



# WELCOME LETTER

## INTERNATIONAL STUDENTS FALL SEMESTER 2020

**C**ongratulations! You have been accepted to study at ESME Sudria School of Engineering and we are happy to welcome you soon in France. Getting adjusted to any study-away experience can be a challenge. But don't worry, we are here to help! This Welcome Letter includes essential information and advice that will help you to prepare your arrival and your stay in France.



*If you have questions about this document, please call or email our office:*

*International Office*  
40 Rue du Docteur Roux – 75015 Paris  
+33 1 56 20 62 52 - [bri@esme.fr](mailto:bri@esme.fr)

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# STUDYING AT ESME

## ACADEMIC CALENDAR

<p><b>FALL SEMESTER 2020</b></p> <p><i>THIS CALENDAR IS PROVISIONAL AND MAY CHANGE Please note that we will share with you an academic calendar for the whole academic year on orientation day.</i></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>ORIENTATION DAY:</b> Mid-September</li> <li><input type="checkbox"/> <b>INTENSIVE FRENCH LANGUAGE WEEK:</b> Mid-September</li> <li><input type="checkbox"/> <b>FIRST DAY OF CLASSES:</b> End of September</li> <li><input type="checkbox"/> <b>BANK HOLIDAYS:</b> November 1, November 11, December 25</li> <li><input type="checkbox"/> <b>FALL BREAK:</b> TBC (generally one week in October)</li> <li><input type="checkbox"/> <b>CHRISTMAS BREAK:</b> December 19 – January 4</li> <li><input type="checkbox"/> <b>END OF SEMESTER:</b> End of January</li> </ul>
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## ORIENTATION

### WELCOME DAY

The fall semester Welcome Day will be held on **mid-September**. It will give you an opportunity to become familiar with our engineering school and to meet all the international students. **Your attendance is mandatory.**

### INTENSIVE FRENCH LANGUAGE WEEK

Following the orientation, you will attend an intensive French Language course week with all the international students. You will also attend French language courses during the academic year on a weekly basis.

To graduate from our Engineering School, international students taking courses taught in English must acquire a B1 level in French.

### MENTORING

The International Office at ESME Sudria recruits student buddies for international students in order to facilitate academic and social integration into the school life. ESME Sudria Buddies will be there to help you with academic formalities but also to get familiar with Paris and with social conventions.

### CULTURAL ACTIVITIES

ESME Sudria international team organizes several cultural activities for international students during their stay in France.

*Examples of cultural activities organized:* Cruise on the Seine, Visit of the Eiffel Tower, Theatre, etc. All the activities offered are free of charge for international students. Students are only required to register prior to the event.



## COURSES



### Timetable

Before arriving at ESME, ESME Sudria and your home University will agree on a learning agreement.

Please note that your timetable will be shared with you on the orientation day.

You will be able to check your [timetable online](#). We will provide you with a user's guide of this online platform on orientation day.

### French classes

All ESME's students will have the opportunity to take French classes.

At ESME Sudria, French as a Foreign Language is taught by professional French language instructors. Classes are adapted to students' level, based on the Common European Framework Reference for Languages (CEFR).

## STUDENT LIFE AT ESME SUDRIA



Student life is a core component of **ESME Sudria educational project**. With about **20 associations** spanning sports, mechanical engineering and robotics, community service and the arts, student life at ESME Sudria offers something for everyone. Don't hesitate to contact them to get more information about their missions and if you want to join.

<p><b>BDE</b> <i>ESME Sudria Students Union</i></p>  <p><a href="#">Facebook Page</a></p>	<p><b>BDA</b> <i>ESME Sudria Arts Club</i></p>  <p><a href="#">Facebook Page</a></p>	<p><b>BDJ LA GUILDE</b> <i>ESME Sudria Gaming Club</i></p>  <p><a href="#">Facebook Page</a></p>
<p><b>ULTRASONS</b> <i>ESME Sudria Music Club</i></p>  <p><a href="#">Facebook Page</a></p>	<p><b>ESME RACING TEAM</b></p>  <p><a href="#">Facebook Page</a></p>	<p><b>BDS</b> <i>ESME Sudria Sports club</i></p>  <p><a href="#">Facebook Page</a></p>
<p><b>TDQ (TRACE DIRECTE ORGANISATION)</b> <i>ESME Sudria SKI Club</i></p>  <p><a href="#">Facebook Page</a></p>	<p><b>ATV (ATOUT VENT)</b> <i>ESME Sudria Sailing Club</i></p>  <p><a href="#">Facebook Page</a></p>	<p><b>X-CREAM</b> <i>Extreme sports club</i></p> 
<p><b>ASSOCIATION DES CHEERLEADERS</b> <i>ESME Sudria cheerleading club</i></p> 	<p><b>CE (JUNIOR CONSEIL ESME)</b> <i>ESME Sudria Junior Enterprise</i></p>  <p><a href="http://www.jcesme.fr">www.jcesme.fr</a> <a href="#">Facebook Page</a></p>	<p><b>SUDRIETTES</b> <i>ESME Sudria Women Engineers Club</i></p>  <p><a href="#">Facebook Page</a></p>
<p><b>IDÉES MADAGASCAR</b> <i>ESME Sudria humanitarian Club</i></p>  <p><a href="#">Facebook Page</a></p>	<p><b>SUDRIABOTIK</b> <i>ESME Sudria Robotics Club</i></p>  <p><a href="mailto:sudriabotik@gmail.com">sudriabotik@gmail.com</a> <a href="http://sudriabotik.free.fr">http://sudriabotik.free.fr</a></p>	





