



Build your future

# ANGERS PRACTICAL GUIDE

April 2017

Prepare and enjoy your stay in France



WWW.ESSCA.FR

# Welcome to ESSCA!

On behalf of ESSCA, the International Relations Office 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 600 International students per year across our 4 campuses, from over 40 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 has been ranked in the top 2 “Grandes Écoles” by *L'Étudiant* magazine.

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



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# Studying at ESSCA

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## Orientation Days

Despite their name, the French “Grandes Ecoles” are actually rather small in size, and ESSCA is no exception.

With an annual intake of around 450 students, it is the 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.

At the beginning of each semester ESSCA organises orientation days which take place on campus. We recommend that you arrive a week before them in order 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 Angers 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.



## Communication Facilities

ESSCA students have various means of communication:

### *Le casier*

Every student at ESSCA has their own personal mailbox called a 'casier'. They are all situated in block (bâtiment) G, opposite the student association offices and directly outside the student cafeteria, *La Kaz*. These mailboxes are used for official communication and by faculty members.

Within ESSCA's relatively small community, the *casiers* are a very efficient means of communication and should be checked once or twice a day.

### *Le tableau d'affichage*

When you arrive you will find that ESSCA uses traditional notice boards, one for each programme or year of study. You need to check them daily for details of any timetable or classroom changes.

More teaching and administrative information can also be found online on our intranet system, ESSCANET.

## Computer Facilities and Internet Connection

ESSCA has several computer labs with internet access (open Monday to Friday from 8am to 8.30pm, Saturday from 8am to 5pm). All students will have their own ESSCA e-mail address and password, which will be issued during the orientation days.

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

Our IT department is here to help. We will assist you with anything from connecting your laptop to the ESSCA Wi-Fi network to any other IT related queries. Students can also send emails to [4444@essca.fr](mailto:4444@essca.fr) with any questions you may have.

ESSCA offers wireless internet connection in certain parts of the campus. To connect to the internet at home, you may need to choose a service provider. They are numerous in Angers, the more popular being: Orange - France-Télécom, SFR and Numericable.

At student residences, the internet connection is included in the rent, but those staying at La Residence de la Maine will need to bring your own RJ45 cable to link your laptop to the internet. Do not worry if you forget this, as they can be bought at the local [FNAC](#) (an electronic store), which is located in the centre of Angers.



### *La Médiathèque*

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, just like a good wine!

To enhance your language skills you may wish to take a look at the reading material available in ESSCA's médiathèque.

The library is open Monday to Friday, from 8am to 7pm and Saturday mornings although hours may vary during holiday periods.

Students who wish to study closer to the residences may also have access to the library at the University of Angers across the road from the Residence de la Maine / Fac Habitat buildings.

In order to use the UA library all students must have a valid student card, and bring it with them each time they visit the library.

## Welcome to Angers

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### The City

Situated in the Loire valley, Angers is both a historic and modern city. From the old fashioned, cobbled streets to the brand new Conference Centre, Angers has something to offer to everyone.

Only 90 minutes from Paris, and 60 minutes from the spectacular beaches of the Atlantic coast, there are plenty of other beautiful places to explore. So you should never be lost for things to do and will have plenty to keep you occupied during your stay here.

With a metropolitan population of over 148,800 inhabitants it is still ranked as France's 4<sup>th</sup> most student-friendly city and is well known for its unique 12<sup>th</sup> Century fortress, as well as the world's oldest medieval tapestry - which all add to the accommodating atmosphere of this beautiful city!

For more information, visit the official website of [Angers Loire Valley tourist offices](#).



### Social Life in Angers

Each year Angers welcomes approximately 30,000 students, which means that it is very student orientated and very diverse.

There are plenty of cultural and social activities for students to get involved in.

There are a number of museums, a castle, theatres, cinemas, clubs and a shopping area. All in all, there is plenty of entertainment for everyone!

For more information about things to do and events in Angers [click here](#).

On the above link you will find updated information regarding some of the cultural activities that take place in Angers as well as regularly updated transport information.

