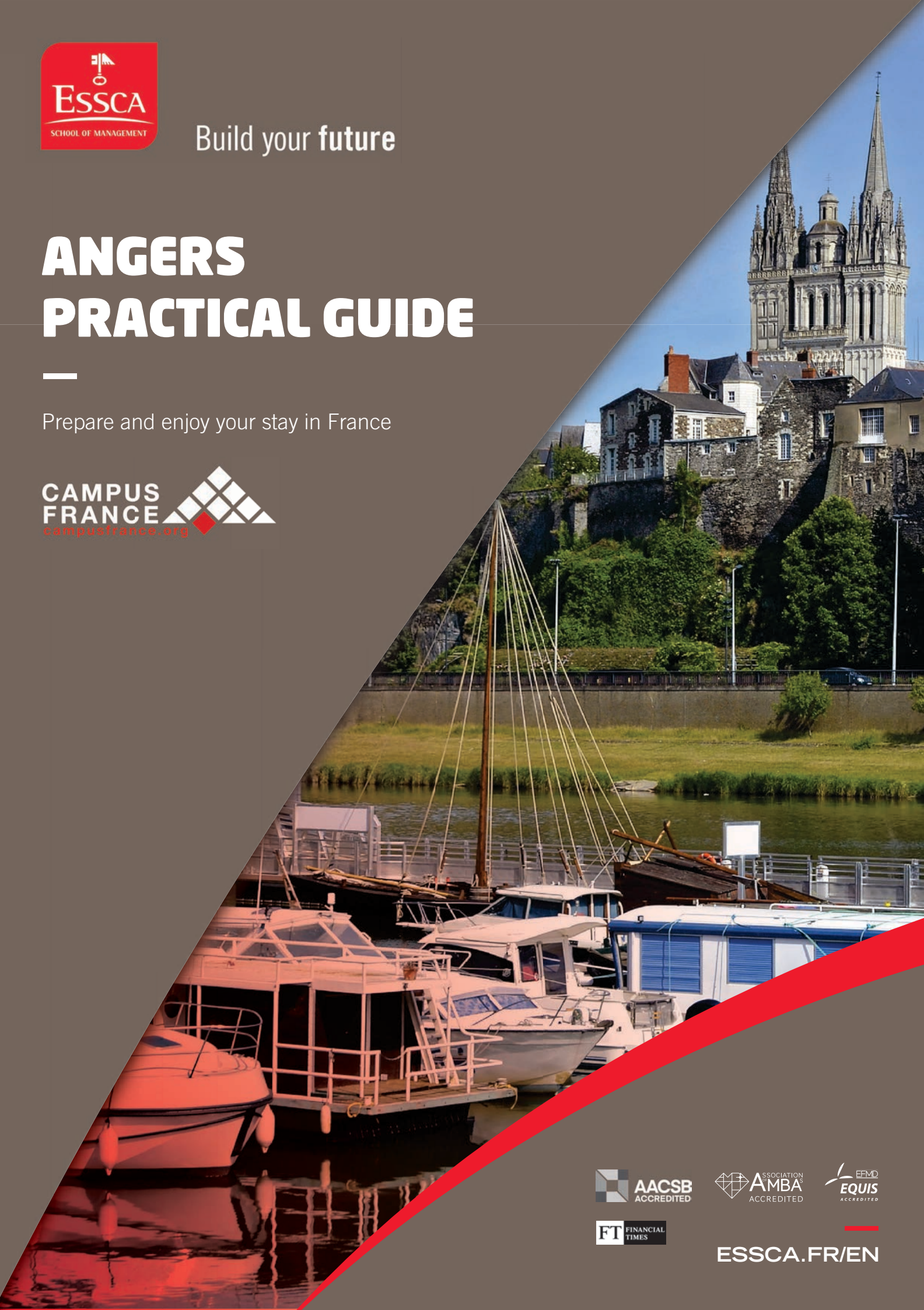




Build your future

# ANGERS PRACTICAL GUIDE

Prepare and enjoy your stay in France



ESSCA.FR/EN

# Welcome to ESSCA!

On behalf of ESSCA, the International Relations Office would like to welcome you to the International Exchange Programme. If you decide to join the programme, you will become a part of our expanding student community. ESSCA welcomes more than 800 International students per year across our 4 campuses, from over 50 different countries – so you are guaranteed to have a truly international experience!

