



SURVIVAL GUIDE

2016-2017



ESSEC
BUSINESS SCHOOL



**SOCIETE
GENERALE**

SUMMARY



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A brief introduction to this guide

Some of you have already travelled a lot. Some have never left their homeland and their first step abroad won't be taken in a border country, but on the other side of the world. That destination may be France, a developed, well-organized country where you can figure out solutions in most situations with patience, some basic French and a smile- but you will, still, need a certain time to adapt.

MELT is the ESSEC Student Club (in French « Association ») dedicated to international students, created precisely 20 years ago. Most of us are French students who are simply eager to get to know you and be there when you need help. We also count international students within our ranks; they were in your current position a few school terms ago. We endeavor to be true global citizens. Thus, our job is to make you feel at home here in France, be it in Cergy or Paris, the City of Light, Love or anything you want it to be. The major part of your real-life interaction with us will be during informal, fun events- yet as you will discover in this guide, we can also help you through a variety of predicaments and practical problems. Our advice, of course, should never replace the competencies of the following institutions: the ESSEC school staff, the French state and social security, Alegessec (ESSEC housing group) and many more.

Our first aide to you is under your eyes: The Survival Guide. It compiles the answers to numerous questions that are regularly asked over the years, and that we've tried to address as exhaustively and clearly as possible. Some of you will be among us for a short 3-months stay (we won't ask whether it is for touristic purposes ;)), others will spend over 2 to 4 years at ESSEC. Feel free to handpick the information you need along this guide. If some pieces of information are also available online, keep in mind that a lot of things are left unsaid on official websites, e.g. the downsides of phone contract subscriptions. The social and administrative rules you are used to may not apply here in France, so try to proceed carefully in order not to waste hard-earned money or time.

We hope you will enjoy reading this!

Sincerely,

The MELT team







Revised in May 2016

I. About MELT



a) *Le Bureau* : the current board of students

 <p>President Léa FRANCONY B00684642@essec.edu 00(33)6.81.88.19.71</p>	 <p>Vice-President Angéline 'Nina' VERDON B00684749@essec.edu 00(33)6.78.84.62.89</p>	 <p>Secretary Fadwa OUARDANI B00684876@essec.edu 00(33)6.68.32.87.77</p>	 <p>Treasurer Saurav SINHA B00638450@essec.edu 00(33)7.68.22.55.94</p>
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If you have any inquiry, feel free to contact us and we will be happy to help. Please state your question clearly and mention your full name as well as the programme you are enrolled in. Since we receive a lot of emails, it will help us to get back to you shortly.

Here is our general e-mail address: meltinternational@gmail.com

Stay in touch with us on social media :

[Mél Tessec](#)

[@MeltEssec](#)

melttesec.weebly.com



b) *Joining MELT*

MELT is the organization for international students – what would it be without you ? Every year, we recruit motivated international students in our MELT family, in addition to our regiment of Frenchies. We want the association to welcome diverse people from every background and every ESSEC programme. If our main mission is to welcome you guys, we also do so much more.

Here are a few activities we organize throughout the school term, to name a few :

- International dinners @Cergy
- Dinners in Paris
- Outings in Paris
- International Week in early January
- Presentation of your country in front of disadvantaged secondary school students
- ...

MELT is a unique opportunity to be part of this great project, so don't hesitate to come and get to know us better. What's more, as you will notice, student clubs are the major part of student life here. These friendships last forever, as we spend much of our free time in each other's company, and still meet years after graduating.

So how can you join us? No pressure, you will be notified in due time if you add us on Facebook –on which you can also find « Newsmelters » to inform you on what's going on at ESSEC.



II. Travelling

a) Your arrival at ESSEC : transportation

- **By plane**

There are 2 airports close to Paris.

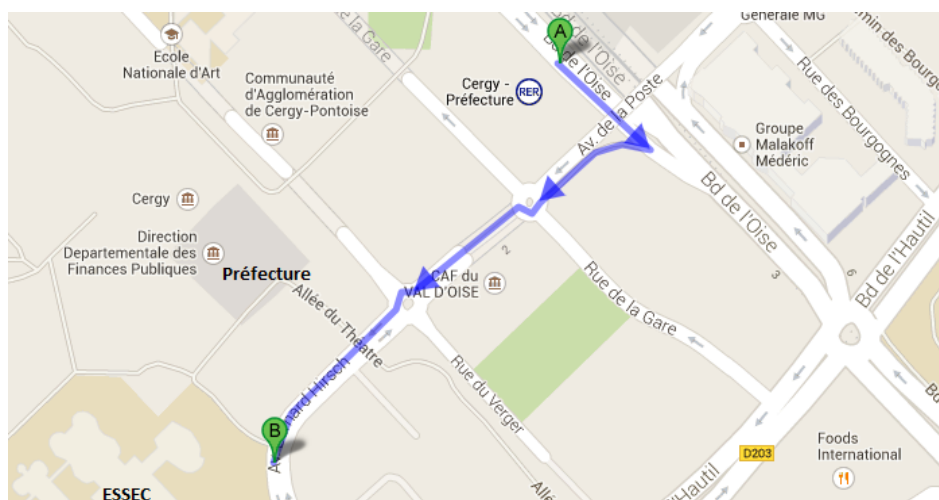
- [Roissy Charles de Gaulle](#), the largest one, located in the North of Paris and closest to ESSEC. You will generally go there for long-distance flights.
- [Paris-Orly](#), the airport located in the South, is less easily accessible from Cergy but it is a hub for short-distance flights.



If you find a low-cost flight, be careful: companies such as Easy Jet often use the airport of [Beauvais-Tillé](#), which is located North of Cergy. It is accessible only by car (1 hour from Cergy) or by shuttle from Paris (1h15 from Porte de Maillot). Departure and arrival times may be very early or very late.

How to go from Charles de Gaulle to ESSEC?

By [BUS](#)! This Bus takes about one hour to take you from the airport to school, or the other way. It is a Zone 5 exclusive transport, so it will cost you about 2€, and it is covered by your Imagine'R Navigo (a pass we'll talk about later in this guide, see p.10), zone 5 subscription. This bus stops at Cergy Préfecture, near the RER station. From there, all you have to do is follow [this video we made for you](#) or the map underneath.



If you have to go to the ESSEC residence Les Hauts de Cergy, you can follow [this video](#). For Cergy le Port, [this video](#) will lead you to destination.

If you come from Orly

- Take the [Orly Val](#) to Charles de Gaulle Etoile RER A Station (40 minutes at least)
- Take RER A to Cergy Préfecture (30 minutes at least)

This trip should cost about €15, as you cannot take Orlyval with your Imagine'R Navigo pass.

- **By RER-Metro-Bus**

[The Parisian metro network](#) (the "[RATP](#)" - Régie Autonome des Transports de Paris, see Annex 1) has 16 lines. The RER (Réseau Express Régional) is a suburban train network identified by its lines A, B, C, D and E serving Paris and its wider region. It links up with the urban metro network and some SNCF train lines. Metro lines are all located in zone 1, whereas the RER goes into zone 2,3,4 and 5. If your destination is located in these zones, your ticket prices will be different, so watch out because controls are frequent!

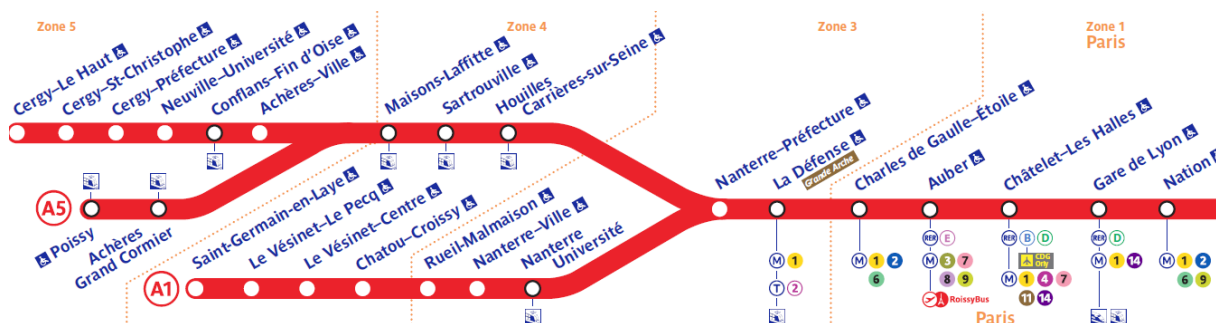
If you are staying in zones 1-2 (Paris and closest suburbs), a "[t+](#)" ticket is enough. T+ tickets are also used by bus operators in suburban towns such as Cergy. The t+ tickets cost € 1,80 individually (€2 if you buy them on a bus, but you won't be able to use it for a connection then), and a book of 10 tickets costs € 14,10. Tickets can be purchased at RATP stations and at tobacconists. A single journey (multiple line connections included) corresponds to one ticket, without time limit. One ticket enables you to do the following connections: Metro/Metro (or Bus/Bus, etc), Metro/RER, Bus/Tram... but it is not possible to use only one ticket for a Metro/Bus, a RER/Bus or a Metro/Tram connection.