## VISA & IMMIGRATION

**Non-French citizens** need to show proof of identity and submit official documents to the immigration authorities when they enter the European Union for the first time.

The required documents vary depending on where you are coming from, your nationality, the reason you are visiting, how long you plan to stay in France, etc.

- **European Union nationals** are entitled to stay in France with their valid EU identification (passport).
- If they stay more than 3 months on the French territory, **non-EU nationals** must apply for a long-stay visa (“VLS-TS visa”) before arriving in France, and they must check the process with the consular authorities and/or Campus France agencies in their home countries.  
[How to apply for a long term VLS-TS visa?](#)

- **Validating your VLS-TS visa is done online**

As soon as you arrive in France, you must validate your visa. The process is entirely digital: you can 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>

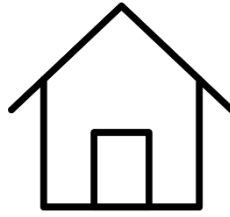
To validate your VLS-TS visa, you need the following documents:

- ✓ a valid email address,
- ✓ information on your visa,
- ✓ your date of arrival in France,
- ✓ your home address in France,
- ✓ a bank card to pay online the fee for issuing the residence permit

Do not hesitate to check [Campus France’s article](#) about VLS-TS visa validation.



# ACCOMMODATION



Depending on your financial resources, the length of your stay and the type of housing you are looking for, the cost of housing in Paris varies widely.

[What are the different possibilities?](#)

**Studapart:** ESME Sudria partners with this online platform.

To find a place to stay, [click the link](#) and register.

To register, you will be required to type the following activation code: **LOGEMENTESME**

If you have any questions, do not hesitate to write to [booking@studapart.com](mailto:booking@studapart.com)

## Other recommendations:

- ❑ **Cité Universitaire de Paris** : You can apply online directly <http://www.ciup.fr/en/>
- ❑ **Residences “Les Estudines”**: You can apply online directly > <https://www.estudines.com/>  
If you have any questions, you can send an e-mail at the following address > [reservation@estudines.com](mailto:reservation@estudines.com)
- ❑ **Residences Campuséa**: You can apply directly on the website > <https://www.campusea.fr/en>
- ❑ **Host family**: You can apply online directly [www.fac-paris.com](http://www.fac-paris.com) or send an e-mail to [contact@fac-paris.com](mailto:contact@fac-paris.com) if you have any questions.

- **Facebook groups:** you will also find several Facebook groups:
  - <https://www.facebook.com/groups/756279094407950/>
  - <https://www.facebook.com/AppartParis/>
  - [https://www.facebook.com/groups/2020068634692995/?ref=br\\_rs](https://www.facebook.com/groups/2020068634692995/?ref=br_rs)
- **Mot popular websites to find a place to stay in Paris:**
  - [Le Bon coin](#)
  - [Pap](#)
  - [Se Loger](#)
  - [Louer Agile](#)
  - [La carte des colocs](#) (website to find a flatshare)



- In general, be careful and **make sure the organization offering the lodging is reliable.** Never send money without first signing a lease and speaking directly with the organization.
- Be suspicious of rent that is too low.

Please note that the above-mentioned websites are only a selection and that ESME Sudria cannot guarantee the relevance of the ads published on these websites.

if you have any questions regarding housing, please send an e-mail to [bri@esme.fr](mailto:bri@esme.fr)

*Please note that the school cannot be held responsible  
for not finding students' accommodation*

### **FRENCH GOVERNMENT HOUSING SUBSIDY**

You can apply for housing assistance through la [CAF \(Caisse d'allocations familiale\) website](#).

To learn more about la CAF, check out [Campus France website](#).