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

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

Muriel Jacquelin  
Associate Dean for International Relations

## CONTENT

---

● <b>Studying at ESSCA</b> - Orientation Days	PAGE 2
● <b>Welcome to Angers</b> - The City - Social Life in Angers - The French ClimateClimate	PAGE 3
● <b>Associations at ESSCA</b> - BDE - BDS - Association Mercure - Fédération des Associations - More on Sports	PAGE 5
● <b>Visas and Insurance</b> - Types of Visas - Visa to study in France for more than 3 months - Travel Insurance	PAGE 7
● <b>Health and Doctors</b> - Personal Health - Doctors - Health Insurance - Refunds on Health Costs	PAGE 8
● <b>Arrivals</b> - Arriving by Plane - Arriving by Train - Arriving by Car	PAGE 9
● <b>Getting Around Angers</b> - Bus and Tram - Bringing your Car - Hiring a car	PAGE 11
● <b>Staying in Angers</b> - Accommodation - Private Accommodation - Temporary Accommodation - CAF - Housing Subsidy - Opening a Bank Account - Telephones and Internet - Electricity - Day to-Day Expenses - Restaurant Facilities in and around ESSCA	PAGE 12
● <b>Medical Certificate for Competitive Sports</b>	PAGE 27



# STUDYING AT ESSCA

---

## 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 500 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.



# WELCOME TO ANGERS

---

## 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 151,500 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 40,700 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:

Restaurants:

- **Chez Pont Pont**
- **Les Cocottes**
- **Les Variétés**
- **Joe Carpa**
- **Bar du Centre**
- **Pub du Raillement**
- **La Cremaillere**, crêperie/restaurant
- **La Crêperie du Château**
- **Ma petite cantine**, restaurant
- **La Piazzetta**, pizzeria/restaurant
- **La Péniche**, restaurant/club
- **La Soufflerie**, soufflé restaurant
- **Sushi Love**, japanese restaurant
- **Tapas 100 balles**, spanish restaurant
- **Love e Basta** (Italian)
- **Le Napoli** (Italian)
- **Thai l'Inde** (Thai & Indian fusion)
- **Le Sakura** (Sushi)
- **Ernest Inn**

Bars:

- **Jokers bar**, irish bar
- **Okapi**
- **La Trinquette**
- **Tonton Foch**
- **Le James Joyce**, bar/restaurant
- **Au Fut et à mesure que**, new bar
- **Le Falstaff**, bar
- **Matt Murphy's**, irish bar
- **Le Barock**, new trendy bar

Clubs:

- **Le Mid'Star**
- **Le Boléro**
- **La Chapelle**
- **Le SC club**
- **Le Carré**



## 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

---

### BDE

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

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

### ASO

The ASO (Association des Sports) is the equivalent of a Sports Union. Like the BDE, each year a new team is elected to run office



## 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.

## 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 the bi-lingual document which is on the final page of this guide. This is to confirm that your DPT (diphtheria, pertussis [whooping cough] and tetanus) injections are up-to-date. The French doctor will check your vaccinations and general health before giving you a '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

---

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.

## Student French Visas

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

There are [different types of long-stay visas](#) issued to students in France :

### Visa de Long Séjour (Ceseda 311)

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

However, long stay visa holders will have to register with the [French Office of Immigration and Integration \(OFII\)](#) during the first three months of their stay in France. Detailed instructions on the registration to the OFII will be given during the orientation days.

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

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 others Schengen countries. 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.

We strongly recommend that you make copies of your passport, visa, OFII and residence permit and keep them in a safe place in case you were to lose the original documents.

## Travel Insurance

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

There are many specialist Insurance companies that can provide you with insurance best suited for you.

Some countries, such as the UK, offer insurance tailored to a Study Year Abroad and Exchange students. Cover may include theft and damage of valuable equipment and emergency travel expenses - should you get seriously ill or injured.