The first metro is at 5.30am and the last one at 0:50am, 1:50am on Fridays and Saturdays. The bus generally operates from 6.30am to 8.30pm, yet certain lines operate until 1.30am and later.

When there are no more metro / RER, there are night buses from the centre of Paris (Noctiliens), see on the [Noctilien website](#). They start at 0.30am and work until 5.30am. Paris is a rather safe city, in particular in touristic areas in the centre – the main 'threat' you will find are pickpockets, so simply pay attention to your belongings. Also, we discourage you from walking alone after 11pm in Cergy or in other Paris suburbs, since thefts have already occurred.

How do I get to ESSEC from the centre of Paris?

Take the RER A and stop at Cergy-Préfecture. Watch out, not every train goes to Cergy (about one in 4, you have to step in a train whose final destination is Cergy-le-Haut). As you can see on this plan, train tracks separate and trains follow different directions after Nanterre-Préfecture. The trip Paris-Cergy costs € 5,95 and the book of 10 tickets € 47.60, as you can see on this [simulator](#).



WARNING: MAINTENANCE WORK ON LINE A IN JULY AND AUGUST 2016

Be careful if you arrive before September, as line A is being renovated.

In order to plan your trip, go to the RATP's (RER and Metro operator) [simulator](#), which has been updated for summer maintenance works. You will be given the best itinerary according to the moment when you are using it. It can be either other RER lines, or a shuttle.

Here are indications about how it works:

Starting point (ex: Cergy-Le-Haut)

Destination (ex: Châtelet)

Indicate when you want to leave (choose “Départ”) and when you want to arrive (“Arrivée”).

Choose whether you want to go as fast as possible (“Le + rapide”), to avoid connections (“- de corresp.”), or if you want the least amount walking (“- de marche”).

Once you have entered your trip and preferences, you’ll get your detailed itinerary:

- Total duration** (be careful, it is an estimation but RERs and Metros are not always reliable)
- How long you will need to walk**
- Tarification of your ticket**
- This message informs you that summer maintenance works are taken into account in the choice of this itinerary = line A unavailable
- Dotted lines = when you have to walk**
- Direction + departure and arrival stations**

Transfer time

Enlarge maps

Walking itinerary detail

Number of stops, est. time

Arrive earlier Leave later

Student Metro-RER-Bus Card: Imagine'R

As you have noticed, traveling by train can become pretty expensive if you shuttle every day. It may be a good idea to buy a yearly subscription for students under 26 called Imagine'R card. This is all the more interesting than, from this year on, the subscription will be at the same price whatever the number of zones you need. It will now cost € 333,90 /year, whereas it used to cost € 740 / year for 5 zones until last year.

Here are more details: [Imagine'R](#) (in French). Application files will be given to you as soon as you register at the Essec Welcome Center.

To apply you need to send:

1. the Imagine'R application
2. an identity photo (35x41 mm, standard in photo boots)
3. an ESSEC 2015-2016 school certificate
4. your French bank account details as Imagine'R withdraws the money each month



Send it with “accusé de reception” to the address below :

Agence imagine R
TSA 46033
95905 Cergy Pontoise cedex 9

Warning: Making a card takes about 3 weeks once you have sent your subscription file, and you will have to pay for normal tickets until you receive your card. So don't lose time upon arriving !

• By Taxi/Car-pooling or Uber



It is the most comfortable and often the fastest way but also the most expensive.

The address of ESSEC is:

Avenue Bernard Hirsch,
95021, Cergy-Pontoise.

The journey takes roughly 45 minutes. The fare is around €70, so be sure to split it by traveling in groups of 2 or 3.

You can find taxis in the railway stations, airports, near the main traffic routes and at the 470 taxi ranks.

The light on the roof of the car enables you to identify a taxi. You can call a taxi by using the call points for the Parisian taxis. It may be difficult to find one on Saturday night when all the Parisians are going out. You can in that case use Uber to find a car: the service is pretty good.

Car-pooling may also be a good way to travel from between Cergy and Paris, since the fares are much lower (bt. € 1,70 and € 3). The problem is that Paris is a big city and you will need to find someone who is located close to the place to/from which you were to go. However, if you have some time, it is a very good way to meet French people. Have a look at the [Sharette](#) application or at the [BlaBlaCar](#) website!

As for Uber, it works with the smartphone app just like in other cities.

- **With your own car**

It is compulsory to wear a seatbelt both in the front and in the back. The speed limit is 50 km/h in town, 80 km/h on the ring roads, 90 km/h on the main roads and 130 km/h on the motorways. Don't forget to carry your international insurance card. In most districts of Paris you must pay for parking by using parking meters. A large number of public car-parks (paid car-parks) are available in most districts from between € 1.50 and € 3 per hour. If you want to make sure you won't spend 15 minutes looking for a car-park when you go out in Paris, have a look at the [ZenPark](#) application: once you have registered, it enables you to book a car-park, to be guided to it... and it is generally somewhat cheaper than Parisian public car parks.

Also check out [Deways](#) and [Autolib](#), smart and cheap auto-sharing startups in Paris!

- **By Bicycle**



We don't really advise you to go from Cergy-le-Haut to ESSEC with a bike, since it is very long.

But riding a bike really makes traveling In Paris a great experience, especially during spring and summer. There is a public bike-rental service, with stations almost everywhere called [Vélib](#). If you subscribe to a 29€/year scheme, you'll have unlimited access, with the first 45 minutes of each of your rides for free. You can also buy a one-day ticket for € 1,70, with the first 30 minutes of your rides for free.

b) Travelling within France and Europe

French Railways

France has very well connected railways. You can go almost anywhere around the country and even to other European countries. The French national firm in charge of railway trains is SNCF – Société Nationale des Chemins de Fer. As long as you are under 27, you can buy the [Carte Jeune](#), (website in French) which enables you to have reductions that go from 25% to 60% of the regular ticket price. It costs 50 €/year, but it may be worth buying it if you plan to make at least 3-4 trips by train.

More info: <http://en.voyages-sncf.com/en/>

Railway stations in Paris and their destinations:

- **Gare du Nord: Northern France, Germany, the Scandinavian countries, Belgium, the Netherlands, Great Britain.**
- **Gare de l'Est: Eastern France, Luxembourg, Germany, Austria, Switzerland, eastern Europe.**
- **Gare de Lyon: South-eastern France, Switzerland, Italy**
- **Gare Saint-Lazare: Normandy, sea-way connections**
- **Gare Montparnasse: Brittany, Aquitaine**
- **Gare d'Austerlitz: South-western France, Spain, Portugal**

Bus Services

This is a cheap but slow transportation mode. Here are some bus operators:

- Ouibus – European and French cities, wifi onboard : [Ouibus](#)
- Eurolines –European and French cities: <http://www.eurolines.fr/en/>
- Flixbus –European cities : <https://www.flixbus.com>

Buses are also useful in the Cergy-Pontoise urban area. You can find all the information you need on the dedicated Stivo website: www.stivo.com

Grèves – Strikes

Don't worry. It is not often that every line comes to a standstill! Check the line that is on strike as well as the train timetable on the website of RATP or at the station. Please keep in mind that transport in Paris may be really efficient when it is running well, but that it is not reliable always (at all)! RERs are (too) often late, there is maintenance work, and in the worst case you might spend twice the amount of time you had foreseen before arrival. So in case you have a major appointment or an interview, plan to leave especially early!

Think about it : the RER A line is the most frequented public transport line in Europe ! No wonder it is often subject to smallscale problems.

Security

Public transport services work hard to warrant the safety of their passengers. Don't think about recent tragic events that have happened in France – every suspected package will be thoroughly inspected even if the risk is minor. Security agents, helped by the police and French military forces, are dispatched along the transport network.

If something is happening or someone around you is behaving in a way that legitimately worries you – you can always call 3117 (emergency number) to warn the RATP services.

Once again, pay attention to your high value belongings in public transports and crowded area.

III. Settling in

a) Opening a bank account in France

You will need to open a French bank account as soon as you arrive in France to be able to apply for housing benefit, and then to pay your electric or phone bill. First, you have to choose a bank offer.

In fact, only 3 banks have special attractive offers for ESSEC students : **LCL, Société Générale and BNP Paribas**. Comparing their offers is tough, because their products are quite similar.