Do not hesitate to contact [bri@esme.fr](mailto:bri@esme.fr) should you have any questions regarding housing subsidy.





## LIFE EXPENSES

Living expenses in France vary depending on students' lifestyles. Below is an average estimation of the costs of living in the Paris area:

Rent – Accommodation ≈ 500 (flatshare or student room) to 1000€ */month (one-bedroom flat)	<p><b>Monthly</b> average main expenses might be between <b>900€</b> and <b>2000€</b>.</p>
Paris public transportation pass ≈ 70€/month ( <i>student price</i> )	
Food ≈ 200€/month	
Internet ≈ 20€/month	
Parties – Going Out ≈ 60€/month	
Cultural visits ≈ 15€/month	
Mobile Phone ≈ 5€/month	
Travel ≈ 75€/month	

\*[Governmental student housing aid](#) is available for international students (up to ≈ 200€/month)



ESME Sudria is not liable for travel, living, healthcare, insurance or other expenses incurred by the students.

More information:

- [Prepare your budget](#)

## HEALTH



### 1/ Health Insurance

**1. EU nationals** must have a European Health Insurance card issued by the appropriate authorities of their originating country, as well as a photocopy of this document (or the E128 form).

**2. Non-EU nationals** will have to register to the French social security system.

- 2.1. MANDATORY SUBSCRIPTION TO THE FRENCH SOCIAL SECURITY SYSTEM

You can benefit from the French general healthcare system if you came to France with a VLS-TS visa ("visa long séjour valant titre de séjour", Long Term Visa used as Residence Permit)

First, you must:

- ✓ **Validate your visa**
- ✓ **Register to your higher education institution.**
- ✓ **Then you must register to the French general healthcare system**

- ✓ Registration is **free** and completed online by logging in to the [website of the health insurance](#) dedicated to foreign students.
- 2.2. STUDENT COMPLEMENTARY HEALTH INSURANCE  
Student Social Security **reimburses on average 70% of healthcare expenses**. To be reimbursed up to 100% of your healthcare expenses, you have to take out complementary health insurance.

To find your complementary student health insurance organization, you can check the websites of the [Mutuelle des étudiants](#) or the [SMEREP](#) or see if you have the right to be covered by the [French Complementary Universal Health Coverage](#). You can also subscribe to a complementary health insurance in your home country.

[More information about health insurance for international students in France](#)



You have to **purchase an additional international travel & health insurance** (covering travels, lost luggage, repatriation, civil liability, medical and hospital expenses, etc.) in your own country **before you depart** in order to be covered during your stay and before you register to the French Social Security System.

Please email your proof of insurance to [bri@esme.fr](mailto:bri@esme.fr) before **August 26**

## DOCTORS & HOSPITALS

- **Doctolib** is a convenient website to arrange an appointment with a doctor. The website is unfortunately not translated into English but you have the possibility to select a Doctor that speaks English.

**Website:** <https://www.doctolib.fr/>



Select “Anglais” (English) for the “Langues parlées” (languages spoken) section.

The translation of general practitioner is “médecin généraliste”.

Please note that you will be asked to give your “carte vitale” at the appointment. (see section about Social Security in France).

- **Pharmacies**

You will easily identify the green sign that stands for Pharmacies.



- Hospitals in Paris

The **39 hospitals of the Assistance Publique – Hôpitaux de Paris**, located in various parts of Paris and the Île-de-France, provide a service for all the public, 24 hours/24 and 7 days/7. They account for **25 general emergency departments**.

## EMERGENCY NUMBERS IN FRANCE

SAMU (Ambulance): **15**

Police: **17**

Fire: **18**

General Emergency: **112** *EU-wide emergency number that will contact emergency services in any EU country or language. Have this number on hand while traveling around Europe*

Also, don't forget to check Campus France website's section dedicated to Health in France:

<https://www.campusfrance.org/en/healthcare-student-social-security>


## MAPS & ARRIVAL


ESME Sudria has two campuses in Paris. Graduate students will take classes at ESME Paris South Campus and undergraduate students will be mainly studying on ESME Paris-Rue de Fleurus Campus but might also take a few classes at ESME Paris South Campus.