The best way to get a better deal is to do your research carefully, keep your options open and see what type of insurance is offered in your country.

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

## HEALTH AND DOCTORS

---

### Personal Health

Please see [here](#) for a list of English-speaking doctors in Angers. Contact the [International Office](#) for more health information.

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 (*médecin généraliste*), you will need to pay around €26 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.

### Health Insurance

Health insurance is compulsory for all international students.

**Students coming from the European member** countries must send ESSCA a copy of their European Health Insurance card - EHIC (or the E111 or E128 documents) before arrival. These can be obtained either via your university or your home country's health service.

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

**Non-EU students** must provide a copy of their international health insurance certificate. This must be given to ESSCA in French.

Registration to the French social security is free for all students (non-EU and EU). French social security is only necessary for students who are non-EU or EU without a EHIC card. You will need to have a French bank account to register.

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

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

## Refunds on Health Costs

### If you are an EU student

The best way to claim some of the cost back is to obtain an EHIC (European Health Insurance Card), these should be free in all European countries, and should help cover you for 70% of your medical costs. For the other 30% it is advisable to buy additional health insurance either in your home country or in France.

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



You can either ask for money back in your home country upon your return or send the following to the CPAM (caisse primaire d'assurance maladie) in Angers at 32 Rue Louis Gain:

- a copy of your passport
- a RIB
- acquitted bills (+ prescription)
- a copy of your european health card (EHIC card)

For further details, you can also contact the English speaking line for advice: 0811 36 36 46

## ARRIVALS

---

### 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 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
- 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
- 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.

## 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 €40. 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

---

## 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.



## 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

---

## Accommodation

ESSCA has a partnership with 7 residences and offers some accommodation options:

- Residence De La Maine
- Residence Internationale Saint Serge (Fac Habitat)
- Couffon Pavot
- Residence Volta
- Residence Lakanal
- Residence Belle Beille
- Residence Kley

Accommodation is allocated on first-come, first-served basis.

You may wish to find private accommodation. Please use the following website to find private accommodation: <https://essca.studapart.com/en/>

Students studying at ESSCA should fill out an online Accommodation Form indicating if they wish to register for one of our seven residences or if they wish to find private accommodation. The online form will be sent to you when you have registered on the ESSCA platform.



If you have any questions you can consult our [website](#), or contact [exchange@essca.fr](mailto:exchange@essca.fr).

### Résidence de la Maine

Residence de la Maine is one of our most popular residences and is located in the city of Angers. It 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.

Both individual studios and shared apartments are available at this residence. For more information [click here](#) to visit the residence's website.

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
- Rent around 500 euros/month
- Useful facilities – launderette, indoor bike shed

- 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



### 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 kitchenette) 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 €500 Please be aware that prices are subject to change. If the prices do change, you will be notified by the residence manager. These prices include water, gas, electricity and internet. Please note that mandatory home insurance is not included.

### Address and Contact Details

Location: 18 Allée François Mitterand

Postcode: 49100

Residence Manager: Gwendolyne Noyer [gwendolyne.noyer@mgellogement.fr](mailto:gwendolyne.noyer@mgellogement.fr)

"I like it here! The location is really good and I have most things I need. I think the price is good as well and Nathalie has been really helpful."

Melissa Selwood, Loughborough University, UK

"I think that La Maine is a great housing option. I got the opportunity to meet other international students from other colleges and mostly everyone speaks english so it's easy for me to get to know people."

Lucas Arendt, University of Dayton, USA

"I'm happy with La Maine, good utilities, you have your space, service is good."

Pipo Raichs Ucelay, Universidad de Zaragoza, Spain

"I'm really satisfied with Le maine. The location and facilities are nice. Also, Madame Lebrun always helps me if I have any problems about CAF."

