

Welcome to the ESSCA PARIS SUMMER PROGRAM



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PARIS SUMMER PROGRAMME ARRIVAL GUIDE & INFORMATION PACK

Welcome to ESSCA's Paris Summer Program ! We hope that you're looking forward to your stay in the city of lights ! This little guide contains some basic information designed to make your arrival and your experience school easier ! As you get familiar with it, feel free to write down any extra questions and send them over ! We're here to help !

Arrivals

Getting to Paris from the Roissy-Charles de Gaulle International Airport is very easy, and several means are at your disposal :

RER

The RER (meaning Réseau Express Régional) is a fast commuter train serving the entire Île de France region. We have 5 lines : A, B, C, D and E. The one you're looking for is the line B. On arrival at the airport follow the indications for "Paris by Train" or "RER B" that will take you to the train station. The trains heading to Paris are signalled by the color blue, and rest assured, all of them go to Paris, some more quickly (Paris Direct) than others.

A one-way ticket costs **€10.00** and can be purchased from automated distributors. Visa and MasterCard are accepted — American Express is generally **not** by the machines.

The Air France bus line (Les Cars Air France)

Air France has its own line of coaches (line 2, 3 and 4) that serves several spots in the city—the Gare de Lyon, the Gare Montparnasse, Porte Maillot, the Champs Elysées, and the Place de l'Etoile, where the Arc de Triomphe is located.

The cost is higher than the train (From €12 to €20 for a one-way ticket), but the comfort and ease are far greater.

If your final destination is La Défense (see below), we recommend that you take the Air France bus to Place de l'Etoile, which is on metro line no. 1. The trip with the Metro from there is direct to La Défense.

Taxis

Paris taxis tend to be clean (the drivers own their cars and take care of them) and go to where the customers want, though not all of the drivers will speak English fluently. Do not hesitate to write your final address down on a slip of paper and hand it to the taxi driver. The cost of a one-way taxi ride into Paris is quite steep (around €60 at best), but if there are three of you splitting the cost, it might be worth your while.

Please note that taxis in Paris rarely if ever accept a fourth passenger and all passengers must ride in the back seat.

If you will already be in Paris or in Europe on June 23rd

Please make your own arrangements to the city if you are in another European country (there are no passport checks between countries in the [Schengen area](#)) and head towards La Défense.

If you are already in Paris at another hotel or in alternate accommodations, please send an email to Sylvie Vuillermoz (sylvie.vuillermoz@essca.fr) with this information. Take your time to check out of your hotel or even sleep in, and plan on being at the Apart'Hôtel (see address below) no earlier than 3:00pm (15:00).

Please note that we will not be able to accommodate any arrivals prior to Monday, June 24.

Housing

The first week

You will be in the Parisian suburb of Nanterre for the entirety of the Paris Summer Programme. However, Nanterre is sufficiently close enough to the city and to rather large suburban business district of La Défense to make the choice an attractive one. You will be staying at the Séjours & Affaires Apart'Hotel, 50 rue des Vignes, 92000 NANTERRE and may find more information on the residence on our website by [clicking here](#). Most of you will be two per room (roommates have already been assigned by ESSCA) except for those students who have made the request to have a single room and who have paid the fee supplement. **The apart'hôtels will be available for you as of Monday, June 24 at 3:00pm (15:00)**. You will not be able to access your rooms before this time; however, you will be able to store your bags in the hotel's luggage room should you arrive early in the morning.

Please note that neither Paul Evensen nor Sylvie Vuillermoz nor Charlotte or Jean-David (the student helpers) will be able to take care of any additional accommodation requests for you. Should you need to make any changes or extend your stay at the end of the program, you will have to make arrangements by yourself.

Meals

The only meals covered by the Paris Summer Programme fees are those taken as a group at the beginning (welcome buffet) and end (farewell dinner). All other food and meals are your responsibility. There is a rather large shopping mall (Les 4 Temps) at La Défense with an Auchan hypermarket where you may purchase just about everything you will need for your stay. As you will be able to cook for yourselves in your rooms at the residence, check with reception at the Apart'Hotel for opportunities to do grocery shopping closer to the residence.