List of restaurants, bars and clubs to try:

- [La Cremaillere](#), crêperie/restaurant
- [La Crêperie du Château](#), crêperie/restaurant
- [La Piazzetta](#), pizzeria/restaurant
- [La Péniche](#), restaurant/club restaurant/club
- [Le Sakura](#), japanese restaurant
- [Sushi Love](#), japanese restaurant
- [La Soufflerie](#), soufflé restaurant
- [Thai l'Inde](#), fusion restaurant
- [Ma petite cantine](#), restaurant japanese restaurant
- [La Soufflerie](#), soufflé restaurant
- [Thai l'Inde](#), fusion restaurant
- [Ma petite cantine](#), restaurant
- [Tapas 100 balles](#), spanish tapas restaurant
- [Le James Joyce](#), bar/restaurant
- [Jokers bar](#), irish bar
- [Au Fut et à mesure que](#), new bar
- [Le Falstaff](#), bar
- [Matt Murphy's](#), irish bar
- [Le Barock](#), new trendy bar



## The French Climate

Located in the centre of a temperate zone, France enjoys four 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. 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 19°C in the summer.

Even though it can be quite cold and windy during the winter months, the summer is usually very warm. Make sure you have plenty of coats and sweaters during the winter and one or

two water proof items in the autumn months. You will not go wrong in packing an umbrella if you are staying in Angers for the first semester.

Adapting to the changeable weather is easy as long as you layer your clothing. Although even in the autumn months it is not very windy, it is always wise to have something warm especially if you are used to a much warmer climate.

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. So if you cannot bring too much with you do not worry! There are plenty of places where you can buy clothes at a reasonable price.

## Associations at ESSCA

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### BDE

The BDE (Bureau des Elèves), is the equivalent of a Student Union. Each year a different BDE team is elected to run office. The team for 2017 is BDE [Nikoala Hublot](#). The BDE is 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 2016 the BDE organised a trip to Rome, in Italy.

### 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 office. The team for 2016/17 is [Gilbert SJ Montagné](#).



The BDE 2016

## 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. The 2016/17 Mercure Association is also known as 'La Mercu'.

## 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.

## More on Sports

To be able to take part in competitive sports, you should have your home country doctor complete this [bi-lingual document](#) first. This is to confirm that your DPT injections are up-to-date.

The French doctor will check your vaccinations and general health before giving you a 'certificate medicale' 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

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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.

In order to make this stage easier for you and for the International Office we have created a checklist at the end of the document which tells you what you should bring before your arrival.

For a study period of over 3 months in France non-EU students may have to apply for a visa. Please contact your nearest consulate or [Campus France](#) for details and specific information.

## Types of Visas

- Type 'A': airport transit visa (this visa does not allow you to leave the 'international' or 'duty free' zone of the airport)
- Type 'C': short-stay visa (stay of less than 90 days)
- Type 'D': long-stay visa (stay in France of more than 3 months)

### No. of Entries:

- 'MULT': meaning that you may enter the Schengen Area as many times as you wish
- '1': meaning that you may enter the Schengen Area once only
- '2': meaning that you may enter the Schengen Area twice



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

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. As of February 2013, students who are applying for a renewal of their residence permit must physically go to the "Prefecture", at least 2 months before the last valid day. In addition, each applicant must now have their fingerprints taken as part of the procedure.

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. Depending on the type of long-term visa you are issued with, you may also have to apply for a residence permit once entering France. Detailed instructions on the registration to the OFII will be given during the orientation days. During the first three months of their stay in France. Depending on the type of long-term visa you are issued with, you may also have to apply for a residence permit once entering France. Detailed instructions on the registration to the OFII will be given during the orientation days.

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. Please note that the UK and Ireland are NOT part of the Schengen area.

The types of long-stay visas are below.

### *Visa de Long Séjour*

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 is allowed entry into the Schengen zone.

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

### *Visa de Long Séjour Temporaire (dispensé de titre de séjour)*

This visa allows the holder to reside in France for a period of 4-6 months. Please note that with this visa you will not be eligible for the CAF housing subsidy, and that the visa isn't allowed entry into the Schengen zone. 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.

### 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.

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.

### 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 aged under 20** before 1st September 2017 will be registered for the French social security (la Sécurité sociale) free of charge.

**Non-EU students aged 20 to 27 included**, from 1<sup>st</sup> September 2017 must pay French Social Security (la Sécurité Sociale) of 220 € Euros. Please note that the French government made it compulsory for all students spending more than 3 months in a French school/university to pay this. Therefore Essca must register all its students in the French sécurité sociale. The French sécurité sociale's payment should be paid to Essca before arrival either by cheque in euros or wire-transfer to Essca's bank account.