Izzet Çakır; Istanbul Technical University, Turkey

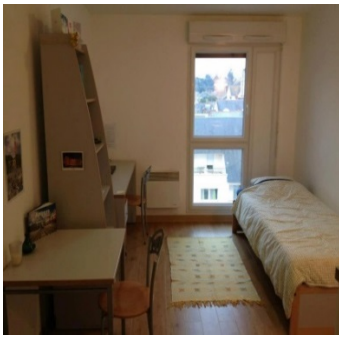
### Fac Habitat

Adjacent to Résidence De La Maine, Fac Habitat is also a popular choice for international students. In the same area of the city, it too benefits from good transport links into town and to ESSCA. Located next to the 'Jardin Francois Mitterand' and away from the main roads, this accomodation is sheltered from all of the street noise, allowings its residents to relax.

For more information [click here](#) to visit the residence's website.

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 and gym 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.

Some of the benefits of Fac Habitat 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 and gym
- 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 – Located next to other student residences and the Angers university.

### Rent Prices

Prices start from €460 but please be aware that these are subject to change. If the prices do change, you will be notified by the residence manager. These prices include water, gas, electricity and internet. Please note that mandatory home insurance is not included and will be added onto your first bill.

### Useful Information

- 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.

### Address and Contact Details

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

“Fac Habitat is great. Love the bedroom and very good sized bathroom and kitchen.”

Meghan McFarland, University of West Florida, USA

“I have really enjoyed my time at Fac Habitat and I would recommend it to everyone. All the services such as internet, laundry, reception, gym, post boxes are good and the location is just great.”

Maija Luukka, Lappeenranta University of Technology, Finland

## Résidence Couffon Pavot

Residence Couffon Pavot is located south of the city centre towards the main Angers train station. It is only an approximately 10 minute walk to Boulevard Foch, the street which runs straight through the centre of town.

Some of the benefits of Couffon Pavot are:

- Good transport links – 10 minute walk from tram stop (in city centre)
- Useful facilities such as laundrette and communal spaces to hang out in such as the work and IT rooms as well as the lounge.
- Very affordable prices – rooms start at €265 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



It takes around 20 minutes to get to 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. Check the [IRIGO website](#) for more travel information.

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

### Rooms and Rent Prices at Couffon Pavot

- 9m<sup>2</sup> Room with en suite bathroom and cooking area - €265 per month
- 13m<sup>2</sup> Small Studio with en suite bathroom- €347 per month
- Flat share of 2 people with their own 9m<sup>2</sup> bedroom each and shared bathroom and kitchen space also measuring 9m<sup>2</sup> - €268 per month per student
- Flat share of 4 people with their own 9m<sup>2</sup> bedroom each and shared bathroom and kitchen space measuring 18m<sup>2</sup> - €268 per month per student

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 €30 for a duvet, pillow, duvet cover, pillow covers and bed linen. Please note that mandatory home insurance is not included.



### 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.

In order to see what the rooms are like in more detail, [click here](#) to access the CROUS website where you can have a virtual tour of the residence.

### Address and Contact Details

Location: 1 rue Léon Pavot, 49100 ANGERS

Contact Details: [exchange@essca.fr](mailto:exchange@essca.fr)

### 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. This getting to class very easy and there are many transport connections around the residence. These bus stops can take you into town in approximately 15 to 20 minutes.

Some of the benefits of Volta are:

- Transport links – 3 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 3 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 €3.25.

## Rooms at Volta

All rooms at Volta are studios and are 18m<sup>2</sup> with private bathroom & kitchenettes. Please be aware that electricity is not included in the rent (these are assessed on personal use).

Students should bring their own towels and kitchenware. There is also a compulsory charge of €30 for a duvet, pillow, duvet cover, pillow covers and bed linen. Please note that mandatory home insurance is not included.

Each room is furnished with:

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

## 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 is provided by ESSCA. Students must then reimburse ESSCA for this payment.

In order to see what the rooms are like in more detail, [click here](#) to access the CROUS website where you can have a virtual tour of the residence.

## Address and Contact Details

Location: 10 rue Joseph Lakanal, 49100 ANGERS

Contact Details: [exchange@essca.fr](mailto:exchange@essca.fr)

## [Cité U' Lakanal- Close at the FALL 2020](#)

Lakanal is a student residence run by CROUS, a government funded student organisation which provides housing, food and supplies to students. Cité Universitaire Lakanal is located just over the road from ESSCA in Belle-Beille. This means it is very quick to walk to ESSCA for classes and the residence is also served well by local public transport only taking approximately 20 minutes to get into Anger's city centre.