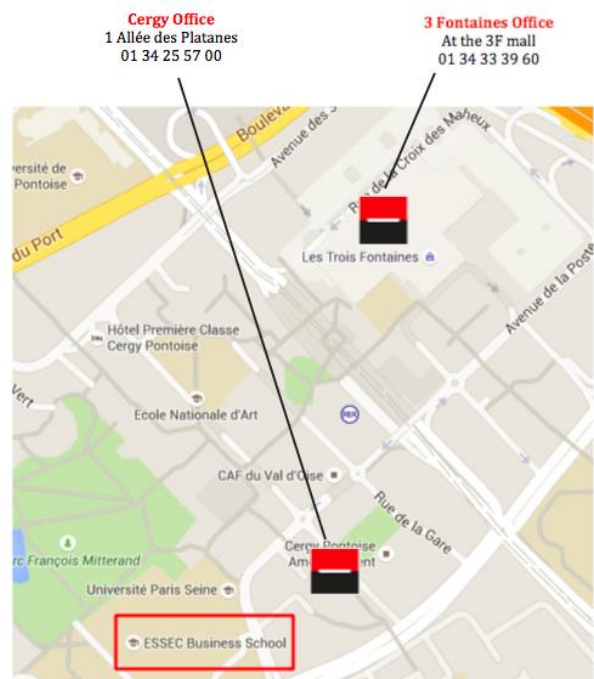
But **MELT** has an interesting partnership with **Société Générale**, which grants you the following advantages in addition to their current promotional offer to ESSEC students:

- **Visa Gold Debit Card Jazz Pack (immediate payment): 1€** during your entire curriculum at ESSEC
- **Your Housing Insurance: 1€ the first year*** (*the amount of your housing insurance is first deducted from your account and then reimbursed of the amount minus 1€. The maximum size of the home insured is a two room flat situated in Cergy and its surrounding area)
- **Savings account: 30 € offered at the opening**



Since Société Générale is our partner, there are other advantages to this subscription:

- ✓ There are many offices in Cergy, a few steps away from ESSEC
- ✓ Many students (French or international) have become their customers in the past years, so we have **feedback** and we know they are **reliable**.
- ✓ We know how they work: **you can contact us if you need information** before your arrival in France.
- ✓ You will find the **subscription form** and more information related to this offer in the Annex 2 of this guide.



Documents required to open a French bank account:

1. **Copy of your passport**
2. **Student certificate**
3. **Proof of residence in France** ("Attestation de Logement" from the landlord or rental lease). Alegessec can supply you with this if you've already subscribed.

To close a bank account after departure (it is better to leave it open for a while after you leave, for housing benefit and electricity) : ask your bank how to do it.

b) Where to live

ESSEC student residence facilities / Résidences étudiantes

- **Résidence du Port**

Opened in September 2010, the "Résidence du Port" is the most recent dorm at ESSEC. Ideally located, it is at a 10 minutes' walk from the campus and near the Port (Harbor) neighborhood, where there are several restaurants and a pub.

The dorm comprises 209 rooms (from 19 m² to 39 m²): 177 singles, 10 doubles (two bedrooms with shared kitchen and bathroom) and 12 doubles for couples (one bedroom with a double bed, one kitchen and one bathroom). Each room is furnished with a bed (90cmx190cm for a single), a desk with shelves, a table, a closet, an Internet access and a telephone.

Shared facilities include a private parking lot, a laundry, several study rooms and reunion rooms, a fitness room, a TV room with Canal+ (sports channel) and two common rooms with two foosballs, one pool table and one piano. Four tennis courts are also located at a walking distance near the campus.

- **Résidence Les Linandes**

The cheapest choice with 80 single studios and 50 double studios in a 11-floor residence with elevators. It might save you from fighting traffic but it's still 25 minutes by foot from the campus, else you have to take the bus.

You will find facilities in the residence: fitness room, laundry room, big screen TV room with table football and billiard, private parking, luggage room.

- **Résidence Les Hauts de Cergy**

The biggest hall of residence of ESSEC is called "les Hauts de Cergy" and is situated in Cergy Le Haut. This is the farthest from the school. You have to take the RER in order to rally school morning and evening. These are frequent, with 10 minutes to 30 minutes between them.

The residence has 485 apartments (433 singles and 26 doubles). They are furnished and equipped with a fridge, 20cm² electric burners, a bookcase, cupboards, a desk and a single bed (90cm x 190cm), internet connection and a telephone. You will find facilities in the residence: study rooms, laundry, parking, TV rooms, fitness rooms, a squash court, a leisure room, drink machines and a small shop. These facilities allow you to meet other students and to have fun in the evenings.

For more info: [ALEGESSEC website](#)

Live elsewhere: In Cergy or in Paris

WARNING: the housing situation is very difficult in Paris. The apartments are small and expensive, there is much more demand than offer. It may be difficult to find an apartment: because it is short-term rental, because your guarantor is not French or just because it is expensive (€ 800-1000 for a studio). It is better to be in France for the ads because you will have to visit the apartments, meet the owners and/or roommates. You will be asked for certain documents: a copy of your passport, certificate of registration at the university, even guarantor's pay slips maybe... We recommend you not to pay in advance except for the residences.

Please beware of scammers looking for naive clients, who suggest apartments they don't even own, at very low prices which are completely unrealistic- but very tempting for anybody. A famous swindling method: an ad posted by someone who is abroad or who will go abroad and who rents his/her apartment at low price. Then, they ask you to pay in advance in order to get the key. The address is a false one, the apartment does not exist. Beware of those scams !

- **Housing ad websites:**

Here are a few websites you can check:

www.erashome.com ; www.fusac.fr ; www.casaswap.com ; www.parisbe-a-part-of-it.com ;
www.glamourapartments.org ; www.mykeystoparis.com ; www.paristay.com ;
www.parislocationsmeubles.com ; www.parisattitude.com

For Chinese students, you'll find some useful information here: <http://www.xineurope.com/>

- Stay with locals: www.fac-paris.com or www.atomeparis.com
- Share with roommates – ad websites: www.colocation.fr or www.appartager.com
- Short term stay for a few days on arrival: at a local's <http://www.couchsurfing.com>

- **Short term solutions in Paris:**

- Bed & breakfast, 42 rue Poissonnière, +33 1 40 26 83 08 - dormitories 18 EUR/night with breakfast. More info [here](#).
- Airbnb
- ... and many others, just browse on the web 😊

Housing Subsidy

IF YOU LIVE AT AN ESSEC RESIDENCE, YOU DON'T NEED TO WORRY ABOUT THIS, ALEGESSEC WILL DO THIS WORK FOR YOU

- **What is it?**

The housing subsidy (APL) from the French State is given via the C.A.F : Caisse d'Allocations Familiales (Family allowance fund: the body which allocates social benefits).

- **Who can get it?**

E.U. students who sign a normal rental lease to live in France. Non E.U. if they receive the approval from the OFII (Immigration Office) before leaving France, this can be delayed so there is no guarantee for non E.U. students to get the housing benefit.

- **Payment?**

The value of the housing benefit is approximately €210/month. It becomes payable from the second month after you send your application (not from the beginning of your rental lease). The process is long so you usually start to get the payment about 3 months after you send your application. Incomplete months will not be paid. July and August are not paid unless students notify it to the CAF in writing. Please send a letter to CAF one month before leaving so they know that they have to stop the payment, otherwise you will have to give the money back after you left.

Documents to be supplied during the orientation week by students eligible for the Housing Benefit:

1. Copy of your passport's 1st page or identity card
2. Copy of the 1st page of your rental contract showing the dates (your name should be on the lease)
3. French Student certificate (ESSEC provides it for you)
4. Birth certificate showing the names of father and mother with legible stamp on it and multilingual including French OR officially translated in French with special stamp called «apostil » (see with the French Consulate for the accredited translators). If your translation does not have the apostil you may go to your embassy in France to get a legal stamp proving that the translation is correct but many embassies do not accept to do it. The birth certificate should not be issued more than 2 months before arrival.
5. French bank account details (Relevé d'Identité Bancaire = RIB)
6. Photocopy of the European health insurance card for European students (copy of the French health insurance for non E.U (ESSEC provides it)
7. Photocopy of Visa + OFII stamp when you get it after the OFII visit for non E.U. students
8. The application forms we help you to fill in during the orientation week

c) Phone plans/subscriptions

There are numerous types of mobile phone subscriptions available to consumers in France.

Mobile plans on a contract

“*Forfaits avec engagement*” are mobile plans taken out for a minimum duration, usually 12 or 24 months, depending on the offer. The subscription can be blocked to only include a certain number of hours each month, it can be unblocked, or it can be unlimited. These offers include a new mobile phone at a reduced price. Bills are paid monthly by direct debit.

