ESSCA student card, help with administrative formalities, guidance on settling into the ESSCA world, etc.

The orientation days are designed to make your transition into both ESSCA and Paris easier, so it is essential that you participate.

You will be provided with all the materials necessary to make your first few weeks easier such as the bus network maps, timetables, information on local doctors and hospitals, and all your login details to the ESSCA information systems.

The orientation days also give students the chance to meet ESSCA staff and other international students.

Welcome

To Paris

The City

Paris, the 'City of lights' is one of the world's foremost capital cities with world famous monuments will provide exchange students with an unparalleled cultural experience.

Boulogne-Billancourt is a city in the Hauts-de-Seine "department" considered a major economic center in the Paris region. It is part of the Grand Paris Communauté Seine Ouest, which employs 100,000 individuals and is home to many corporate head offices.

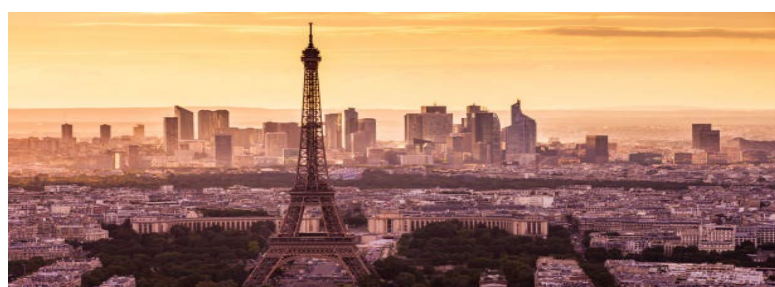
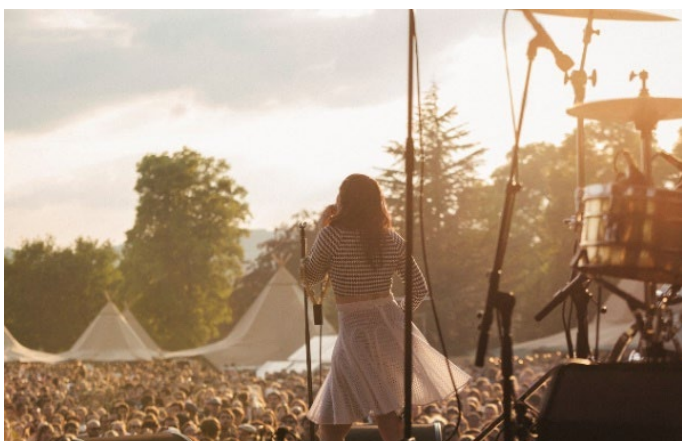
Tourism

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 on Fridays afternoon/evening (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.

The city holds many museums about many areas. We invite you to visit the following website by clicking [here](#).

At the tourist office, you will find all the information you need about Boulogne, Paris and the surrounding area, hotels, restaurants, festivals, cultural events and interesting places to visit during your stay. The office is located at 25 Avenue André Morizet, 92 100 Boulogne Billancourt. Opening hours: From Monday to Friday from 9am to 6pm and on Saturday from 9am to 1pm. The main tourist office in Paris is located at **25 Rue des Pyramides, 75001 Paris** and is open from **Monday to Sunday from 10am to 7pm**.



Social life in Paris

Here are the main guides provided by Paris city or entertainment-specialized newsletters: Here are the main guides provided by Paris city or entertainment-specialized newsletters:

- [Paris tourist office](#): themed guides such as cosmopolitan city, Outdoor events, Paris night life, cultural Paris, Musical and Literary.../
- [Discover Paris and the Ile-de-France Region](#): cultural agenda and tips
- [Time Out Paris](#): Paris Events, Activities & Things To Do
- [Sortiraparis.com](#): our best deals for shows, theatre, concerts, museums and nights in Paris
- Paris Event: <https://www.parisinsidersguide.com/paris-events.html>

Welcome

To Paris

The French Climate

As France is in the center 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 need at least one very sturdy umbrella.

Adapting to the changeable weather is easy if 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.

Associations

At ESSCA

Fédération des Associations

The Association Federation is composed of students from different classes who are members of associations and elected for a one-year term. The Federation was created to support, advise, monitor, and finance all associations that are active at ESSCA and represent these associations alongside ESSCA's management.

BDE

The BDE (Bureau des Elèves) is the equivalent of a Student Union. Each year a different BDE team is elected to run office. They are responsible for arranging various events for French and international students alike. From trips abroad to nights out, our students always have something to get involved in.