**Bank Name:** Banque Populaire de l'Atlantique, BP Atl. ANJOU ENTREPRISES – 00840 Bank address: 1 rue Françoise Sagan – St Herblain – 44919 NANTES CEDEX 9 – FRANCE

**Bank holder :** Ass. ESSCA Bank n° 13807 Desk 00840, Account Number: 31321298815 Key 46 Swift code CCBPFRPPNAN

**IBAN code** FR76 1380 7008 4031 3212 9881 546 (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 Social 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.

**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.

## Health and Doctors

### Personal Health

Please contact the [International Office](#) for a list of doctors and dentists.

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

### Doctors

If you go to see a GP elsewhere, you will need to pay around €25 for each visit.

When you come to Angers you may need to register with a doctor. By registering with one specific doctor you are more likely to get a better refund on your health costs.

### Refunds on Health Costs

#### *If you are an EU student*

The best way to claim some of the cost back is to obtain an EHC (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 in France at la Sécurité Sociale office in the town centre.

### *If you are a non EU student*

Upon your arrival you will be required to pay a fee to la Sécurité Sociale which should enable you then to claim some of the costs back.

**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.

## Arrivals

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### Arriving by Plane

Whether you arrive in France by plane, train, car etc. you generally pass by Paris. France's capital has three airports:

- Roissy-Charles de Gaulle
- Orly
- Beauvais

Both Roissy CDG and Orly are linked to the city centre and the Montparnasse train station by coach shuttles (run by Air France). If you choose to fly directly into Charles de Gaulle you can take the train directly from Charles de Gaulle to Angers St Laud train station, which takes 2 and a half hours.

### *Airport Shuttles*

You can 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. From Paris Montparnasse you can get a direct train to Angers which takes an hour and a half. With help planning your journey click [here](#).

- Travel time: 1 hour
- Departures: regularly, all day

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

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

- Travel time: 1 to 1½ hours depending on traffic
- Single ticket: approx. €17.50 (for the coach)
- Departures: every half hour from 6am to 10pm

### *From Beauvais Airport to Paris Montparnasse train station*

The easiest way to go from Beauvais airport to the centre of Paris is to take the airport shuttle from the airport (approx. €17; €15.90 on line) to a stop called Porte Maillot, where you can then take the metro to Montparnasse train station.



- Travel time on shuttle bus: approx. 1¼ hours depending on traffic

As Beauvais is in the outskirts of Paris, getting to Angers from Beauvais is more difficult.

One way to get to Angers is by taking the train from Gare de Beauvais (Beauvais train station) to Paris Nord.

Then take the Metro (line 4) to Paris Montparnasse, which will take approx. 25 minutes. (See below for information on getting to Angers St Laud from the Montparnasse station).

For more options for getting from Beauvais airport please see this [link](#).

### ***From Orly airport to Paris Montparnasse train station***

Take the [Air France coach shuttle](#) directly to Paris-Montparnasse train station:

- Travel time: 35-50 mins depending on traffic
- Cost: approx. €12
- Departures: every 30 minutes from 6am to 10pm

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: [€12-28 approx.](#)
- Departures: every 15-20 minutes

## **Arriving by Train**

### **From Paris-Montparnasse train station to Angers:**

From Paris-Montparnasse train station you can take the high-speed TGV train to Angers St Laud (direction will either be Nantes or Angers). Departures from here are more frequent than those from CDG airport. Timetables can be found [here](#), you can usually buy a ticket 3 months before your journey.

- Travel time: 90 minutes approx.
- Cost: €20-80 depending on when you travel and book your ticket

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. If it is an e-billet (e-ticket) you do not need to validate before boarding the train.

### **From Roissy Charles de Gaulle (CDG) to Angers (St Laud):**

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).

- Travel time: 2½ hours approx.
- Cost: €20-80 depending on when you travel and book your ticket

Note that when buying train tickets prices can vary. It is possible to buy them much cheaper depending on the time you will be travelling. Check [here](#) for up-to-date times and prices.

However you choose to travel to Angers, you should try to let us know the date and approximate time of your arrival so that our Welcome Team can pick you up at the train station, (or if you come by car, the time they can expect you at ESSCA) and take you to your apartment or temporary accommodation. You will be sent an arrival form on which you can indicate this information.