The main mobile telephone providers are:

- Bouygues Telecom
- Orange / Sosh
- SFR
- Free

There are many other providers offering subscriptions and pre-paid packages. A useful resource for comparing mobile phone subscriptions: [Tous les forfaits](#) (site in French).

Mobile service without a contract

“*Forfaits sans engagement*” are mobile plans with no minimum term contract, or “low-cost plans”. The mobile subscription is managed entirely online, and a new mobile phone at a reduced price is generally not included upon sign up. The main operators all have a ‘low-cost’ mobile plan including basic plans as well as complete offers that include unlimited phone calls, unlimited text messages, international calls and Internet:

- Bouygues Telecom: [B&YOU](#)
- SFR: [Série Red](#)
- Orange: [Sosh](#)
- [Free](#)
- [Virgin Mobile](#)

Tips: Forfaits such as the B&YOU €19,99/month plan offer unlimited calls to fixed and mobile numbers in France, China, Canada & the USA, unlimited calls to fixed numbers in 55 destinations (such as Germany, Spain, Norway, Italy, Russia, Morocco, Japan, Singapore, etc.), unlimited SMS MMS, 3GB Internet. Look carefully to have the country you need!

Warning: the online subscription process is often only in French, don't hesitate to come to us if you need help

Prepaid offers

Prepaid offers, or *pay as you go*, do not require a subscription. After buying the SIM card and prepaid credit, calls can be made immediately. Credit is purchased either by buying a prepaid card, calling the number found on the back of the card and entering the card number, or buyers can purchase credit directly from cashiers at tobacconists and newsagents. The cashier provides a receipt that includes a phone number to call and a validation code. Prepaid cards are sold in many shops, supermarkets, tabacs and newsstands (*presse*).

IV. ESSEC & You

a) Academic courses

In a few weeks' time, you will receive the CMT, a document (in French, sadly, if it hasn't changed) that contains appreciations -written by last year's ESSEC students- about courses they attended and about professors. It is an interesting document that completes the administration-made guide, which is sometimes a bit vague and doesn't account for teaching quality.

⇒ **How to get the courses that I want?**

Please note this **DOES NOT apply to exchange and double-degree students**: lucky you, you get to choose your courses freely without a bidding system. 😊

We know this chapter may not be the most interesting to read – however, you will be faced with this issue very soon (if you already went through it, it might be helpful for next trimester). Obtaining the courses of your choices clearly isn't easy, so read through this carefully.

How it works, roughly:

- Each trimester, you are given 140 points to « bet » on the courses you want to follow. (If you follow 4 or more courses or if you follow less than 4 courses, you will be allocated points accordingly)
- You only get the course if you've bet enough points on it ; this result is determined by the number of seats in the course: the highest bidders get the course.

Sounds easy ? Now, **the constraints**:

- You can never follow more than 7 courses per trimester.
- There are three rounds for you to bet your points. At the end of each round, you get the courses on which you've bet enough points and you take back the points that you have bet but that were not sufficient to enable you to get the course.

There are also **exceptions**:

These constraints may sometimes be dodged, since France loves exceptions. You can, for instance, negotiate with a professor : some of them accept extra students into their courses if said students seem really motivated ; and if the course really makes a difference for their professional/study project. However, the number of points you can bet cannot be changed. Also, it will get harder and harder to negotiate directly with teachers as the administration wants to avoid that. Good luck !

FYI : French students at ESSEC

You will meet a lot of French students. Many of them will be ASCs, i.e. "Admis sur concours", which means that they've been admitted to ESSEC through competitive national exams. These students have gone through two or three years of "Classes Préparatoires" (or "Prep school" preparing students exclusively to graduate schools) – these years are equivalent to undergraduate studies- during which they had intensive courses and extreme personal workload in order to prepare for the highly selective entrance exams to the best French Business Schools.

After all those efforts, liters of coffee and countless sleepless nights, they were admitted to ESSEC (the best school we could dream of, right ?)

New ASC students first have to follow an entire Bachelor/Pre-master year at ESSEC, followed by a 6-month internship. They come back on campus in January (roughly 1,5 year after their entrance @ESSEC) to begin MSc 1 courses alongside international students (ASTi) and French students admitted through other admission ways (AST).

French students are also in numbers in many other programmes at ESSEC, including the Bachelor in Business Administration or BBA (fresh high school graduates) and specialized Master degrees.

b) Lunch time : where to go ?

- **At RU (Restaurant Universitaire) – university canteen (11.30am – 1.30pm)**

You can have lunch at the closest university restaurant, three minutes away from ESSEC ; located behind the tennis court. Meals cost around €3.15 for students, so don't forget to bring your student card! Meals are copious and diverse. Be careful, the RU is usually crowded between 12:15 and 12:45.

- **ESSEC cafeteria**

If you don't feel like going outside, you can eat at our cafeteria, at ESSEC. But prices are a bit higher – sandwiches: € 2.80, salads: € 3.90. A full warm meal may cost up to €7.

- **At food sales (VDB or “Ventes de bouffe”) organized by ESSEC student clubs**

ESSEC associations often sell food in the HDP- Hall des Patio- to earn money for their regular activities or to sponsor a charity or humanitarian mission. You can usually find menus for €3!

- **Coffee and snacking** : on the first floor of the cafeteria, various types of coffee/tea/juice as well as breakfast food, cookies, smoothies, yoghurt and even sandwiches can be bought using your ESSEC card or cash.

c) Student clubs « asso » & Sports

Student « asso » (associations/clubs) are what makes ESSEC continuously animated with countless events – and help students to make long-lasting friendships. There are about a hundred of them on campus, and around 60 of them are continuously active. MELT is an example (currently resisting writing something lovey-dovey). As there are so many of them (with determination, you can even create your own), it's impossible to introduce all of them at once but we're going to show you a few. Note that an « association guide » is passed around every Fall season.

TASMANIA (BDE ESSEC)

The BDE – Bureau des Elèves or Student Union – comprises 35 ESSEC students. They are elected for one year in May, after several weeks of campaigning. The posts are not renewable.

This year's President is Gaetan Belan.



Everyday life: animations and services

The BDE ESSEC is in charge of welcoming new students by helping them to adapt to the school and by informing them on everything they need to know about. Most importantly, the BDE also handles the running of both day-time functions and nightlife events (afterworks, parties, dinners, etc.), and coordinates the functioning of 80 student associations on the campus.

Big events

The ESSEC BDE organizes large-scale events such as the iconic NUIT DE L'ESSEC (biggest electronic student party in France) at the end of January, the Hottest Night, the Integration Weekend in late September, as well as the ESSEC Gala in early Spring.

Representation

The ESSEC BDE represents students in dealing with the school administration/direction, both for issues concerning student life as well as academic studies. MELT's President is also present in some administration boards alongside the BDE President.

!NEW! 2016-2017 : In the past years, it has been of general concern for MELT and the international student community that the BDE, voluntarily or not, was not doing such a good job in welcoming international students on campus.

Thankfully, after discussing those problems and including international students in the BDE team, **a new International pole has been created at the BDE. Its representants are former MELT President Sophia Zhu and current ESSEC China President Cheng Kong.** They will work on enhancing international communication and better cooperation with MELT.

PROFESSIONAL STUDENT CLUBS



www.esseclive.com

A collaborative student website - they boast to have created the most productive, widely recognized website among French schools. You will also find them at our parties, taking pictures at an impressive speed. Scared? They're not as sneaky as the video association...



Junior ESSEC Conseil

Without any doubt, the most prestigious student association in ESSEC. This is the largest single student-led consulting company in Europe, with about 1.5 million euros in Gross Income/year. These students, a team of about 30 at all time, are full-time consultants for 100+ French companies, big and small, looking for cheaper yet qualitative reports. Be sure to add them on Facebook, as they often outsource short and lucrative missions for ESSEC students to earn money.



ESE (ESSEC Solutions Entreprises)

The younger and smaller brother of the JE. Its structure allows for students in ESE to work part-time and not necessarily full-time.



ECI (ESSEC Conseil International)

A group of ESSEC students who travel outside of France in order to carry out a consulting mission (paid for by the client company).



Essec Initiatives:

The professional student club dedicated to entrepreneurship. Actually, ESSEC is rather good in this field. Remember Deezer or Deways?

SPORTS STUDENT CLUBS:



BDS (Bureau des Sports):

You like sports more than parties or studying? Rest assured, you're not alone. The BDS is a 40-student army organizing major events such as the T5B, the largest international student tournament in Europe (late April) and offering you a wide offer of sports courses and team sports coaching. You can also use their gym until midnight every week day. Let's go !



Club Aviron:

Rowing Club. As between Oxford and Cambridge, there has been an ongoing rivalry between teams of the 3 elite Parisian Business schools (ESSEC, HEC, ESCP). Boys and girls alike, come help us win again this year! The entire team is really, really invested.