There is usually a trip planned every year during the spring semester, in the spring semester of 2019 the BDE organised a trip to Salou, in Spain.

BDS

The BDS (Bureau des Sports) is the equivalent of a Sports Union. Like the BDE, each year a new team is elected to run the office. It organises occasional sports events, promotes access to sports for all students and organises student participation in university competitions.

Association Mercure

The Mercure is ESSCA's oldest association, established in 1951. Every year the Mercure Association creates the school yearbook, student directory and regular soirées for ESSCA students to enjoy. The Association's main duty is to organize the Mercuriale Gala that brings together close to 2,000 people to say farewell to the graduating class each December.

The Association is made up of 21 fifth year students who spend countless hours preparing and organising some of the best events of the year.

Every year a new Mercure Association is launched with a new team of students.



More on Sports

To be able to take part in competitive sports, you should have your home country doctor complete the bi-lingual document which is on the final page of this guide. This is to confirm that your DPT (diphtheria, pertussis [whooping cough] and tetanus) injections are up to date. The French doctor will check your vaccinations and general health before giving you a 'certificat médical' which should be returned to the Bureau des Sports at ESSCA.

There are individual sport teams and associations offering sports like football, soccer, rugby, dance, cheerleading and many more. For non-competitive sports you may not need a completed medical certificate.

For more information on the associations **click here**.

Visas and Insurance

Living and studying in a foreign country can involve a substantial amount of paperwork and it is the role of the International Office at ESSCA to help you with this.

Student French Visas

A tourist visa is not allowed for a study period of over 3 months in France. Non-EU students must show the ESSCA letter of acceptance to apply for a student visa. Please contact your nearest consulate or Campus France for details and specific information.

There are different types of long-stay visas issued to students in France. To know which the visa you will have to apply for, please check the France-visa webpage.

Visa de Long Séjour (Ceseda 311)

This visa, also known as the VLS-TS is a type D visa. It allows the holder to not only travel through the Schengen zone, but also allows them to work in France for a period of up to one year. This visa holder is allowed entry into the Schengen zone.

As soon as they arrive in France, Long Stay Visa holders will have to validate their visa. The process is entirely digital: you must do everything remotely, at home, on your computer. You must validate your visa within 3 months of arriving in France at the very latest.

To do so, visit the following website:

<https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

At the visa VLS-TS 's expiry date, students can apply for a renewal of their residence permit at the "Préfecture de Police" in Paris, at least 2 months before the last valid day.

For more information, visit the [Préfecture de Police website](#)

Note: This visa is different from a Visa de long séjour temporaire.

Visa de Long Séjour Temporaire (VLS-T)

The VLS-T "Etudiant" ("Student" Temporary Long-Term Visa) is used to study in France and lasts four to twelve months. This visa holder is allowed to travel freely in countries included in the Schengen Area (90 days maximum). It can't be renewed.

Please note that with this visa you will not be eligible for the CAF housing subsidy. You should not apply for this visa if you plan on working in France after or before your studies. You will also not be able to apply for a visa for other European countries with this type of visa. This visa is for multiple entries for a maximum of 11 months.

Please note that you don't need to validate your VLS-T in a "Préfecture" at your arrival. There is no process to follow during your visa validity period.

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.

Travel insurance

Travel insurance is also strongly advised. Before travelling to France, you must make sure that you are covered while travelling, should something happen to you or 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. Cover 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.

To avoid any complications, it is a good idea to take several photocopies of all your important documents.

Health and Doctors

Personal Health

Your health and well-being during your stay in Paris at ESSCA are important to us! Should you have a medical condition (e.g. diabetes, high blood pressure, epilepsy...) which you think might need particular attention, please let us know prior to your arrival.

This will allow us to stay aware to make the right decisions or call the right people in case of an emergency. Rest assured that all information exchanged in our offices or over the phone will remain strictly confidential.

For some of you, this might be the first time you are away from home for any extended period. You may feel some homesickness or loneliness. The best thing to do in these circumstances is to talk to someone about it. Feel free to come to us if you don't feel comfortable, we or the student helpers will gladly cheer you up and hear you out!

Please, also take with you any medical records which may be of help to a French doctor such as list of vaccinations and allergies.