Click [here](#) to watch our Welcoming International Students video.

## Arriving by Car

The “Océane” (also called A11, direction Nantes) is a motorway that links Paris directly with Angers. The toll fee for the 300km distance is around €30. Please note that the speed limit on French motorways is 130 km/h (78 mph).

When coming into Angers, you should drive through the city on the A11 motorway until the exit *Belle-Beille Université/ Technopole*. ESSCA is only a couple of minutes from this exit.



# Getting around Angers

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## Bus and Tram

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. Please be aware that after 8pm, on Sundays and on public holidays these services can be limited.



Like with train tickets, bus/ tram tickets must also be validated. This is done by holding them up to a scanner (pictured right), which is usually situated by the driver on buses and on trams, just inside the doors. Please be aware that even if you buy a ticket on the bus, you must scan it directly after purchase. Tickets cannot be bought on trams, but can be purchased at every tram stop.

### NOTE:

If your ticket has not been validated and there is a conductor on the bus you will have to pay a fine of at least €50.

Click [here](#) for a full list of up to date bus and tram tariffs (website in French only).



## Bringing your Car

If you want to bring your car to Angers, please check your insurance cover. Even minor accidents can be very costly.

Parking at ESSCA is free and a limited number of spaces are available at Résidence de la Maine for a fee of around €20 per month. Volta residents are welcome to park at ESSCA. However there are very few free car parks in the centre of Angers, the closest would be “La place Rochefoucault”. Parking in Angers is free on Sundays.

## Hiring a Car

Another option is to hire a car especially if you wish to travel. Many car hire companies have offices at the St Laud 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.

# Staying in Angers

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## Accommodation

ESSCA offers 4 accommodation options:

- Residence De La Maine (Arpej)
- Residence internationale Saint Serge (Fac Habitat)
- Couffon Pavot
- Residence Volta

Accommodation is allocated on first-come, first-served basis. Before making your choice please make sure to check the photos and ask former students for feedback using our [Facebook page](#).

You may wish to find private accommodation. If you have any questions about such matters, please contact the International Office. We have a list of offers, agencies and people that you could contact.

Choosing the right type of accommodation can seem like a daunting task.

Students studying at ESSCA should fill out the Accommodation Form (at the end of this guide), indicating if they wish to register for one of our four residences or if they wish to find private accommodation.



If you have any questions you can consult our [website](#), our [Facebook page](#) or contact [Nadège PICQUENARD](#), who is in charge of incoming international students.

## *Résidence de la Maine*

Residence de la Maine is one of our most popular residences. Both individual studios and shared apartments are available at this residence. Some of the benefits of De la Maine are:

- Great location – 5 minute walk from the city centre
- Good transport links – 2 minute walk from tram stop, and No.9 bus route
- Useful facilities – launderette, indoor bike shed
- Affordable Prices – rooms start at €414 per month
- Security & Reception – entrance to the residence is protected by an access control system and video surveillance. The residence manager is available Monday-Friday.
- Student communities – always a popular choice with international students

This residence is located in the city of Angers and is about 20 minutes away from ESSCA, depending on which bus you wish to take. The bus stops for bus lines 1, 4, 6 and 14 (the buses which go to ESSCA) are a five minute walk from De La Maine. The residence is located off of any main boulevards (the largest type of French roads) so is generally quiet.

De La Maine is very near to the University of Angers campus, and as such is very student oriented. Please be aware that this residence is inhabited by students from different universities as well as other ESSCA students. The residence is also located directly beside Fac-Habitat, another residence available to ESSCA students.



### Rooms at De La Maine

There are two types of rooms which are available to students. Please note that there is no kitchenware in the studios. Tenants living in studios must also bring their own pillows. All tenants should bring their own sheets, duvet covers and towels. Do not worry if you forget these items as they can be purchased at local stores.

### Studios

Studios vary in size starting from 17m<sup>2</sup> and ranging to 25 m<sup>2</sup>. Please note that rent is dependent on the studio size. Each studio is furnished with:

- A single bed
- A desk and chair (with lamp)
- A wardrobe
- A set of drawers and shelves
- A heater
- A kitchenette – usually placed between the front door and living quarter. The kitchenette features a sink, hobs, microwave and fridge (with small freezer).
- En-suite bathroom – with a shower, a sink, a toilet, a heater and half-length mirror



## Bedrooms in Shared Apartments

Apartments are shared between 3, 4 or 5 people. When applying for this residence you can specify which type of apartment you would like to live in. Please note that you will not know your room number or who your roommates are prior to arrival. Each shared apartment is furnished with:

- Individual bedrooms (same furnishings as studios, minus the kitchette) with en-suite bathroom
- A kitchen - shared facilities include a sink, stove, microwave, and cleaning kit. Each tenant has their own fridge and cupboard space. Each kitchen also features a small dining table and stools.