ERT (ESSEC Rugby Team):

Rugby is huge in southern France, but even in the suburbs of Paris you'll find some knuckleheads brave enough to play this game, displaying sheer strength and ability in the completion against the other outsider schools. They boy's team likes to strip clothes for no reason. The girl's team is as tough as they get. We'll be cheering !



ESSEC Cavalier:

ESSEC Cavalier is the asso to seek for those who like horse-riding. Every year, they organize a competition [Derby des Grandes Ecoles], so get on your high horse and show off to the rest of us! On their asso week-ends, ESSEC Cavalier likes to ride off their horses into the sunset, on dreamy and breezy beaches.



Essec Voile:

On your boat, with your crew, look at the horizon and sail to win or simply to enjoy the view : be a member of the ESSEC team in the Course Croisière EDHEC, the largest European student sailing race ! ESSEC Voile is also known for their great relaxing skills on a boat – you don't always have to race.



Flying Club ESSEC:

Always wanted to fly like a bird but never had the wings to do so? ESSEC Flying club can bring some change to that!



RaidESSEC:

Raid ESSEC is an ambitious student club aimed at promoting “natural” sports at ESSEC. Their people love the mountain and they organize many running events.

CULTURAL AND ARTISTIC CLUBS:



Bureau des Arts:

In France, especially in Paris, art is serious business. So how can you make the difference between bogus and real state-of-the-art... art? Le BDA can help you with that, by offering exclusive tickets at cheap prices for Paris ballets, concerts and plays ; as well as organizing music concerts, painting classes and more.



Cinequanon:

In all schools, you have your Cinema Club, but CQN is much more than just about watching movies! Their members go to the Festival de Cannes, to the Berlin Festival, and also organize a film-making contest, all while recording a film on their own.



Les Mardis de l'Essec:

Every year, a dozen of rather famous French « big names » (CEOs, politicians, intellectuals...) are interviewed every Tuesday by the members of this club in front of hundreds of students in the Grand Amphi. Its members have great speaking and debating skills



Plaidessecc:

Enjoy listening to great orators? Or feel like listening to lawyers fronting ESSEC students?... Then attend one of their contests!



Comedia dell'Essec:

Every year, Comedia's troops (plays and improvisation) performing in front of ESSEC students and take part in festivals in Cergy or Paris. They will bluff you! But Comedia is not just about talent and hard work: it is also about friendship and great fun... What's more : **some of their performing events are partly in English for you to come and participate !**



Comédie Musicale Essec:

Musical performs every year in Spring on a very prestigious Parisian stage. Their troops of talented dancers-singers-actors perform a 100% original musical while ESSEC musicians perform 100% original music. Try to join their troops – and if it doesn't work out, you can always attend their amazing show.

Jam:



A dozen people gather up in the cafeteria, coming from every direction. Even though it seems completely random, they start playing wildly using various music instruments, because that's what they are: the fancy music band of ESSEC, writing music at will, trying to reach the ultimate sound. They're extreme, true jammers.

EVE - Ensemble Vocal Essec:

EVE

If you have a voice of an angel and you belong in a choir, EVE is made for you!

Elyxir:



You came all the way to France : have a taste of wine culture. Elyxir is a temple where the greatest names in the French wine business come and teach us all about their art. Wine tasting sessions are open to all upon subscription, and Elyxir members take part in wine-tasting competitions.

Label Sauce:



If you want to get a taste of French cuisine while opening up French people to flavors from your home country, this is the student club you will want to join. The chocolate day, the "grand dîner", cuisine workshops... They have it all!

Le Bureau des Jeux :



It's all about games. These obviously master the basics: Mario Kart and Fifa. But Poker stars, Pokemon trainers, chessmasters, MMORPG warriors and all other gamers are also welcome.

Noir Sur Blanc :



Have you also got a splendid Nikon KP87000 and a Canon Proshoot Xls343 lying unattended in your shelves? Get hold of it, and get ready to shoot some of the most amazing pics of this school year. This student club shares a passion for photography, and puts it to the use of the rest of the student community.

PAO Bang:



The junior graphic design agency of Essec. It produces the BDE's posters for parties and asso events – they also create logos for student clubs... and companies!

AVE (Association Vidéo ESSEC) :



At ESSEC Student parties, one student club comes alive and finds its true purpose: AVE immortalizes every moment of ESSEC student life by capturing it on tape. So beware, you might be in its next video compilation (called "Note")... They won't let you forget what happened last night.

OPENING UP TO OTHER COUNTRIES / CULTURES



Melt:

Our events will start pouring as soon as the school term starts.



ESSEC Chine :

If you're Chinese, chances are you have already been added to the WeChat group conversation. Welcome to your 500+ members family !



ESSEC España

For anyone loving Spanish and Spanish-speaking cultures ; South American girls are the heart of its bureau !



ESSEC India

Namaste to all. Among the most colourful of ESSEC assos !



ESSEC Israël

ESSEC Israël partners with HEC and ESCP Israël every year to travel to said country in early May.



Communauté Chrétienne :

France is/was a traditionnally Christian catholic land. As ESSEC was founded by a Catholic group, the CC community is now one of the eldest clubs at school. They are open-hearted and active people and everyone is welcomed (not just catholics). If you have any doubts, ask them for yourself. Their organize regular pilgrimages.



Essec Japon

A warm-hearted asso mixing up Japanese students and Japan-lovers of all kinds.



ESSEC Maroc

Just like Indian and Chinese students, Moroccans at ESSEC have an extended family there. Non-Moroccans are warmly welcomed with mint tea and endless cakes.



ESSEC Africa

ESSEC Africa celebrates Subsaharan Africa countries, cultures and strong business spirit. Their main goal is to expand their network on the sunny continent and help African students settle professionally in France, as well as helping ESSEC's reputation in Africa.



ESSEC Corée

ESSEC Business School is pretty much the only school in France to offer prestigious double degrees with South Korea (SNU for the Grande Ecole, Yonsei for BBA), alongside with exchange programs with prestigious Seoul universities. An asso was clearly needed, and energetic Korean students are kindly invited to organize events !



ESSEC North America

Like a big part of the world, French students grew up with American pop culture. ESNA is a fun-loving asso for carefree US-style events.



Polo Marco:

ESSEC people just really love travelling. Some students have joined their magic organizing powers to find the best deals, and every few weeks they prepare all inclusive trips around Europe. You wouldn't be able to do this on your own, so they made it possible for you. This international-minded student club is eager to take you in!

HUMANITARIAN STUDENT CLUBS

The following humanitarian associations all have in common that they send teams to each of these destinations with a project in mind: build a school, teach young kids, allocate microcredits and scholarships, maybe partner with local associations. The possibilities are as diverse as the destinations. So join them and spend your summer travelling while helping a community.



Delta:

Destination : South Africa.



Mission Potosi:

Destination : Potosi in Bolivia, in order to cut down child labour in mines by putting children through school.



Tuong Lai:

Vietnam is a recurrent destination for this humanitarian student club.



ESSEC Développement International (EDI):

EDI often settles in Argentina, where they namely aim to help victims of domestic abuse and encourage female entrepreneurs.

CITIZENS OF THE WORLD



Enactus ESSEC:

You may have heard of Enactus in your home country- Enactus brings together students, faculty and business professionals all over the world on regional, national and worldwide scales. It aims to design social business projects through entrepreneurship. Enactus ESSEC is composed of 29 students of 5 nationalities. Join them and take action !



Cheer 'Up:

Cheer Up is truly here to help this world cheer up. Join the team to distribute smiles in children's hospitals and take part in their yearly Run Against Cancer !



Défi Plaquettes:

A body contains about 5 liters of blood. If you are healthy and have a little extra energy to spare, help Défi Plaquettes organize their blood donating campaigns and give some of your own for those who need it.



Diversity:

France has made some progress on the Gay rights chapters, but social and professional acceptance may not always be found by LGBT and other non-conforming students and graduates. Associations such as Divercity can play a great part in the current battle for integration.



Handimove:

It's an ongoing battle to raise awareness about disabilities, and it is not an easy one. Year round, original events are organized, such as the "dinner in the dark" or the "handimanagement week". If you feel you can contribute, don't hesitate to join !



Europa ESSEC:

Many ESSEC students have grown up in the European Union. This student club wants to honor that legacy. Last spring, its members showed their determination by cycling from Cergy to Brussels! Non European students are of course welcome.



UN'ESSEC:

Every year, our school sends its junior diplomats to London and New York to attend Model United Nations along with other universities from all around the world. Interested in a stay @Sheraton hotel? Exercise your negotiation skills !