Doctolib



Doctors

If you begin feeling ill, many people in France will first turn to their local pharmacist/chemist for advice and an over-the-counter medical solution. This is much more practical and quicker than trying to get a doctor's appointment.

If, however, you absolutely must see a doctor, then we recommend booking an appointment through [Doctolib](#), a platform which allows you to quickly book online, medical appointments of all kinds (from generalists to specialist).

For a visit at home, call **SOS Médecins** at **+331.47.07.77.77** or **36.24**. The switchboard operator should speak English as well as all the doctors. They are fully licensed medical professionals and provide the same quality of care as you would receive in a doctor's office, except that they make house calls.

In case of emergency or alarming symptoms, please call the 15 (SAMU).

Health and Doctors

Health Insurance

Health insurance is compulsory for all international students.

Students coming from the European member countries must send ESSCA a copy of their 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.

Quebec students should send the SE-401-Q106 document to ESSCA before arrival. This document can be obtained via your university or your home country's health service.

Non-EU students must provide a copy of their international health insurance certificate. This must be given to ESSCA in French. Registration to the French social security is free for all students (non-EU and EU). French social security is only necessary for students who are non-EU or EU without a EHIC card. You will need to have a French bank account to register.

In the meantime, as advised each year, students should take out a travel insurance covering travelling incidents (such as: loss of baggage, etc.) and repatriation.

NOTE: Students wishing to spend more than 1 year in France, will need to apply for a 'carte vitale' (French health insurance card) and will be required to show a birth certificate translated in French.



Refunds on Health Costs

If you are an EU student

The best way to claim some of the cost back is to obtain an EHIC (European Health Insurance Card), these should be free in all European countries, and 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 either ask for money back in your home country upon your return or send the following documents to the CPAM:

- a copy of your passport
- a bank account number (RIB)
- acquitted bills (+ prescription)
- a copy of your European health card (EHIC card)

For further details, you can also contact the English-speaking line for advice: 09 76 77 36 46.

Arrivals

Arriving by Plane in Paris: getting to Paris from the Roissy-Charles de Gaulle International Airport, the main arrival point for international students, or Orly Airport, is relatively easy as there are several modes of transport at your disposal.

To the city center in taxis

There are several practical means of getting to Paris from the Roissy-Charles de Gaulle International Airport: please find them detailed here on the airport's official website. You can also compare different routes and transportation modes with the app [CityMapper](#). To guarantee you a safe trip, make sure to pay attention on how to identify official Parisian cabs and avoid tourist traps.

Paris taxis are convenient but **expensive**. However, from the airport there are packages, which you may split with other people going in the same direction, for more information click [here](#).

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

Le Bus Direct – Aéroport de Paris

The Parisian airports offer 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.



Airport flat rate fares

Applicable to Paris <-> Orly and Roissy CDG <-> Paris journeys.

€55 or €62
for Roissy CDG

€35 or €41
for Orly

depending on whether the pick-up or drop-off is on the Left Bank or Right Bank.



By train

From Roissy-Charles de Gaulle International Airport

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.

Getting around

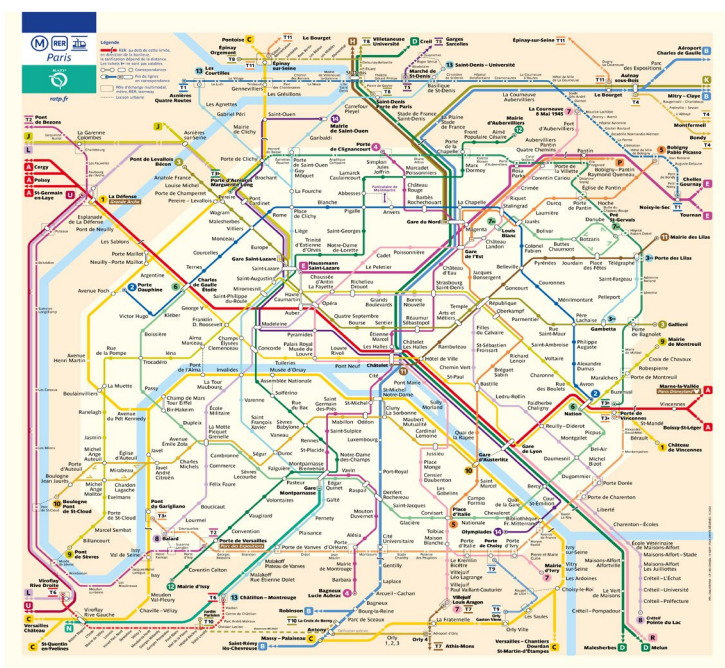
Paris

Getting around Paris and its suburbs is very easy and offers many different options: buses, metro, tram, RER, train. The public transport company of Paris is the **RATP**. Please check their website.