Please keep in mind that most shops and supermarkets are closed on Sundays, which means that you will have to wait a day to get some groceries.

Lunch

As specified above, the only lunch that will be provided for you will be the welcome buffet on the first day. Here is a selection of some lunch options around the ESSCA campus, in Boulogne.

THÉ GOURMAND, is a luncheon café just around the corner from the campus. You'll find a wide selection of quiches, tarts (savory and sweet), salads including a made-to-order salad bar, prepared dishes (lasagna, pasta as well as daily specials), and desserts galore. Cost of lunch, depending on what you order, will be in the range of €7 to €9 per person.

LE MARECHAL is a typical Parisian *brasserie* which also serves a somewhat more expensive lunch—individual dishes at €11 or €12 with a set luncheon menu at €14.50. Go there if you want to try *steack-frites* (a minute steak with fries), what many people consider to be the French national lunch. They also serve delicious espressos and *cafés au lait* among other beverages.

CHAWARMA is a made-to-order sandwich venue specializing in Lebanese food like *chiche taouk* (marinated and grilled chicken), *falafel* (fried chick pea puree) and *chawarma* (grilled beef or lamb on a skewer) also known worldwide as *kebab*. Sandwiches come in small, medium and large (humongous!) sizes, and prices run about €7 per person. The owner is a charming man who, like many of his fellow country-persons, speaks quite good English.

THE NEAREST FAST-FOODS places are *Subway*, at the Boulogne City hall (3 bus stops away) and *McDonald's* in the Marcel Sembat neighbourhood (4 bus stops away). *Subway* is a do-able option at lunch time, but the *McDonald's* tends to be chock-a-block full, so the wait is usually quite long, except if you go to the machines which may or may not accept your credit card depending on if it is equipped with an electronic chip.