Cité Lakanals' benefits include:

- Affordable rent, €254.80 a month per room.
- Close proximity to ESSCA and the university restaurant (Resto U' Belle Beille)
- Services including washing machines, security and parking spaces for both cars and bikes.
- Communal areas such as the TV room and work room.
- Transport links – 5 minute walk from bus stop (lines 1, 4, 6 and 14 which go to the city centre)
- Many students living in the area.

## More on Location

Since this residence is located right next to Volta, the benefits of living here are the same such as the good transport links and the proximity to ESSCA and the Resto U'. Please be aware that this residence is inhabited by students from different universities as well as other ESSCA students.

## Rooms at Lakanal

There is only one type of room offered here which is a 9m<sup>2</sup> bedroom, each one with its own en-suite which has a toilet, shower and sink. The kitchens are shared between residents however, each room has its own personal refrigerator.

Please be aware that this residence is inhabited by students from different universities as well as other ESSCA students. Since there are communal areas at this residence, making friends from other universities would be interesting and fun.



In order to see what the rooms are like in more detail, [click here](#) to access the CROUS website where you can have a virtual tour of the residence.

## Rent Prices

The monthly rent is €254.80, all charges included. Please note compulsory content insurance is provided by ESSCA. Students must then reimburse ESSCA for this payment.

Location: 25 Rue Jean-Baptiste Lamarck

Postcode : 49000

Contact Details: [exchange@essca.fr](mailto:exchange@essca.fr)

“Everyone in Lakanal is nice and friendly. I feel safe living there because there is a reception. The location is also good, just across ESSCA and it takes me 30minutes to city center with convenient transportation. I’m satisfied with it.”

Liyang Chen, Xiamen University, China

## Cité U' Belle Beille

The Belle Beille residence is also run by CROUS and is located next to ESSCA as well as other student residences such as Lakanal and Volta. The rooms available at Belle Beille all have their own bathroom which has a shower and toilet.

Some of the benefits of Belle Beille include :

- Affordable rent of €255 a month.
- Close proximity to ESSCA and the student cafeteria which is open midday from Monday to Friday.
- The residence provides security, parking and a place to store bikes.
- Shared areas include a TV room, workroom and clothes washing facilities.
- Good transport links into town (lines 1, 4, 6 and 14 which go to the city centre).

## More on location

Since this residence is located right next to Lakanal too, the benefits of living here are the same such as the good transport links and the proximity to ESSCA and the Resto U’.

## Rooms at Belle Beille

The rooms on offer here are 10m<sup>2</sup> bedrooms which each have their own shower and toilet. Each room also has its own refrigerator to store your food in and the kitchens are communal and to be shared by residents.

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



In order to see what the rooms are like in more detail, [click here](#) to access the CROUS website where you can have a virtual tour of the residence.

## Rent Prices

The 10m<sup>2</sup> room costs €254.80 per month, all charges included. Please note however that mandatory content insurance is provided by ESSCA. Students must then reimburse ESSCA for this payment.

## Address and Contact Details

Location: 8/10 Boulevard Victor Beaussier

Postcode: 49100

Contact Details: [exchange@essca.fr](mailto:exchange@essca.fr)

"The advantage of Belle Beille is that it's near school so it's really convenient for me."

Chun-Chen Wei. Fu Jen Catholic University.

"I am really satisfied with the residence. The apartment, kitchen, tv-room and study room are so nice."

## Résidence Kley

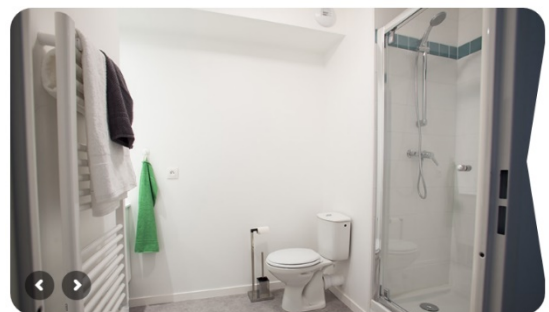
Residence Kley is a private student accommodation located just under 10 minutes walk from ESSCA. This residence is located in Belle Beille, a more peaceful and calm area of Angers. Living in this areas has similar benefits to the Belle Beille residence or the Lakanal residence since they are located close to one another. There are two types of rooms which can be booked and these are either the premium studio or the bedroom with an en suit in a houseshare of 5 people.