Metro and RER

Paris has a large underground metro network with 16 lines. It serves Paris and the nearest suburbs (Boulogne-Billancourt, Puteaux, Courbevoie...). During the week the last metro service is around 00:30 am, on the weekend is between 1:00 am and 1:30 am, depending on the line. The first service will be around 5am.

The RER is also an option of common mean of transportation if you want to explore the outsides of Paris (Disneyland, Provins, and the Château de Versailles). There are 5 RER lines: **RER A**, **RER B**, **RER D**, **RER E**. The tickets T+ will only allow you to travel in Paris, you will have to purchase a different ticket and the price will depend on the distance.



Bus, Tram



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 numbers 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.

There are 13 different lines of tram:

T1, T2 (to ESSCA Boulogne), T3a, T3b, T4, T5, T6, T7, T8, T9, T10, T11 & T13

Getting around

Paris

Getting your Navigo Card

The easiest way to get around in Paris is by taking public transportation (subway, bus, tram, train etc). To do so, you will have to get a transportation card called **Navigo**.

If you are under 26 y/o and stay more than 5 months in Paris:

Subscribe to the annual pass at 365€ (Imagine R student ticket)

The Imagine R Student ticket is payable in nine monthly instalments or in a single payment.

The ticket is valid for a period of 12 months. It can start at the choice of the student, for the same price, on the first day of September, October, November, December or January.

If you are above 26 y/o or you will stay for less than 5 months in Paris:

Navigo Monthly ticket at 84,10€ per month

Unlimited travel in Île-de-France within the selected fare zones, on all modes of transport, except Orlyval. From the first to the last day of the month.

You can top up your ticket:

- At the ticket offices and ticket machines at RATP or SNCF stations;
- On your phone using the Vianavigo app.

You can buy and store your Navigo Monthly ticket on your phone using the Vianavigo application.



Bikes

The city of Paris runs a system allowing people to hire bikes. This is a very popular option; therefore, we recommend you have a look to their [website](#). There are many different stations in Paris where you can get a bike. Tariffs run from €1 for 30 minutes for a mechanic bike or €2 for 30 minutes for an electric bike. You can also subscribe to different plans that cost from €19 to more than €100 per month.

Taxis

Paris taxis are convenient but expensive (€6.10 minimum charge + €1.35/km – night rate – or €1.12/km – day rate) and quite difficult 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.

Getting around

France & Europe

Trains: SNCF

The SNCF 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, 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 and other languages using the SNCF [website](#), or you can go to an **SNCF sales office**. You can also use [OUIGO](#), the low-cost train company. Here are the different stations in Paris and their main destination:



Transport Discount Cards

For those who would like to travel, it might be best to purchase a Carte Jeune - a discount card for under 27 years old. It can be used on the SNCF trains and TGVs across the country. This card gives you up to 60% off train prices. You can purchase this card from any train station or online.

The card costs about €50. We recommend that you buy tickets as early as possible, as last-minute tickets can be expensive.

Keep in mind that there are 6 different train stations in Paris depending on 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 many suburban stations including la Défense. No international trains leave from this station.

Getting around

France & Europe

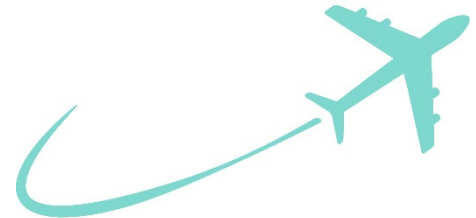
Coaches

There are several low-cost intercity coach services, but we recommend [Eurolines](#), or [FlixBus](#) for their huge network and low prices. They go everywhere including outside of the Schengen Area and cost next to nothing. [Blablabus](#) is also 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 [Transavia](#), or [EasyJet](#), [Ryanair](#) and [Vueling](#).



The latter often will offer tickets at incomparable prices, but also will change fares or conditions rather quickly. The easiest way to travel if you are going to London is to take the Eurostar; if you are going to Madrid or Barcelona is to catch a low-cost flight.

Hiring a Car

Another option is to hire a car especially if you wish to travel. Many car hire companies have offices near la Part Dieu train 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. Please visit their sites for more information.