## Rent Prices

Prices start from 460 Please be aware that prices are subject to change. If the prices do change, you will be notified by the residence manager. Please check the [accommodation form](#) for a list of up-to-date prices. These prices include water, gas and electricity.

Location: 18 Allée François Mitterrand

Postcode: 49100

Residence Manager: Nathalie Lebrun, [nathalie.lebrun@arpej.fr](mailto:nathalie.lebrun@arpej.fr)

Click [here](#) for an updated map of the residence.

## *Fac Habitat*

Adjacent to Résidence De La Maine, Fac Habitat is also a popular choice for international students.

All bedrooms in Fac Habitat are studios:



Like De La Maine, all studios are equipped with a small kitchenette placed between the front door and living quarter. It is also common in Fac Habitat - but not in every room - to have two desks and chairs.

Tenants living in studios must also bring their own pillows. All tenants should bring their own sheets, duvet covers and towels. Do not worry if you forget these items as they can be purchased at local stores.

All studios are furnished and are 18-20m<sup>2</sup>. Each is equipped with a microwave, fridge, and bathroom.

There is also a launderette in the residence. The bus stop is about 5 minutes' walk from the residence, or you can take the tram to the bus stop which is quicker. Fac Habitat is also located beside Résidence de la Maine, student residence. There are lots of international students in the area, which makes settling in at Angers much easier. For more information on location of Fac Habitat, please consult the De La Maine section of this guide.

## Rent Prices

Prices start from €460 Please be aware that prices are subject to change. If the prices do change, you will be notified by the residence manager. Please check the [accommodation form](#) for a list of up-to-date prices. These prices include water, gas and electricity.

### **How to Pay Your Rent**

Direct debit is the most commonly used method of payment because it is quick and simple. You will need to fill out the withdrawal authorisation provided when signing your lease. You will need to provide bank details so that the rent can be automatically debited from your account.

### **Home Insurance**

Home insurance is mandatory. It will have to be taken out before entering the premises, and presented to Fac Habitat no later than when the keys are handed over. If you prefer, you can buy multi-risk home insurance from Fac Habitat when you arrive and sign your lease, which can make it a little easier.

### **Useful Information**

- Upon arrival, you will need to buy a home insurance (help will be provided by the welcome team) and pay your first rent, please make sure to have sufficient funds.
- Your accommodation is available on the day of arrival, but only from Monday to Friday between 9 am to 12 pm and 1.00 pm to 5pm (admission is closed on weekends).
- Please be aware that the residence is closed to visitors. Therefore you need to inform ESSCA of your date and time of arrival at the Angers train station so our Welcome Team can pick you up and accompany you to the residence.
- Should you need to reserve temporary accommodation the Welcome Team will be able to help you.
- Remember to bring an adaptor -if necessary for your computer & appliances

### **Address and Contact Details**

12 avenue des Droits de l'Homme, 49100 ANGERS  
[angers@fac-habitat.com](mailto:angers@fac-habitat.com)

### ***Résidence Couffon Pavot***

Residence Couffon Pavot is located further away from De La Maine and Fac Habitat, but is still only a 10 minute walk to the city centre. Some of the benefits of Couffon Pavot are:

- Good transport links – 10 minute walk from tram stop (in city centre)
- Useful facilities – launderette
- Very affordable prices – rooms start at €161 per month
- Security & reception – entrance to the residence is protected by an access control system and video surveillance.
- Student communities – always a popular choice with international students



This residence is located 10 minutes from the city of Angers (on foot) and is about 20 minutes away from ESSCA, depending on which bus you wish to take. The bus stops for bus lines 1, 4, 6 and 14 (the buses which go to ESSCA) are a five minute walk from Couffon Pavot. The residence is located off of any main boulevards (the largest type of French roads) so is generally quiet.

Please be aware that this residence is inhabited by students from different universities as well as other ESSCA students.