### Paris – Montparnasse Campus

34 Rue de Fleurus  
75006 Paris

#### Metro line/stop

 **4** Stop « Saint-Placide »


 **12** Stop « Notre-Dame-des-Champs »

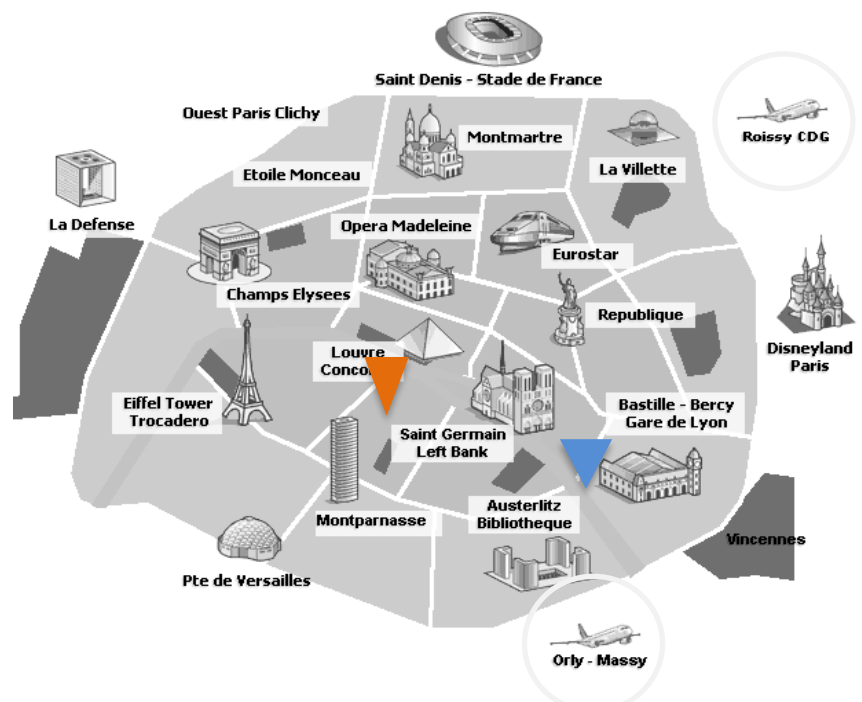
### Paris South Campus - Ivry

38 rue Molière  
94200 Ivry-sur-Seine

#### Metro line/stop

 **7** Stop « Mairie d'Ivry »

 **C** Stop « Ivry-sur-Seine »  
(MONA and ROMI trains)



Depending on the airport you are arriving to, you will have different possibilities to get to the city center:

**From Charles de Gaulle Airport (CGD):** The easiest and fastest is to take the RER B. It takes you to Châtelet, one of the biggest public transport hubs and the most central in Paris, within one hour. From there you can access any metro station within 30 minutes.

**From Paris-Orly Airport:** There are several options. You can either take the Orly Bus or the transfer to Antony by train. In Antony you can get on the RER B as well. A longer but cheaper option also is to take the Tramway. It will take you to Villejuif - Louis Aragon, where you can take Metro 7 directly.

**Taxis/Uber:** From both airports you can also take a taxi. Write down the name and address of the place you want to reach and show it to the taxi driver. The fare should be around 50€ depending on traffic and your destination.

- You can contact this driver a week in advance for an airport pick-up from 50 euros:  
Elias Haddad: +33 6 74 48 66 33
- You can also book in advance your taxi with G7: <https://www.g7.fr/en/>
- [More practical information about airports in Paris](#)
- [Paris metro map](#)

## PRE-ARRIVAL CHECKLIST



To ensure a smooth arrival:

- Find accommodation for the duration of your stay.
- If necessary, find accommodation for the first nights.
- Let your bank know that you will be spending one semester in France and make sure your credit/debit card will be functional in France/Europe.
- Make sure you have enough cash and/or a debit card to cover initial costs.
- Check that your mobile phone is functional in France.
- Don't forget medication and bring enough for your entire stay.

## MORE ABOUT PARIS

### VOLTAGE

**Voltage in France is 220V** and we **use two-pin plugs**. If you need a voltage adaptor but do not already have one, you can buy one in any drugstore in France.

### TRANSPORTATION

You will buy a Paris public transport pass (Pass Navigo) once in Paris. This pass will allow you to move everywhere in Paris city center and suburbs using metro and RER (train lines)... You can be sure to find a **metro or RER train every day between 6 am and 0.30 am**, wherever you might be along the line.