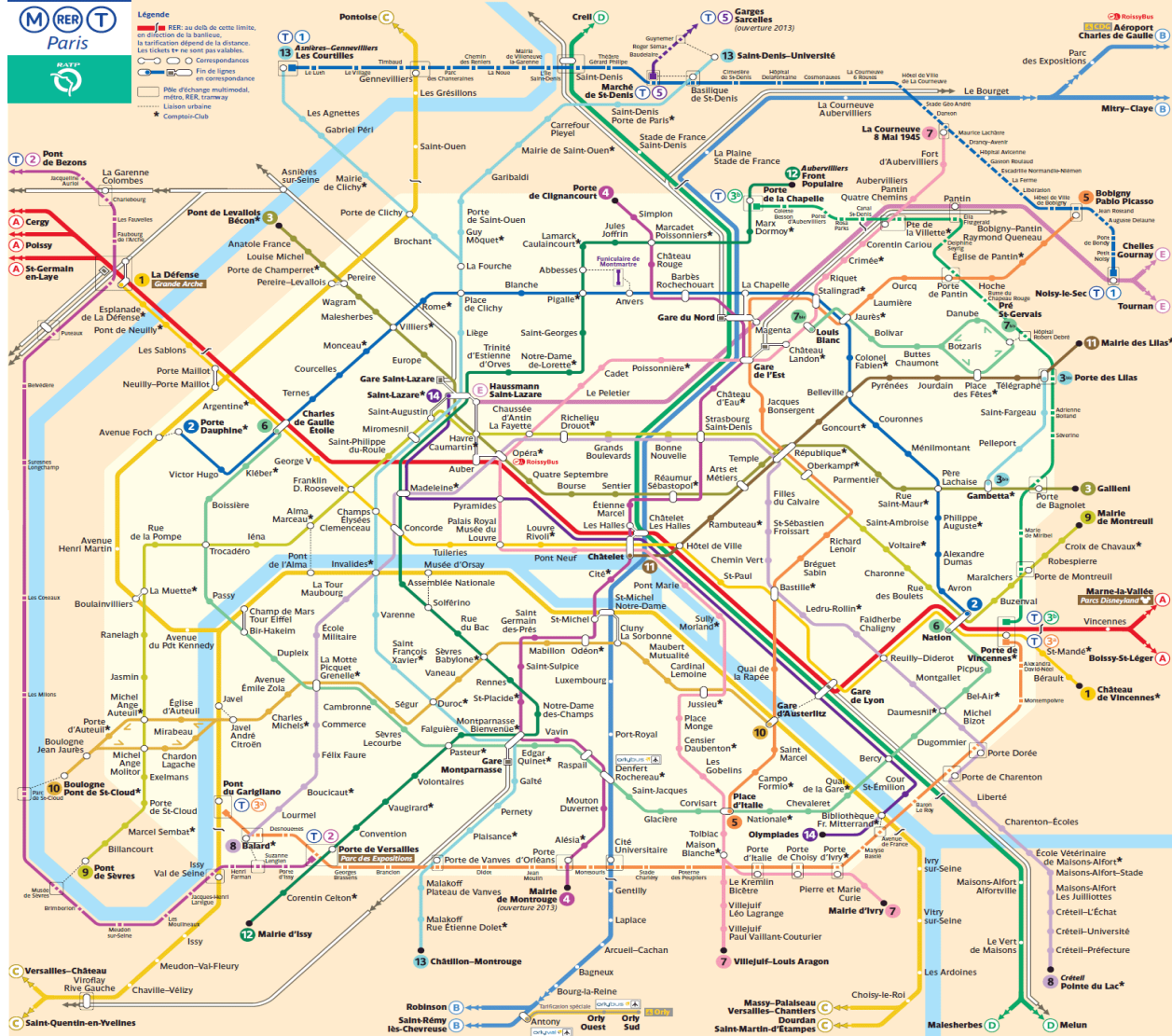
THE STUDENT CAFETERIA : Should you wish to bring your own lunch, the student cafeteria area will be open to you throughout the Paris Summer Program. Please feel free to bring your own food, which you will be able to heat up in microwave ovens available for your use. You will be able to eat in the cafeteria or on the 3rd floor terrace which is usually full of students on sunny days during the school year.

GOING OUT TO EAT IN PARIS usually costs at least €25-30 in an average restaurant, though some places might be lower. Of course, fast food places are way less expensive. Do not hesitate to ask Mr Evensen, Mrs Vuillermoz or the student helpers for good addresses.

Transportation

Getting around Paris and the area couldn't be easier. Below is a map of the **Paris metro**, a veritable Parisian institution.

The Paris Métro, Tram and RER Systems



Paris has 16 different metro lines and 5 RER (train) lines which can easily and quickly take you anywhere in the city.

The city is divided in zones. The heart of the city is zone 1. The suburbs close to zone 1 is zone 2. The suburbs close to zone 2 is zone 3...etc. The more you want to get away from the center of Paris, the more zones you'll need on your ticket, and the more expensive it will get (DisneyLand is in zone 5 for example!).

ESSCA will provide you with a 3-zone travel pass (Pass Navigo) for the duration of your classes on Monday, June 24. This is a once-only offer and should you lose your pass, you will have to purchase a new one on your own. The advantage to having this 3-zone pass is that you may use

it to get back and forth from the ESSCA Campus (in zone 2) and the residence (zone 3), as well as in the city of Paris (zone 1). You may also use it on the weekends (Saturday and Sunday in France) to go **anywhere in the Île de France region**, including Versailles, Chantilly, Fontainebleau, Disneyland, and so on.

The closest metro stop to you is Grande Arche de la Défense and you will have to take a bus from the residence to reach it. Your Pass Navigo is valid in all of the bus systems as well, so you just have to flash the reader and listen for the “pleasant sounding” (their terms, not ours) beep.

If you have to buy metro tickets, please buy *cartes* or books of 10 tickets, as they are considerably less expensive than individually-purchased tickets.