NOISE Essec:

NOISE is not really about music. It stands for “Nouvel Observatoire de l’Innovation Sociale et Environnementale”. It endeavors to make Cergy a better place, with some of the most innovative events you can get. Conferences, workshops with social entrepreneurs, a successful fund-raising campaign for micro-credit projects... If you want to join in, they’ll welcome you happily ! They even sell organic vegetables to us students who are sometimes prone to junk food.



PHARES - POPM Program:

ESSEC has spurred innovation in the educational field, and has sought to integrate people from all horizons and social origins. In France, young people from the Paris suburbs are among the most discriminated against, and if they are to get an equal opportunity to higher education, they have to be helped and motivated.

You, as representatives of countries they can only dream of, can also provide them with fresh perspectives on the world: MELT has concluded a partnership with the PQPM/Phares Program for you. Feel free to contact us if you’re interested in and/or if you want more information!

How do I join a student club?

Unfortunately, student clubs have to make a selection and cannot allow everyone in. For instance, UN’ESSEC receives about 80 applications/year but cannot afford to take so many people in. So you will have to undergo a recruiting process, in which juries will assess your motivation and adequacy to the project of the student club. During the month of September, every student club will presents itself to you on various occasions, so be sure to attend them! In November, there will be recruitments.

If you are no recruited, don’t feel bad about yourself and keep on doing what you love. Most events will be open to all who want to join even if you are not a member. Late bloomers are also invited to take part in « 2nd recruitments » later in the school term.

d) School year highlights

You will find some of the numerous events of the first half of the year in this schedule. Keep in mind that many dates have not been chosen so far. This means that many parties, International Dinners, MELT internal events (presentation of the club, recruitments...) are not mentioned here. You will know more about these events in the course of the year, keep an eye on MELT’s and the BDE’s Facebook accounts.



Upon arriving @ESSEC

Visit Paris with MELT ! We hope you will enjoy this day.

A boat ride on the Seine river is included.

End of September

Integration Week-End (WEI)

Don't worry, you just have to party hard and the BDE should take care of the rest.

BORN
THIS
WEI



Mid-January

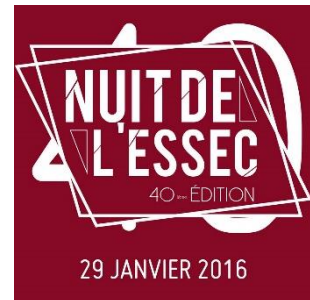
International Week

Get ready for a week of pure madness when pretty much every association at ESSEC teams up with MELT to bring the worldwide spirit alive !

End of January

Nuit de l'ESSEC

For more than 40 years, the BDE has brought generations of ESSEC students and many outsiders to transform the entire Cergy campus into the biggest student party you can find.



Early February

Grand Baz'Art

Watch the campus come alive with artistic events organized by various assos ! Get jazzy for an entire week.

End of February

La Nuit la plus Hotte

Literally « the hottest night », with a pun on Santa's big bag of presents. Don't miss this big ESSEC party.





Early April

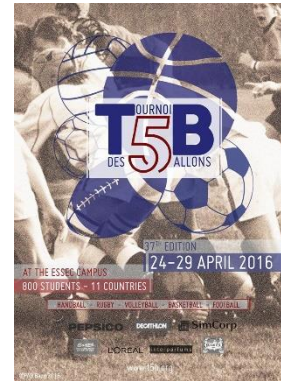
ESSEC Gala

Put on your fancy suit or gown and enjoy a magical evening at a prestigious Paris hotel. Networking, dancing, eating or all the aforementioned activities at once are advised.

End of April

Tournoi des Cinq Ballons (T5B)

Organized by the Bureau des Sports, the T5B welcomes sports teams from European universities for an intense week full of games and parties.



May

BDE Campaigns

The school year will soon come to an end – and the Student Union must be renewed with a young and dedicated team who will proudly represent ESSEC students. But first, they need to prove their worth !

V. Everyday life

a) The French media & internet

TELEVISION CHANNELS

There are many channels broadcasted in France; some are national channels and some others are regional. In France, you have to pay for almost all of the channels; but there are different kinds of subscriptions. In fact, there are six “main channels” that you can watch for free and if you want more you can buy a TNT decoder that allows you to watch a dozen more.

- **TF1** is the main and oldest national French TV channel. It was a state-owned channel until Prime Minister Jacques Chirac decided to privatize it and is now part of Bouygues group. Flagship programs include the JT (“Journal Télévisé”, TV news) at 8pm, various TV series (like CSI and House, MD) and entertainment shows. Usually, after the JT, a movie or variety show is broadcasted.
- **France 2** is part of the state-owned France Télévisions group. Flagship programs include the JT, at 8pm (with newscaster is David Pujadas), TV series, entertainment and cultural shows. Usually, after the JT, shows, TV series or movies are broadcasted.
- **France 3** is the second largest French public television channel. It is made up of a network of regional television services providing daily news programming and around ten hours of entertainment and cultural programming produced for and about the regions each week. The channel also broadcasts various national programming and national and international news from Paris.
- **Canal+** (“Canal Plus”, “C+” meaning “Channel Plus/More” in French) is premium pay television channel. It is part of the Canal+ Group. The channel broadcasts several kinds of programming, mostly encrypted. It broadcasts a lot of recent movies and TV series such as 24, Desperate Housewives, How I Met Your Mother. Among its non-encrypted programs is the Petit Journal, a popular satirical news journal/host show which might come to an end soon as media mogul Vincent Bolloré recently bought the channel and laid off many popular hosts and employees.
- **France 5** is part of the France Télévisions group. Mainly featuring educational programming, the channel's motto is “la chaîne de la connaissance et du savoir” (the knowledge and science network). In contrast to the group's main channels, France 2 and France 3, France 5 includes neither entertainment nor dramas in its schedules, but concentrates instead on documentaries and discussion programs.
- **Arte** (Association Relative à la Télévision Européenne) is a Franco-German TV network. It describes itself as a European culture channel and aims to promote quality programming especially in areas of culture and the arts.
- **M6** is the second most-watched private television service in France, after TF1. In 2001, M6 became the first French television service to broadcast reality shows. Its first program of this genre was Loft Story, and was very popular. It is one of the only television services in France to have science-fiction programs as part of its regular schedule. Most supernatural dramas are shown on Saturday nights in what M6 calls “la Trilogie du Samedi” or “Saturday’s Trilogy”. Cooking and singing contest shows are also common.

RADIO STATIONS

When you visit a foreign country, you don't often think about listening to the local radio whereas it's a cheap, nice and easy way to learn more about the country. Here is a selection of some channels broadcast in Cergy (the frequency for Cergy is indicated in the brackets). So turn on your radio and listen to some French songs, business news or cultural programs.

ESSEC's radio: [Rêve FM](#) the ESSEC students' station!

- **Generalists:**
 - **France Inter** (87.8 FM): this station aims at providing a national audience with news and programs that are both serious and entertaining, liberally punctuated with an eclectic mix of music.
 - **Europe 1** (104.7 FM)
 - **RMC** (103.1 FM): mostly sports news
 - **RTL** (104.3 FM): a popular nation-wide commercial radio network. RTL notably features a very popular daily talk show named Les Grosses Têtes, which has been broadcast since 1977
- **Information:**
 - **BFM radio** (96.4 FM): economic/business news
 - **France Info** (105.5): general news
- **Music:**
 - **Radio Nova** (105.5 FM): this station doesn't broadcast the latest annoying mainstream hit but awesome eclectic songs (some will say chill-out, jungle and ambient), musical programs of quality...always with humor and open-mindedness.
 - **Virgin Radio** (103.5 FM): rock and pop music
 - **Nostalgie** (90.4 FM): French popular music mostly dated from the 60s to the 80s. It's a good way to listen to former French music and have fun!
 - **Fun Radio** (101.9 FM): dancefloor music
 - **NRJ** (100.3 FM): « Hit music only »
- **Culture:**
 - **France Culture** (93.9 FM): a cultural radio-station broadcasting historical, musical, political, economic, artistic ...programs.

INTERNET

- **ESSEC Websites:** www.essec.fr ; www.myessec.fr ; www.esseclive.com
- **Utilitarian**
 - www.pagesjaunes.fr Looking for a firm's phone number?
 - www.pagesblanches.fr The same, but for persons

● **Sortir à Paris / Outings in Paris:**

- <http://www.paris-city.fr> Your Paris City Guide
- <http://www.parisbalades.com> Guide to Walking Tours of Paris
- <http://www.cityzens.fr> Some nice places you should try!
- <http://en.parisinfo.com/> Paris Convention
- <http://www.pariserve.tm.fr> Nightclubs, bars, restaurants, youth hostel
- <http://www.ratp.fr/itineraires> Find your itinerary, timetables for RATP
- <http://www.lafourchette.com/> The best restaurant reservation website/app to ever exist : get discounts (it even works with fancy restaurants)



You will soon receive a card that gives you premium access to **International Student Party:**

Each Thursday, big students parties are organized in Montparnasse (a central place in Paris). This place is awesome: very good light effects, good sound, and funny activities: “pub” before Midnight (happy hour, beerpong, etc.); photos stand, thematic parties, giant slide etc. after Midnight!