[Paris area metro map](#)

If you are not used to using public transportation, don't be afraid on the way people behave in the metro, bus etc... Indeed, the French (especially the Parisian) is a very stressed human being, always in a rush and thus, often not willing to help you find your way. Don't worry about that, it is normal and doesn't mean that people in the city are not friendly, they just need to be on time. Give them a smile and it will do! 😊

We recommend you to download one of these two apps to explore Paris:



## BEING A STUDENT IN PARIS

- **Discounts for students**

On your first days at ESME Sudria, you will be given a student ID ("carte étudiante" in French) that will allow you to benefit from many discounts:

- **Museums:** Present your Student ID and will be able to visit the permanent exhibitions of some museums for free! If you want to visit the temporary exhibitions, present your student ID and you will benefit from a discount.  
Example of Museums in Paris that offer discounts for students: [Le Louvre](#), [Le Centre Pompidou](#), [Musée d'Orsay](#), [Musée du Quai Branly](#), etc.  
[More information about Museums in Paris](#)
- **Cinema:** Almost all cinemas offer discounts for students but [UGC Bercy](#) and [MK2 Bibliothèque](#) especially apply interesting rates for students.
- **University Restaurants:** Thanks to your Student ID, you can enjoy a complete meal, with starter, main course and dessert for only 3.25 euros in one of Paris' university restaurants. You must show your student card to enter these restaurants. Some are even open evenings and week-ends.  
[Check University restaurant's map](#)

- **Social Life/Meeting people in Paris**

Every year, many students from all over the world choose Paris as their study destination. Being a student in Paris is thus a wonderful opportunity to live a true international adventure. Two students' associations take care of international students and help them to make their stay in France memorable:

- **ESN Paris** organizes cultural events, social events and trips during the whole year. Their events are the perfect occasion to meet people from all over the world.  
[Follow their Facebook Page](#)
- **To Be Erasmus in Paris** is a similar association that also organizes plenty of events for international students in Paris.  
[Follow their Facebook Page](#)

- **Sports in Paris**

**Swimming:** You will find many public swimming pools in Paris.

Check out this website: <https://www.paris.fr/equipements/piscines>

**Running:** If you like to go for a run these spots are quite popular among runners: Le Parc des Buttes Chaumont, Le Bois de Vincennes and Le Jardin du Luxembourg



**Gym:** Paris has plenty of gym but please find below some with the most competitive rates:

- [Neoness](#)
- [BasicFit](#)

## SHOPPING

The majority of shops in France are **open all day from 9 am to 7 pm, Monday to Saturday**. Sundays and public holidays are the usual closing days, although there are some exceptions, particularly in touristic areas.

## SURVIVAL FRENCH

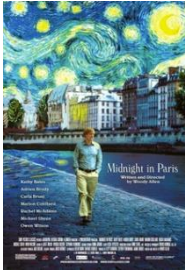
### THE BASICS

Yes	Oui
No	Non
Thank you	Merci
Please	S'il vous plait
Hello	Bonjour
Bye	Au revoir
Excuse me	Excusez-moi
Sorry	Pardon
I don't know	Je ne sais pas

### A LITTLE BIT MORE ELABORATED

See you later	A bientôt
My name is...	Je m'appelle...
How are you?	Comment allez-vous ?
How much is it?	C'est combien ?
What is it?	Qu'est-ce que c'est ?
What time is it?	Quelle heure est-il ?
I don't speak French	Je ne parle pas français
Do you speak English?	Parlez-vous anglais ?
Where is the metro?	Où est le metro ?

## MOVIES TO WATCH BEFORE COMING TO PARIS AS AN EXCHANGE STUDENT



**Midnight in Paris** This movie directed by Woody Allen will allow you to become familiar with the most famous places in Paris.



**L'auberge espagnole** This movie directed by Cedric Klapisch takes place in Spain but it will give you an idea of the different emotional stages you will go through during your exchange program.



### **Le Fabuleux Destin d'Amélie Poulain**

In this movie you will discover the charming Montmartre district and its museums, vineyards, windmills, Sacré-Cœur...!

## WEBSITES TO CHECK OUT BEFORE COMING TO FRANCE

### **E-ambassadors' Blogs**

Every year Campus France select international students in France as e-ambassador and ask them to share their experience in France throughout the year. You can find their testimonials on this website. Most of the articles are written in English.

### **Campus France's website**

You will find practical information to prepare your stay in France.



## CONTACTS



**Ms. Emilie BOURGOIS** – *Head of International Relations Office*



**Ms. Chann FAUCHEUR** – *International Mobility Coordinator*  
+33 1 56 20 62 52 [chann.faucheur@esme.fr](mailto:chann.faucheur@esme.fr)



**Ms. Mélissa HAMITOCHE** – *International Mobility Coordinator*  
+33 1 56 20 62 70 [melissa.hamitouche@esme.fr](mailto:melissa.hamitouche@esme.fr)



**Ms. Nathalia REVINA** – *International Relations Assistant*  
[nathalia.revina@esme.fr](mailto:nathalia.revina@esme.fr)

**#ESMEINTERNATIONAL**

**SEE YOU SOON IN  
FRANCE!**