Paris is currently developing its **tram** network and from Nanterre, you will become avid users of tram line no. 2, in purple on the above map. **To get to the ESSCA campus**, the best way is to take the tram: first take bus no. 158 to La Défense, then take tram line no. 2 to the station *Parc de St Cloud*. Once arrived at the station, just walk across the bridge to the ESSCA campus.

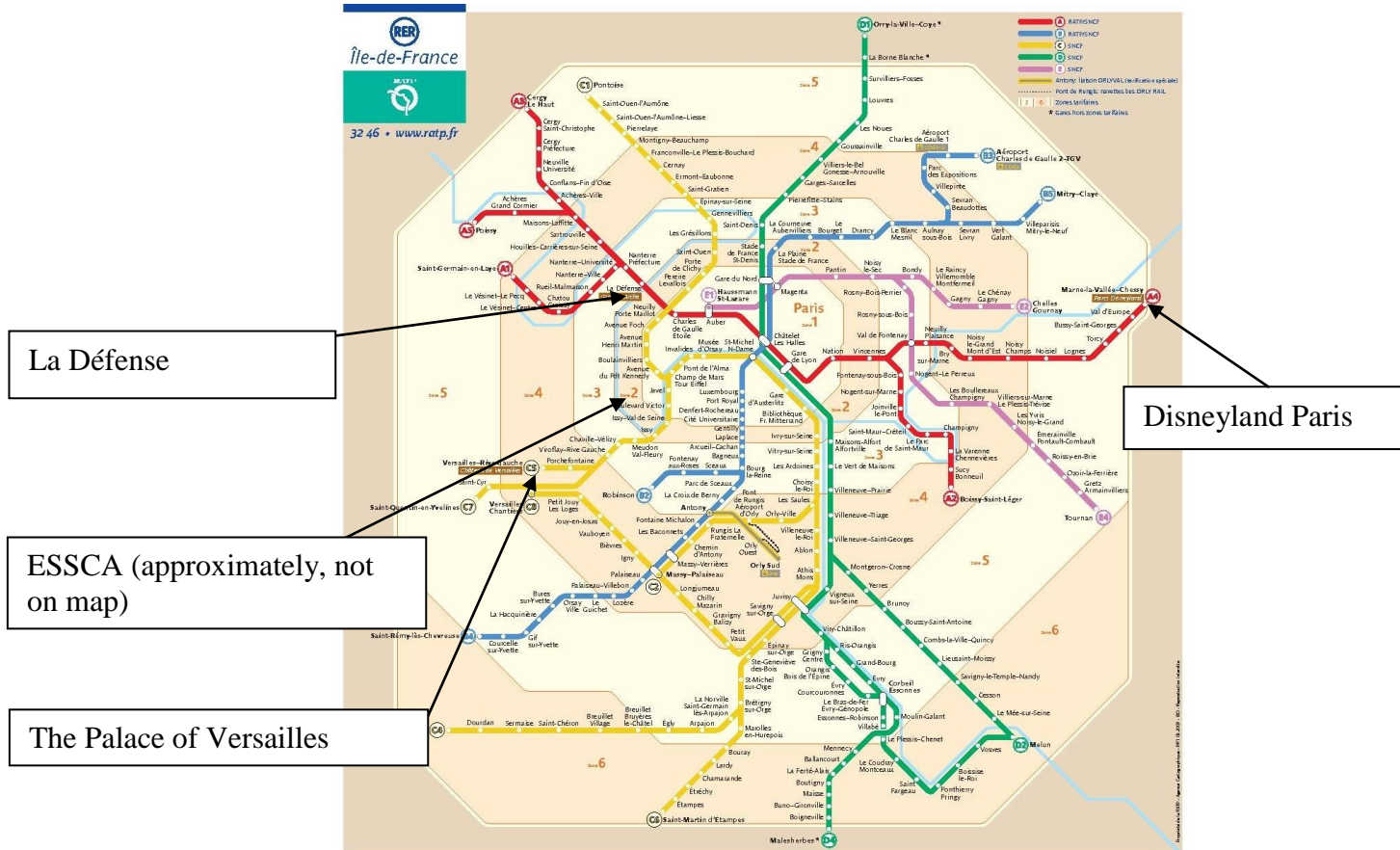
The **RER** network is, as mentioned above, quite extensive and used for regional travel—you may take one of the RER trains to visit Versailles should you wish to see the palace (and you should!). You can choose to travel on this network, but please keep in mind it has far fewer stops than the metro and is difficult to reach from campus. Once you arrive at La Défense, you may hop on the RER and be in the city of Paris in minutes, though at rush hour you will be traveling with thousands of other people most of whom will be tired and very cranky. Get off the RER at:

- **Charles de Gaulle-Etoile** for the Arc de Triomphe, the Champs-Élysées and the Eiffel Tower, a bit further away;
- **Auber** for the Opera, the Louvre, the Printemps and Galeries Lafayette department stores, and the St Lazare train station (see below);
- **Châtelet** for the very heart of the city including the Pompidou Center, Notre Dame, the Sainte Chapelle-Conciergerie, as well as the Marais and Bastille areas;
- **Gare de Lyon** for the train station as well as the other end of Bastille;
- **Nation** for nothing – it’s a residential area;
- **Vincennes** for the castle.

If you are going to one of the major train stations (Gare du Nord to Belgium, the Netherlands or London; Gare de l’Est to Germany; Gare de Lyon to the south of France and the Riviera), you may wish to take the RER to make your trip go more quickly.

Please note that the RER at La Défense requires a 3-zone ticket—don’t ask why, none of us know either—which you probably won’t have on your first day, but which you will on Monday, June 24.

The RER Network



The Bus Lines

There is an extensive **bus network** in Paris, and certain buses, like line 72 which goes from the ESSCA Campus to the Hôtel de Ville in the very heart of the city, can be quite scenic—yes, it does 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. You will become experts in the no. 158 bus line as it is the closest to your residence.

The night bus network

Named *Noctilien*, (www.noctilien.fr) It has developed exponentially in recent years and has become both an institution and a necessity for Parisian night owls. The lines go all over the city and suburbs at regular intervals all night. If you are “out,” please avoid taking a cab (see below) and choose the night buses instead. They may take a bit longer to do the route, but are far more reliable and much less expensive. You may pick up a Noctilien line map at your nearest public transport office, or at Châtelet of course. Should you be at Châtelet at night, there are RATP workers present around the Tour St. Jacques who can also advise you on how to get home. The best thing to do would be to ask for night bus advice at your residence on arrival.

Paris taxis

They are convenient but relatively expensive (€6.10 minimum charge + €1.35/km – night rate – or €1.12/km – day rate) and virtually impossible to find on a Friday or Saturday night when people are going home from a night out and the taxi drivers tend to choose who they transport and can refuse out-of-the-way destinations. We would not recommend taking a lot of taxis in Paris, and especially at night when the drivers will occasionally forget their scruples.

Traveling in France or in Europe

THE SNCF (la Société National de Chemins de fer Français) is France's **national main line train network** and serves the entire country as well as the rest of Europe. Its flagship lines are the TGVs (*Trains à Grande Vitesse*) whose operating speeds can reach 350 km/hour on certain lines. If you have an Interrail or a Eurail card, you may indeed take any SNCF train, though you will have to pay separately for a mandatory reservation on any TGV. Unfortunately, most of SNCF's web sites are in French, so don't hesitate to go to an SNCF sales point (at La Défense and in many spots in the city) to buy tickets.

Maps of the entire SNCF networks can be found on line.