### Rooms at Couffon Pavot

There are two types of rooms which are available to students: bedrooms or studettes. In both cases students will share a kitchen with the other tenants. There are usually two kitchens per floor in which microwaves, fridge and hobs are provided. Students looking to rent a bedroom will need to share a bathroom and toilets as well. All tenants should bring their own kitchenware and towels. Do not worry if you forget these items as they can be purchased at local stores. Tenants do not need to bring their own bed linen as there is a compulsory charge of €25 for a duvet, pillow, duvet cover, pillow covers and bed linen.



### Bedrooms

A bedroom at Couffon is an individual room of 9m<sup>2</sup>. Bedrooms are furnished and include:

- A bed
- A desk and chair
- A wardrobe
- A personal fridge

We remind students that tenants choosing to live in bedrooms will have to share a bathroom and toilets as well.

### En Suite Bedrooms

A studette at Couffon is an individual room of 14m<sup>2</sup>. Bedrooms are furnished and include:

- A bed
- An ensuite bathroom (toilet, sink and shower)
- A desk and chair
- A wardrobe
- A fridge

### Rent Prices

Please check the accommodation form for a list of up-to-date prices.

### How to Pay Your Rent

Rent should be paid to ESSCA (invoices will be provided at the start of the semester). Please be aware that if you choose to arrive later in the month will still need to pay for the entire month of September or January.

### Useful Information

- The residence is open from August to May 31st (it will be closed on December 25th and January 1<sup>st</sup>).
- Your accommodation is available on the day of arrival, but only from Monday to Friday between 9 am to 12 pm and 1.00pm to 5pm (admission is closed on weekends).

- Please be aware that the residence is closed to visitors. Therefore you need to inform ESSCA of your date and time of arrival at the Angers train station so our Welcome Team can pick you up and accompany you to the residence.
- Should you need to reserve temporary accommodation the Welcome Team will be able to help you.
- Remember to bring an adaptor - if necessary - for your computer & appliances
- An RJ45 cable will be necessary to access the internet

### Address and Contact Details

Location: 1 rue Léon Pavot, 49100 ANGERS

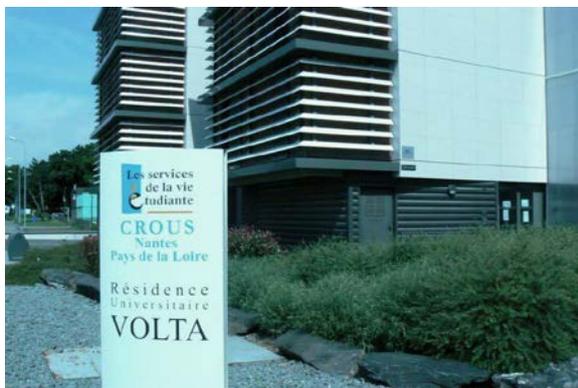
Contact: [Nadège PICQUENARD](#)

### *Résidence Volta*

The fourth option that ESSCA offers is Résidence Volta. Students should be aware that Volta is located directly opposite ESSCA, and not in the city center of Angers.

Some of the benefits of Volta are:

- Transport links – 5 minute walk from bus stop (lines 1, 4, 6 and 14 which go to the city centre)
- Useful facilities – launderette, bike storage
- Very affordable prices – rooms start at €344 per month
- Parking available
- Security & reception – entrance to the residence is protected by an access control system and video surveillance.
- Student communities – usually a popular choice with other students



### More on Location

As mentioned before, this residence is located directly opposite ESSCA Ecole de Management, and is 5 minutes from bus stops which travel regularly to the city centre.

Please be aware that this residence is inhabited by students from different universities as well as other ESSCA students.

Volta is also located beside the [Resto U Belle Beille](#) (3 Boulevard Lavoisier); this is the local restaurant for all the surrounding universities where you can get a three-course meal for as little as €3.2.

### Rooms at Volta

All rooms at Volta are studios and are 18m<sup>2</sup> with private bathroom & kitchenettes. Please be aware that electricity and heating are not included in the rent (these are assessed on personal use). Please check the accommodation form for a list of up-to-date prices.

Students should bring their own towels and kitchenware. There is also a compulsory charge of €25 for a duvet, pillow, duvet cover, pillow covers and bed linen. Please be aware that students need to bring their own RJ45 cable to access the Internet.