A daily surcharge for drivers between the age of 21 and 25 will also apply.



Ride Sharing/Carpooling

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.

NOTE: 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.

Outside Europe: For any travels outside the Schengen area, make sure to check the need for a visa!

Staying in Paris

Accommodation

Renting an apartment in France can be a challenge. We advise you to start looking for accommodation as soon as you receive your acceptance letter from ESSCA. If you have any questions you can consult our [website](#), or contact exchange@essca.fr



ESSCA's residence partner is the Séquana Residence, located at 23 rue Marcel Bontemps, 92100 Boulogne-Billancourt, (metro: Pont de Sèvres) about a 20 minute walk from the ESSCA Boulogne site. All studios are single occupancy and are between 18 and 23 sq meters in size.

For more information please have a look on their [website](#).



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](#) or send them an e-mail on welcome@bemynest.com



We also recommend you to register to ESSCA housing platform powered by our partner Studapart where you will find different accommodation offers. The password is 'housingEssca'.

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 €900 per month to up to €1500 for a one-bedroom flat, most likely more for furnished accommodations.

NOTE: Beware of scams, *never send money to a private owner. Choose official student residences and the websites listed. If you want to rent an apartment from a private individual, take the necessary precautions (ask for proof of payment and a rental contract).*



CAF – Housing Subsidy

You may be eligible 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). Please be aware that students who have a Long Sejour Temporaire - type D visa are not eligible to receive CAF.

Please note that you may be required to provide a copy of a translated Birth Certificate to obtain the APL.

Students should 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.

You will not be able to apply for CAF until you have opened a French bank account. During the first week of your stay our Welcome Team arrange appointments at the bank for international students to open a bank account.

Due to the high volume of emails we receive, the International Office asks that you please do not send us any emails requesting information about the CAF procedure before your arrival.

All international students are given specific details, including a step-by-step application guide for CAF during the Orientation Days at the start of the semester.

Staying in Paris

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 and reimbursements (healthcare) 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.

BNP Paribas English speaking, bankers will be present at the orientation days to help international students with their banking procedure and home insurance. You will have the opportunity to open a bank account with them. In addition, their agency being located near the school you will also have to opportunity to book an appointment at you convenience.

Opening a bank account in France is free of charge, and we strongly advise you to order a cheque book which is still in use in France as a secure method of payment.

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)
- Your student certificate (which will be provided by ESSCA)

Banks are generally open from Tuesday to Friday, 9am to 5pm and Saturday mornings. Many banks have deposit machines allowing you to deposit money into your account outside these hours.



Telephones and Internet

There are numerous phone shops where you can purchase a mobile phone / sim card / phone contract: [Bouygues](#), [Free](#), [Orange](#) or [SFR](#) to name a few. You can either pay a monthly contract or opt for a pay as you go plan. We advise doing a little research before choosing as there may be special promotions to take advantage of during your time here. Remember to read the small print of any contract and do not sign anything if you are unclear of the meaning! More information will be provided about phone services upon your arrival, and the Welcome Team will be more than happy to assist you.

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.



Staying in Paris

Electricity

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 upon arrival. Above all, remember to avoid overloading sockets with too many plugs.

Day to day expenses

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 of between €1000 and €1200 but this will vary depending on your choice of accommodation. It is worth remembering that during your first few weeks in Paris, you will probably find yourself spending more money than usual as it is necessary to buy public transport and train passes, pay for insurance etc.

Here's a rough price guide to give you an idea (prices are subject to change):

- Navigo pass (under 26s): 365€ per year
- Discount rail card carte jeune: €50 (valid for one year)
- Baguette: €1 from the bakers and €0.6 from the supermarket
- Integration weekend with BDE: approx. €40
- A half-pint beer: €5.50
- A stamp: €0.70
- A cinema ticket: €11 (take your student card)
- Le Monde: €1.80

Shops and amenities

Shops in the center of Boulogne are generally open from 9am to 7pm. Larger supermarkets and malls can remain open until 10pm weekdays. Please be aware that almost all shops are closed on Sundays (except on very touristic places like La Défense or Champs-Élysées) and some will remain close on Mondays too. The few shops that do remain open on Sundays are likely to close early and be more expensive.



Les marchés

In Paris there are open markets for fresh products. Each district has its own. You have the possibility to find seasonal, organic products from the different regions of France. Perfect to visit France through its tastes and smells. Please check the list of Paris city food markets.