Also, 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**—western Germany, Luxembourg, Alsace on the German border, and the Reims in the Champagne area
- **Gare de Lyon**—Switzerland, Italy, the French Riviera (beaches) and Provence, as well as the the Alps.
- **Gare d'Austerlitz**—Spain (the Mediterranean way around the Pyrenees) and South-western 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 in the Basque country on the Atlantic coast. No international trains leave from this station (the train to Spain stops dead at the border and you have to take a Spanish RENFE train).
- **Gare St Lazare**—mainly Normandy and a large number of suburban stations including La Défense. If you're going to Galeries Lafayette or the Opéra during your first week in Paris, it's best to take a train here.

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. Please check with the British or Irish consulate nearest you in your home country for more information. If you traveling by car or coach and

need a visa for Britain, the chances are very high that you will be stopped at the border on arrival and sent back.

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

COACHES

There are several low-cost intercity **coach services**, but we recommend Eurolines (www.eurolines.com) for its huge network and low prices. They go everywhere including outside of the Schengen Area and cost next to nothing.

From **the airports**, you will be able to catch regular flights on Air France / KLM and other carriers both full-fare and low-cost such as EasyJet, Ryanair (leaving from the Beauvais airport, an hour's drive from Paris via the Porte Maillot) and Vueling. The latter often will offer tickets at incomparable prices, but also will change fares or conditions rather quickly. If you are going to London, take the Eurostar; if you are going to Madrid or Barcelona, catch a low-cost flight—don't bother with the 16 hour train ride to Madrid, which will also cost you far more than a low-cost flight.

CAR RENTALS

They are possible, but we highly recommend avoiding a car rental in Paris, as traffic is horrendous. The French have very specific driving regulations and pay close attention to road rules and drivers' licences. Americans especially should be careful and go to AAA to get an international driving licence before coming to Europe.

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The Paris Summer Program Organization

Please find below the ESSCA Paris Summer Programme schedule for 2013¹. Unless otherwise specified, classes will take place from 9:00am to 12:00pm in the mornings, and 1:00pm to 4:00pm in the afternoons. There are never any classes scheduled on Fridays to free you up to travel around France or Europe, or to explore Paris on your own. The guided tour of the Paris Opéra, made famous by Victor Hugo, will take place on Friday, June 28. Though this tour is not mandatory, we do highly recommend seeing the Palais Garnier, the name of the Opéra today, as it is a major landmark of Paris and within walking distance of the Louvre.

¹ Please note that ESSCA reserves the right to any and all modifications, additions or subtractions to this program at a later date.

Morning 9-12 Afternoon 1-4		Int'l Marketing & Int'l Business	Int'l Finance & O.B.
Tuesday	25/6	Welcome to ESSCA (9:00-10:00)	
		Catherine Bruneteau Swann (10-12 / 1:30-5:30)	Guillaume Détchénique (10-12 / 1:30-5:30)
Weds.	26/6	Catherine Bruneteau Swann	Guillaume Détchénique
Thursday	27/6	Laïla Porras	Firas Batnini
Friday	28/6	GUIDED VISIT / OPERA GARNIER 1:30 – 4:00 pm	
Monday	1/7	Sana Rouis	Guillaume Détchénique
Tuesday	2/7	Catherine Bruneteau Swann	Guillaume Détchénique
Weds.	3/7	Laïla Porras	Firas Batnini
Thursday	4/7	Laïla Porras	Firas Batnini
Monday	8/7	Sana Rouis	Jem Fogarty
Tuesday	9/7	Sana Rouis	Jem Fogarty
Weds.	10/7	Jem Fogarty	Firas Batnini
Thursday	11/7	Jem Fogarty	Firas Batnini
Monday	15/7	Sana Rouis	Jérémie Aboiron
Tuesday	16/7	Jérémie Aboiron	Firas Batnini
Weds.	17/7	Jérémie Aboiron	Firas Batnini
Thursday	18/7	Exams	

ESSCA reserves the right to change or make any modifications to this programme at any time according to availability or needs.

Successful completion of the Paris Summer Programme's academic requirements will earn you 6 ECTS credits for each class (12 credits total per pairing if you take both classes) which you may

be able to transfer back to your home university for credit there. Please check with your home university's international office for details concerning equivalences and credit transfers.