The partnership with Melt provides the following advantages:

- Free entry until Midnight (instead of 10pm)
- Cheaper bottles + VIP square (100€/5 pers.)
- Every time you present your premium Melt card, MELT receives money that will be used to organize events.



ART AND CULTURE

- <http://www.operadeparis.fr> Opéra National de Paris
- <http://www.comedie-francaise.fr> Comédie Française, theatre
- <http://www.museums-of-paris.com> Guide to Musea
- <http://www.ticketnet.fr/en/index> Express booking
- <http://www.allocine.fr> Cinema guide

ETUDIER à PARIS / STUDYING IN PARIS

- <http://www.crous-paris.fr> Crous de Paris-student affairs
Administrative requirements, Help, Housing, Scholarship,
University registration for French and foreign students

- <http://www.club-international.org> Club International des Jeunes à Paris: parties, visits and information about studies, accommodation, transport and all practical resources for your stay abroad.

- <http://www.french-paris.com> Learn French in France, in the heart of Paris (intensive courses, “French for law”, “Business French” ...)

b) Everyday sentences

Je m'appelle ***, je viens de ㄰㄰㄰.	<i>My name is ***, I come from ㄰㄰㄰.</i>
Je suis étudiant(e) à l'ESSEC.	<i>I am an ESSEC student.</i>
J'habite à Paris/à Cergy.	<i>I live in Paris/at Cergy.</i>
Bonjour, je voudrais...	<i>Hello, I'd like...</i>
- un ticket pour Paris/pour Cergy:	<i>to buy a ticket to Paris/ to Cergy.</i>
- un plan de métro.	<i>- a subway map.</i>
- appeler l'étranger.	<i>- to call abroad.</i>
- me connecter à internet.	<i>- to go on the Internet.</i>
S'il vous plaît. Merci. Excusez-moi.	<i>Please. Thank you. Excuse me. Sorry.</i>
Combien ça coûte?	<i>How much is it?</i>
Est-ce que vous parlez anglais?	<i>Do you speak English?</i>
Au Foy's : Une pinte/un demi de bière/de cidre s'il te plaît !	<i>At the Foy's: A pint/half a pint of beer/of cider please!</i>
Où est-ce qu'on peut acheter à manger?	<i>Where can I buy something to eat?</i>
Où est la station de métro / la banque/le cybercafé/ la pharmacie la plus proche?	<i>Where is the closest subway station/ bank/cybercafé/pharmacy?</i>
Où sont les toilettes?	<i>Where are the toilets?</i>
Je suis malade, je voudrais voir un médecin.	<i>I am ill, I'd like to see a doctor.</i>
On a cours dans quelle salle?	<i>In which room do we have class?</i>

c) Life in Cergy

LES 3 FONTAINES

This is simply where all ESSEC students go to do their groceries/shopping! Les 3 Fontaines is a three-level indoor mall located in the Cergy Préfecture area (around 5 minutes from ESSEC by foot!). Anchored by the Auchan hypermarket, principal tenants include H&M, Go Sport, C&A, Mango, Etam, Sephora, Armand Thierry, Bouygues Telecom, Celio, Darty, SFR, McDonald's, Subway, Yves Rocher, Naf naf, Lacoste, Timberland, Jennyfer, Jules, Pimkie, Promod, and many others... (83 tenants). The shopping centre also benefits from 3,300 car parking spaces. For more information visit: www.3fontaines.com

ZOOM ON:



Inside les 3 Fontaines, Auchan is the biggest **hypermarket** in the area. Opening hours: Monday to Thursday: 8:30am – 9pm. Friday & Saturday: from 8:30am – 10pm.



The **Post office** is close to les 3 Fontaines : Place Des Cerclades - 95000 Cergy. Opening hours : Monday to Friday : 9am – 7pm. Saturday : 9am – 12:30am



5àSec **Pressing (dry cleaning)** is inside Les 3 Fontaines. Good priced.

RESTAURANTS

There are several restaurants in the Cergy Préfecture area. Although a lot of them offer kebab, pizza and other types of fast food, the asso « ESSEC & Bab » will answer your questions about Cergy hot spots.

If you think Cergy-Préfecture is not so pretty to look at, go to Cergy Le Port area.

d) Emergency numbers

- Ambulance: 15
- Police: 17
- Fire Brigade: 18
- SOS Doctors: 01.47.07.77.77
- Treatment center for poisoning cases: 01.40.37.04.04
- Burns: 01.42.34.17.58

e) Cash issues

Cash Transfers

With Western Union you can transfer cash to nearly 225,000 points of sale in more than 195 countries.

Sending money

Go to any post office that provides the service and fill in the form (remember to bring a piece of ID with you). Once you have handed over the sum you wish to send in cash, as well as the fees for the service, the clerk will make the transaction and give you a receipt bearing your transfer number. Contact your beneficiary to provide them with the details of the operation so that they can withdraw their money.

Receiving money

Go to any establishment that provides the Western Union service with a piece of ID. Fill in the form with the following information:

- First name and surname of the sender (as written on their form)
- Country and/or town of origin of the transfer,
- Expected amount in euros or in the issue currency,
- The test question and answer (if required),
- The transfer reference number (optional but may accelerate the payment. After checking of the data provided and the identity of the beneficiary, the money is paid out in the local currency. This service is available in more than 3,100 post offices. For more information please contact your post office or call customer service on 0 825 00 98 98 (service in French).

VI. Additional information

USEFUL WEBSITES

- Paris tourist office <http://www.paris-touristoffice.com>
- What's going on in Paris? <http://www.evene.fr>

Want to visit differently?

[Cariboo](#) is a new platform that puts you in touch with locals who are ready to guide you through their city according to your wishes. You'll pay about 10 €/hour for a visit, but you can go with your friends and you make sure that you will have an unforgettable and unique experience. It's a great way to discover some secret places of the city of Paris (but also Lyon, Nice, and many more).

Plus... the CEO is an ESSEC Student

More info: <https://cariboo.co/en/>
<https://www.facebook.com/Cariboo0>



Paris throughout the year

➤ January

Sales!

January in Paris is a time of shopping and good deals, winter sales are on and Paris' numerous shops are waiting for you. Of course, you can simply go to Cergy "3 Fontaines"..., but believe us, shopping in Paris in January is a real experience! (see Shopping in Paris part below, or simply find a Cariboo guide who loves shopping)

➤ February

Chinese New Year in Paris

You will probably witness many events at ESSEC organized by ESSEC Chine (Dragon dance, Macau party during the Chinese week), but we also strongly recommend you to celebrate Chinese New Year in Paris! It has become one of the city's most popular annual events. Paris has a large and thriving French-Chinese community whose cultural influence grows stronger all the time. Parisians of all stripes eagerly crowd the streets of South Paris each year to witness a cheerful procession of dancers and musicians, vibrantly-hued dragons and fish, and elegant flags embossed with Chinese characters. Boisterous Chinese restaurants are packed to the brim with locals and tourists, and the night set may include special theatrical or musical performances or even film festivals.





International Agricultural Show

The International Agricultural Show at the Porte de Versailles is a real institution in France. Numerous exhibits feature the top models of the animal world, meaty gastronomic delicacies from 22 French regions, leisure, hunting and fishing displays.

International Fashion Week

The most prestigious Couture Houses present their Spring/summer collections in the fashion capital

➤ April

Foire du Trône (Annual Fair)

Parents and kids can look forward to the annual Paris fair “Foire du Trône” which runs through the end of May and delivers all the traditional fun of a county fair, with Ferris wheels, roller coasters, and cotton candy all in abundance.



Annual Marathon de Paris

Every year in April, 35,000 runners crowd the streets of Paris in the annual Marathon de Paris – or Paris International Marathon. The run starts out right in front of the Triumphal Arch and continues down the broad Champs Elysées. The route passes through two Parisian woods and past fabulous landmarks such as the Eiffel Tower, Notre Dame Cathedral and Place de la Bastille. Every year, many ESSEC students take part to this marathon after months of training!

Printemps des Musées

On this day you can visit a large number of Parisian museums for free.

➤ May

Rallye des voitures anciennes de Montmartre

On this occasion you’ll be able to admire a fairly large collection of old and stylish cars in the lovely neighbourhood of Montmartre

Museum Night

As part of the global Museum Night event, Paris museums will open their doors free of charge to visitors until 1am. Special events and illuminations await in many of Paris' major museums. MELT will organize Paris by night events for ESSEC international students.