Some of the benefits of living at KLEY include:

- Close to ESSCA and the Resto U in Belle Beille.
- Good transport links into town (lines 1, 4, 6 and 14 which go to the city centre).
- Communal spaces to hang out with friends. There are also shared spaces to work on your own or in groups.
- On site facilities such as washing machines and driers.

### Rooms at Kley

The premium studio is 19m<sup>2</sup> and includes all the amenities which you could need. There is a corner desk, a large 110x200cm bed, a kitchen space as well as a bathroom which has a large shower, a large mirror, sink, toilet and storage.



The houseshare has 5 bedrooms and a fully equipped kitchen with large fridge, oven, dishwashers and microwave. There are also some chairs and a TV so housemates can chill out together. Some of the flat shares even have a balcony. The bedrooms themselves are 18m<sup>2</sup> and are fully furnished with a desk, large bed and plenty of storage place.



In order to see in more detail what KLEY has to offer then check out their website at <https://www.kley.fr/angers/?lang=en>

### Rent Prices

The 19m<sup>2</sup> studio costs €538 per month, all bills included.

The 18m<sup>2</sup> houseshare room costs €518 per month, all bills included. Please note that mandatory home insurance is not included and will be added on to your first bill.

### Address and Contact Details

Location: 16 boulevard Lavoisier

Postcode: 49000

Contact Details: [exchange@essca.fr](mailto:exchange@essca.fr)

"I like it in kley because the rooms are very spacious. There is a big common kitchen where you can invite friends over. The people managing the place are also very nice."

Karen Manuel, De La Salle University – Manila, Philippines



## 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 at [exchange@essca.fr](mailto:exchange@essca.fr).

## 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):

€18.50 individual bedroom

€28.80 double bedroom

€3.40 for bed sheets

€3.50 for breakfast

€7.75 all meals

Bus lines 4, 6 or 14

### 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 current transport prices here, [in french](#)) :

- Bus/ tram pass (under 26s): €29 per month, €267 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. €40
- 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
- McDonalds: 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 €3.25 - €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.



# MEDICAL CERTIFICATE FOR COMPETITIVE SPORTS

*If required, to be given to French doctor*

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

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

Doctor

(name).....

*Docteur*

Hereby certifies that the student.....D.O.B.....

*Certifie avoir examiné l'étudiant(e) .....né(e) le.....*

Has had the **diphtheria, poliomyelitis and tetanus (DPT)'s** vaccination

A été vacciné(e) contre le DPT

<b>Diphtheria, poliomyelitis and tetanus (DPT)</b>	<b>Write below</b> <b>Dates of DPT vaccinations</b>
1 <sup>st</sup> injection (1ère vaccination)	
2 <sup>nd</sup> injection	
3 <sup>rd</sup> injection	
1 <sup>st</sup> booster injection (1er rappel)	
2 <sup>nd</sup> booster injection	
3 <sup>rd</sup> booster injection	
4 <sup>th</sup> booster injection	
5 <sup>th</sup> booster injection	
6 <sup>th</sup> 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** campuses: Angers, Paris, Aix-en-Provence, Bordeaux, Cholet, Lyon, Budapest and Shanghai

**279** partner universities in **55** countries worldwide

**6,000** students and corporate auditors

**140** permanent faculty members

**340** adjunct professors and international experts

**2,500** partner companies

**14,500** alumni all over the world



## HEAD OFFICE

1 rue Joseph Lakanal  
BP 40348  
49003 ANGERS CEDEX 01  
Tel.: +33 (0)2 41 73 47 47

## PARIS CAMPUS

55-56 quai Alphonse Le Gallo  
92513 BOULOGNE-BILLANCOURT CEDEX