Please note that July 14th is Bastille Day, the French national holiday (like the 4th of July in the U.S.) with family picnics, cookouts, get-togethers and fireworks both on July 13th at sunset (in the suburbs) and on July 14th at the Eiffel Tower.

Contacts :

[Paul Evensen](#): Director of studies, PSP program coordinator (office 201, phone 01.41.86.04.65)

[Alexandra de Chauvigny](#): Mr Evensen's assistant (office 202 also, phone 01.40.86.04.56)

[Sylvie Vuillermoz](#): in charge of administration, your main contact in Angers (phone 02.41.73.57.44)

Our student helpers, [Charlotte Nogier](#) and [Jean-David Morin](#), will be with you during certain moments of the program. If you have any questions, you may certainly contact them by email.

Phone number in case of emergency:

06.21.65.22.00

**Please use this number only in case of emergencies
and not for mundane or everyday questions, which are
best answered by email.**

There will also be cultural visits—in addition to your own explorations—to let you experience the history and “air of Paris.” Besides being great opportunities to let you take pictures, you will also get in and around the city, exploring the nooks and crannies that many tourists overlook or do not know about.

Upon arrival at ESSCA on June 25th, you will be receiving a login and password to use our network and computers. This will not be possible on your arrival at the residence, so you will either have to bring your own laptop with you (which we highly recommend) or find a cybercafé which, despite Paris' early adoption and addiction to the internet, still remain quite numerous throughout the city.

Health and Well-Being

Your health and well-being during your stay in Paris at ESSCA is important to us !

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 a much more practical, quicker and often efficient than trying to get a doctor's appointment. If, however, you absolutely must see a doctor, then we recommend calling SOS Médecins at 01.47.07.77.77 or 36.24. The switchboard operator should speak English and the doctors all speak English. They are fully licensed medical doctors and provide the same quality of care as you would receive in a doctor's office, except that they make house calls.

Should you have a **medical condition** (e.g. diabetes, high blood pressure, epilepsy...) which you think might need particular attention at some point, please let Paul Evensen or Sylvie Vuillermoz know upon arrival. This will allow us to make the right decisions or call the right people in case of emergency. Rest assured that any and all information exchanged in the four walls of 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 of time. 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 talk to us if you don't feel comfortable with your classmates. The student helpers will gladly cheer you up and hear you out !

Stay Cautious

Paris is a major metropolitan area and like other large cities in the world bad things sometimes happen. Should you encounter difficulties, please do not panic and **do not resist**. Once you are assured that the person has gone, go to the nearest police station (*commissariat de police*) and have them fill out a theft declaration. You will probably never see your stolen property again, but the paper that the police officer turns over to you at the end of the process is the first thing that your insurance company will ask you for if you file a claim. And as this counts as an emergency, **please do use the emergency number**.

Finally, if you are asked by a **police officer** to accompany him/her to the station, this does not mean that you are being arrested. France does have a law which **gives the police the right to check anyone's identity at any time**, so make sure that you have a piece of I.D. on your person. You should make a photocopy of the picture page of your passport and keep it in your bag or wallet—leave your passport back in your room, where there's less chance of it being stolen.

If you have a national identity card with at least some writing in Roman script on it, you may just want to carry that with you. If the police do detain you, this does not mean that you are arrested either. French law allows for a renewable period of 24 hours of holding without charges called "*garde à vue*" during which the officers carry out questioning. This may seem

intolerable to many people in the west, but remember that different countries have different laws. Persons held under this law have the right to speak their native language and it is the police department's responsibility to find a qualified and sworn interpreter, whatever the language.

There is a 99.99% chance that this will never happen, but if it does, it is definitely an emergency, **so do use the emergency number.**

Please note that a French police officer or gendarme is the only individual who has the right to ask you for your ID. Do not show it to someone who does not identify him-/herself as one of these officials or someone who asks you for your credit card at the same time.