Each room is furnished with:

- A bed
- An en suite bathroom (toilet, sink and shower)
- A desk and chair
- A wardrobe

### **How to Pay Your Rent**

Rent should be paid directly to the residence. Students arriving later will still need to pay from mid-August and the entire month of January.

To reserve this accommodation, you will be required to pay a deposit of €400 to ESSCA.

### **Useful Information**

- Your accommodation is available on the day of arrival, but only from Monday to Friday between 9am to 5pm (admission is closed on weekends).
- Please be aware that the residence is closed to visitors. Therefore you need to inform ESSCA of your date and time of arrival at the Angers train station so our Welcome Team can pick you up and accompany you to the residence.
- Remember to bring an adaptor - if necessary - for your computer & appliances
- Compulsory content insurance of €60 (SMEBA insurance company) provided by ESSCA.

### **Address and Contact Details**

Location: 10 rue Joseph Lakanal, 49100 ANGERS

Contact: [Nadège PICQUENARD](#)

### **Private Accommodation**

Finding private accommodation in Angers can be difficult, especially if you are only studying here for one semester. Apartments are often unfurnished and the landlord may require a French guarantor. However it is possible to live with a 'host family'.

To receive more information about private accommodation, please contact the ESSCA International Office directly.

### **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](mailto:contact@foyerdarwin.com)

Prices per night (All prices are subject to change):

€17.95 individual bedroom

€27.90 double bedroom

€3.40 for bed sheets

€3.50 for breakfast

€7.60 all meals

Bus lines 4, 6 or 14

[Hotel Le Globe Trotter](#)  
17 rue Boisnet, 49100 ANGERS

### [Appart City](#)

Good for sharing with other students.

## 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 in order 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.

## 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. The Welcome Team will be pleased to organise appointments for you at one of the major Angers branches, and talk you through the process.

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 (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.

*Sometimes banks can take time to open your account – to ensure that you do not run out of money while waiting it is advisable to take enough money with you in cash for at least the first month.*

**NOTE:** It is not advisable to be overdrawn, even for a few days; the charges can be very expensive!

## Telephones and Internet

There are numerous phone shops in Angers where you can purchase a mobile phone / sim card / phone contract: France Telecom, 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.

## Emergency numbers

- Emergency services: 15 or 112
- Police: 17
- Fire brigade: 18

## 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 €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.



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.

We strongly recommend that you buy groceries here; you won't find anything cheaper, or more traditional and better in quality anywhere else!

Here's a rough price guide to give you an idea (prices are subject to change - you can check the actual transport prices here, [in french](#)) :

- Bus/ tram pass (under 26s): €31 per month, €261 for 1 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. €35
- A café crème: €2.50

- A half-pint beer: €3
- A stamp: €0.70
- A cinema ticket : €7-12 (take your student card)
- Le Monde: €1.80
- Macdonalds: Less than €10

## Restaurant Facilities in and around ESSCA

Uni restaurants: The (RU or RestoU) [Restaurant Universitaire](#), is situated close to ESSCA in the Belle Beille University area (next to Residence Volta). There is another in the city centre, the *RU des Beaux Arts*, 35 boulevard du Roi René, not far from the Angers Castle.

Payment for food in the RU is made using your student card which will be given to you by ESSCA within the first few weeks of your arrival. You can top this card up regularly with your bank card. Meals are usually €3.2 - €5 which includes a main course, salad and dessert.

You can also buy lunch at the Kaz cafeteria which is located in ESSCA.



If you want to eat out there are places in Boulevard Beaussier, just around the corner from ESSCA. There are several bistros, boulangeries, and a supermarket.