The closest one to the school is the Billancourt Market. Corner:

Rue des Quatre Cheminées / rue du Vieux Pont de Sèvres.

3,800 m² (3,800 sq ft), approx. 117 shopkeepers, 74% food shops.

Open Wednesdays from 8.30am to 12.30pm, Saturdays and holidays from 8:30 am to 1:15 pm

Organic Products

If you are fond of organic products, you will have several options. Please check Paris organic food market by clicking [here](#).

In many places student may have good deals and discounts, do not hesitate to ask. Your student ID may be asked.

Staying in Paris

Restaurant Facilities in and around ESSCA

You will find various places to eat in and around ESSCA:

Campus Cafeteria: ESSCA's student area, you can buy sandwiches, beverages, and pastries at La Brioche Dorée.

Should you wish to bring your own lunch, you may heat your food up in microwave ovens available on campus.

The more recommended by ESSCA student is to go to Marcel Sembat hub, where there are several food places, with many options. Located near to ESSCA, you will be there in 10 minutes with the bus 126 or 175.



Below, is a selection of some lunch options around the ESSCA campus, in Boulogne.

For ready to take away lunches and sandwiches, check out the nearby bakeries or supermarkets such as Monoprix (who also provide make-your-own salad bars).

[L'île O'crêpes](#), specialised in crêpes both savory and sweet. You can eat it in or take away.

[Boca](#) for fresh and homemade heated sandwiches.

[Bagnard Boulbi](#) by Yoni Saada, provides Mediterranean cuisine, only take away.

[Germaine](#), ESSCA students and staffs local canteen. A good-mood bistro with a selection of pizzas, burgers, pasta, salads, etc. Pizzas can be taken-away.

[La cantine Viet-Thaï 92](#) has a range of Asian cuisine.

Going out to eat in Paris usually costs between €15-25 in an average restaurant, though some places might be cheaper or more expensive.

Of course, fast food places are way cheaper. Have a look on The Fork for good addresses and recommendations.

Staying in

Paris

When you are travelling / staying in any large city, you must 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 always aware of. Keep in mind that even in an international city, speaking other languages and looking 'un-French' may lead to attention.

Safety tips

- Different districts of Paris are more dangerous than others. By night is highly recommended to not walk alone in the extreme north-est of Paris, districts as Porte de la Chapelle, Gare du Nord, Stalingrad, Château Rouge or Chateau d'Eau. When traveling alone, it's better to avoid areas around these metro stations and **keep your phone in your pocket**.
- Always try to aboard 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, it makes it easier to pay for smaller things without taking out notes.
- Never leave your baggage or belongings 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 always closed.
- 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.**
- Do not leave your phone on a table at an outdoor café, or by night in the street or public transports. 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.

The graphic consists of four teal-colored boxes arranged in a 2x2 grid, with a central red phone icon. Each box contains an emergency number, its name, and a brief description of its use.

112 EUROPEAN EMERGENCY NUMBER <i>If you are a victim or witness of an accident</i>	15 SAMU <i>The French emergency medical service</i>
17 EMERGENCY POLICE NUMBER <i>Number to contact to have an immediate police response</i>	18 FIRE BRIGADE <i>To report a dangerous situation or accident</i>

As proof of identity keep with you a photocopy of your passport, in your purse or wallet and leave the original at home. If you want to keep it with you be aware that only a French police officer or gendarme has the right to ask you for your official 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 or call 17.

MEDICAL CERTIFICATE FOR COMPETITIVE SPORTS

If required, to be given to French doctor

To play competitive sport at ESSCA Angers, students need to obtain a medical certificate from a doctor in France upon arrival. The French doctor will require a medical confirmation that DPT injections are up-to-date before they can complete this document. For translation purposes, students will need to have their personal French doctor complete this bi-lingual document.

Students who do not want to play competitive sport at Angers will not need a sports certificate.

Doctor (name).....
Docteur.....

Hereby certifies that the
 student.....D.O.B.....
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
1 st injection (1ère vaccination)	
2 nd injection	
3 rd injection	
1 st booster injection (1er rappel)	
2 nd booster injection	
3 rd booster injection	
4 th booster injection	
5 th booster injection	
6 th booster injection	

Doctors address and phone number.....
 Adresse et numéro de téléphone du
 médecin.....

Date.....

Signature du médecin / GP's

signature



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