Going Out

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

Movies

If you'd like to go to a movie, keep in mind that most cinemas show films in French or dubbed into French, marked **VF** in most guides. If you are looking to see a film in its original language, whatever that may be, look for a **VO** next to the film title. Keep in mind though that there will always be subtitles on films in other languages, which corresponds to a uniquely arcane French law passed in the 1980s.

Theater and Cabaret

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

If you're looking for a **cabaret** evening, you have the Lido on the Champs Elysées, the Moulin Rouge in Montmartre and the Paradis Latin on the left bank. Your parents or even grandparents may like the spectacular (and **VERY** expensive) shows, but such entertainment is not really geared for younger people. Some of you may already have heard of the Crazy Horse near the Champs Elysées. This is in our opinion a glorified strip club, so *caveat emptor!*

Weather in France in July...

...is very changeable! Usually, it tends to be quite warm, so it is very unlikely (unless you come from a tropical country) that you will need woolly blankets, comforters or quilts. However, in the 2011 program, we were surprised at how cool the weather did get, so make sure to bring along a warmer jacket than a simple windbreaker—you never know when you might need it. The weather also can be wet—Paris is one of those cities that should be seen in the sun and the rain—so don't forget to bring an umbrella with you.

Sites and Monuments Not to be Missed

Remember that you will be going on several tours already as a group, so how about waiting to go exploring those areas and monuments already listed on the schedule ?

In absolutely no order whatsoever :

- The Louvre
- Musée d'Orsay
- The Sacré Coeur (Sacred Heart) Church in Montmartre
- Notre Dame
- The Conciergerie
- The Royal Palace of Versailles
- Musée Marmottan—with a vast collection of Monet's works including his painting palette!
- Musée Grévin-wax reproduction of celebrities
- The Jeu de Paume
- The Orangerie
- The fortified castle in Vincennes
- The Latin Quarter at St. Michel and The boulevard St Germain
- Rue Montorgueil and its market
- Rue Mouffetard, its cafés, bars and restaurants
- The main *châteaux* (non-fortified castles used mainly for entertaining and showing off how rich their owners were) in the Paris area—Fontainebleau, Chantilly, St. Germain en Laye, La Malmaison
- The Île de la Cité and the Île St. Louis, with Bertillon and its famous ice cream
- Hôtel de Ville
- The Centre Pompidou, affectionately called Beaubourg by Parisians, after the name of the center's neighbourhood

Outside of Paris, good for a weekend's drive or stay :

- The medieval cities of Senlis, Provins and Les Andelys (the latter not easily accessible by train). [More information on France's preserved medieval cities and towns can be found by clicking here.](#)
- The magnificent gothic cathedrals of St Denis (on the Paris metro !), Chartres, Beauvais, Senlis, Rouen, Orléans, Reims, Amiens, and so many others especially in the north of the country (Noyon, Laon) or further to the south (Sens, Auxerre and Vézelay). [More information on France's superb religious edifices can be found here.](#)
- The châteaux in the Loire Valley should not be missed if you can go : Chambord, Chenonceaux, Cheverny, Villandry, Azay-le-Rideau, Langeais, Amboise, Blois, Loches, Ussé, Serrant, Brissac and of course the Plantagenet's home castle in our magnificent city of Angers ! For more information on [the Loire Valley châteaux, click here](#). For more information on visiting [Angers and its sites, click here](#).

You may also use one of your three-day weekends to do a cycling tour of the Loire Valley and its châteaux, vineyards, abbeys and medieval / renaissance towns.

- [Mont St Michel](#), one of the most spectacular sites in all of Europe, accessible by car or by train to Pontorson then by coach. If walking on the seabed at low tide, it is highly advisable to get information on the tides which, if coming in, are so strong that they cannot be outrun.
- [The Normandy beaches](#) near William the Conqueror's home city of [Caen](#)—not to be missed if you go—as well as the provincial cathedral town of Bayeux famous for [its magnificent 11th century tapestry](#) which tells the story of the Norman conquest of Britain and the battle of Hastings.

Safe travels to all and see you on June 24th !