# Fall 2017-2018

## Exchange Student Application Stages

DATES	DOCUMENT	PROCESS	OUR RESPONSE
<p><b>STEP 1</b></p> <p>April - May</p> <p>Deadline: May 31st for the Fall semester</p>	<p>Exchange student online application</p>	<p>Upload the documents:</p> <ul style="list-style-type: none"> <li>- Past Academic Transcripts</li> <li>- TOEFL score (for non-native English speakers)</li> <li>- Passport</li> <li>- Photo</li> <li>- EHIC card</li> <li>- Etc.</li> </ul>	<p>ESSCA Student Acceptance Letter</p> <ul style="list-style-type: none"> <li>- For EU students: A scanned version will be sent to you and your home university</li> <li>- For non EU students: Original letters will be sent to your home university by express postal service for you to use when applying for a French Visa.</li> </ul> <p>These will be sent by mid-June</p>
<p><b>STEP 2</b></p> <p>April - May</p> <p>Deadline: May 31st</p>	<p>Pre-reservation <a href="#">accommodation information</a></p>	<p>Complete and include a second and third choice if you wish to stay in one of the 4 residences.</p> <p>Send deposit payment to confirm and reserve your place: please follow the procedure according to each accommodation option.</p>	<p>Confirmation Email</p> <p>Sent in June</p>
<p><b>STEP 3</b></p> <p>May - June</p> <p>Deadline: June 10<sup>th</sup></p>	<p>Course Choices and/or Learning Agreement (Erasmus students)</p>	<p>Course choice online. Learning agreement can be sent by email to <a href="mailto:exchange[at]jessca.fr">exchange[at]jessca.fr</a></p>	<p>If you do not hear from us, your course choices have been accepted and pre-registered.</p> <p>Official registration takes place on orientation days.</p>
<p><b>STEP 4</b></p> <p>May - June</p>	<p>French Visa</p>	<p>Non EU students need to apply for a visa by contacting the closest consulate or <a href="#">Campus France</a>.</p> <p>You will need to provide your ESSCA Acceptance Letter and in some cases proof of residence in France.</p>	<p>For more detailed information about specific visa laws in your home country, we suggest you contact the International Office in your home university for more detailed information about how to apply.</p>

<p><b>STEP 5</b></p> <p>June</p> <p>Deadline: Before arrival</p>	<p>Health Insurance</p>	<ul style="list-style-type: none"> <li>- EU students must scan a copy of their EU Health Insurance card (EHIC) and sent to us.</li> <li>- Non EU students under 27 pay for the sécurité sociale.</li> <li>- Non EU Students over 27 must purchase private international insurance before arrival and send a copy to us.</li> </ul>	<p>We will give a French health insurance certificate within the first month of your arrival to students registered to French health insurance.</p>
<p><b>STEP 6</b></p> <p>July - August</p>	<p>Arrival form</p>	<p>Complete the arrival form online to inform the international office and welcome team of your transport and travel arrangements to Angers.</p> <p>We will make the necessary arrangements for you to be picked up from the station, etc.</p>	<p>If you have not informed the office about your arrival details and send a last minute email concerning your arrival, ESSCA will try their best to be available.</p> <p>Please be aware that ESSCA will be closed for Summer vacation and will not be able to respond to any emails at this time.</p>
<p><b>Arrival</b></p> <p>August 21<sup>st</sup> - 28</p>	<p>Exchange student online application</p>	<p>You should arrive before the orientation days to allow time to settle in and meet other internationals.</p>	<p>After giving us your arrival form, the ESSCA Welcome Team will pick you up from Angers St Laud train station and take you to your accommodation.</p>
<p><b>ESSCA Orientation Days for International Students</b></p> <p>August 28<sup>th</sup> - 30<sup>th</sup></p>	<p><b>COMPULSORY ATTENDANCE</b></p> <ul style="list-style-type: none"> <li>- ESSCA course choices – you will officially be registered for classes</li> <li>- You will meet with your personal tutor and discuss course choices</li> <li>- Information sessions on using the IT network, intranet, printing / scanning services and wifi</li> <li>- Introduction of the staff and services</li> <li>- Photos taken for student cards</li> <li>- Welcome lunch</li> <li>- Help with administrative procedures – Information on OFII, housing subsidies, bank accounts, phone contracts, etc. will be provided.</li> </ul>		
<p><b>Welcome Week-end</b></p> <p>September 1<sup>st</sup> - 3<sup>rd</sup></p>	<p>An integration week-end organised by the Student Union (BDE) to meet with french and international students over various cultural and sport activities and a night out.</p>		



# MEDICAL CERTIFICATE FOR COMPETITIVE SPORTS

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. For translation purposes, students will need to have their personal 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
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	

Doctors address and phone number.....

Adresse et numéro de téléphone du médecin

Date.....

Signature du médecin / Signature du médecin



## A Few Figures

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

**208** partner universities in **53** countries worldwide

**3,500** students and corporate auditors

**116** permanent faculty members

**370** adjunct professors and international experts

**2500** partner companies

**12800** alumni all over the world



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