The French Open at Roland Garros

For those who practice their backhand on ESSEC tennis courts since their arrival... Tennis fans should not miss one of France's most exciting and important tournaments. Tennis greats like Steffi Graf made their debuts at Roland Garros, and the French Open continues to host some of the world's unforgettable matches. Procuring tickets, however, can be quite a feat, so try to snag much-coveted spots at the matches several months ahead.

Saint-Germain-des-Prés Jazz Festival

The city's most famous annual jazz festival will take the St. Germain neighborhood by storm from May 21st to June 1st. Enthusiasts should reserve a day or two for this popular event.

See: <http://festivaljazzsaintgermainparis.com/home/>

➤ June

Salon aéronautique du Bourget

If you are a plane nut then this is the place for you since all major international manufacturers present their innovations. Unfortunately, this Air Show is held every two years, the next one will be in 2017, if you're still here!

La Villette Jazz Festival (June /July)

Jazz music festival in the North of Paris.

Fête de la Musique



La Fête de la Musique is a lively street music festival held every June 21st in Paris, and is one of the year's most popular events in the city of light. Hundreds of musicians gather in the streets, bars, and cafes of Paris, giving free performances of everything from jazz and rock to hip-hop and electronic music. To get a taste of authentic Paris culture, DON'T MISS the Fête de la Musique on a June trip to Paris. The mood is light and

the opportunity to get to know the city's neighborhoods, bars and cafes like a local is rarely better than during this convivial event.

Gay pride

Paris celebrates Gay Pride, called Marche des Fiertés LGBT, at the end of June, with a massive parade that draws more than 500,000 spectators and participants as well as a series of parties, balls, and other lively events. Related Pride Activities includes parties at a variety of clubs throughout the city. Numerous gay clubs, hotels, pubs, and restaurants will also be holding events and offering special promotions during Paris's Gay Pride, especially the city's très gay Marais District.



Versailles Musical Fountains Night Show

Every Saturday night from June to September, when night falls, the Gardens are transformed to offer a stunning visual and musical treat as fountains and groves come alive with colourful and dramatic lighting effects. You'll have the most enchanting stroll you've ever had!

Check: <http://en.chateauversailles.fr>



➤ July

Parade du 14 juillet and fireworks on the Champ de Mars



Bastille Day Military Parade is a French military parade held each year in Paris, in the morning of the 14 July, since 1880. The parade passes down the Champs-Élysées from l'Arc de Triomphe to Place de la Concorde where the President of the French Republic, his government and foreign ambassadors in France stand. This is a popular event in France, broadcast on French TV, and is the oldest and largest regular military parade in the world.



At night, a firework show can be seen, starting from the Eiffel Tower or the Trocadéro. Crowds of people gather on the Champ de Mars to see it: they have a picnic while enjoying the show.

Solidays

Three days of music, celebration and poignancy descend upon Paris when the annual anti-AIDS concert festival hits Paris. The festival is held at the Hippodrome at Paris' famed Longchamp racetrack. The name Solidays, an amalgam of "Solidarite" and "Holidays" is meant to convey a sense of standing with AIDS victims while celebrating life and having fun. Music of various styles from rap to reggae are represented.

Paris Plage

From July to August, a full-fledged beach with sand, games, cafes, and even boating will take over the banks of the Seine and, for the first time this year, the Bassin de la Villette in North Paris. Paris Plage has enjoyed enormous success since its launch in 2003 and attracted millions of visitors last year. On hot nights, sipping a drink at one of the open-air bars installed on the beach or enjoying live music is always enjoyable.



Summer sales in the capital's boutiques

La Villette Jazz Festival (June / July)

Tour de France

An annual bicycle race that covers approximately 3,500 kilometers throughout France and bordering countries. The race lasts three weeks and attracts cyclists from around the world; the climax of the final stage is along the Champs-Élysées.

Open-Air Cinema Festival at the Parc de la Villette

Every year, Parisians and visitors spread out blankets at the ultramodern Parc de la Villette, where some 36 movies are shown on a giant outdoor screen.

➤ **August**

Rock en Seine Come enjoy the music of the best hip rock bands on the south bank of the Seine in the Parc de Saint Cloud.

➤ **September**

Technoparade

After the Gay Pride, it's the biggest street event of the year in Paris. Picture the scene: 400,000 people; a 3-mile route; and 20 floats with 150 musicians on them all blaring out techno music. It is an unbelievable festival of all things techno and electro. The event forms part of the Rendez-vous électroniques (Electronic Festival) and attracts 400,000 hardcore party goers. Top DJs entertain the crowds with their mixing skills and decibel-defying sound systems. A sensational party.

Journées du patrimoine

On the third weekend of September, les Journées du patrimoine offer opportunities to visit buildings, monuments and sites, many of which are not normally accessible to the public. They aim to widen access and foster care for architectural and environmental heritage.

Fête des jardins

Various activities are suggested to allow you to discover the beauty of Paris' gardens during the last week of September.

➤ **October**

International dance festival

Prix de l'Arc de Triomphe

Popularly referred to as the "Arc", it is the most prestigious horse race in Europe, and one of the most renowned international events in any sport.

The Paris Motor Show (Mondial de l'Automobile)

It is a biennial auto show in Paris. Held in the autumn, it is one of the most important auto shows, often with many new production automobile and concept car debuts. The show takes place in Paris Expo in Porte de Versailles

See: <http://www.mondial-automobile.com/en>



Nuit blanche

For those of you who will arrive in October, this is the perfect night to get acquainted with Paris! First launched in 2002, Paris Nuit Blanche (White Night) has become a highly anticipated annual celebration of all things art and culture in the city of light. Attracting hundreds of thousands of visitors each year, Nuit Blanche sees countless Paris galleries, museums, city halls, and even swimming pools open their doors all night to visitors-- with free entry. Elaborate light installations, edgy performances, concerts, and unclassifiable happenings of all sorts await. If you want to taste the continued dynamism of the Parisian arts scene, don't miss out on Nuit Blanche.

Vendanges de Montmartre (Montmartre Wine Harvest)



Witnessing the Vendanges de Montmartre is a fantastic way to experience the best of Paris in autumn. The village-like Montmartre neighborhood boasts vines that still produce decent wines-- how many major cities can claim that? Each year, the harvest is celebrated with much fanfare, bringing together musicians, performing artists, wine connoisseurs and lovers.

International Contemporary Art Fair (FIAC)

One of the most important annual events in Paris' contemporary art scene, the FIAC showcases work this year from 180 international galleries at three locations on the city's right bank.

See: <http://www.fiac.com/paris/en>

➤ **November**

BNP Tennis Masters Series de Bercy

Come see the best tennis players in action. Armistice du 11 novembre Celebration of the end of WWI.

➤ **December**

Noël (Christmas) at Galeries Lafayette and Printemps on the Boulevard Haussmann Come and admire the magical shopwindows of those huge department stores.



Countdown and celebration of the New Year under the Eiffel Tower (Champs Elysées)

Paris : attraction & monuments

● Arc de Triomphe

It is a monument that stands in the middle of the “Place de l'étoile”. It is a triumphal arc that honors the soldiers who fought during the Napoleonic Wars. To reach the top of the arc and enjoy the panoramic view of Paris, you'll have to walk up 284 steps! The arc stands in the middle of a roundabout, so the pedestrians have to take an underpass to access the arc.



- Métro lines : 1, 2, 6 Charles de Gaulle-Etoile stop
- Rer line A Charles de Gaulle-Etoile stop
- Opening times : 10am- 10:30pm
- The entrance is free for people under 26 who are EU citizens. It costs 5.5 euros for students who are not European citizens.

● Eiffel Tower



It's the tallest building in Paris and probably one of the most visited monument in the world! It stands at 1,063 feet tall and is located on the “Champs de mars”. It is a symbol of both Paris and France since 1889. The tower has three levels and the visitors can choose to buy tickets to ascend the first and the 2nd floor either by taking the lift (€ 6.40) or walking up steps: € 3.5 (300 steps for the 1st level and again 300 for the 2nd level)... The 3rd level is only accessible by lift (€ 9.90).

- Métro Line 6 Bir-Hakeim stop
- Opening times : 9 am – 11 pm
- If you are older than 24 you will pay € 4(ticket “stairs”), 8 (ticket for second level lift), €13 (ticket for third level lift)

● The Panthéon

It is a famous burial place located on the Montagne Sainte Geneviève in the Latin Quarter. The interments are of course highly restricted and just some selected national heroes are buried there, like Voltaire, Rousseau, or Jean Jaurès. Walking in the crypt you can have a look at the tombs and statues of these heroes. The entrance costs 5 euros for students.



- Opening times : 10 am -6 pm
- Métro line 10 Cardinal Lemoine stop
- RER line B Luxembourg stop

● Notre Dame de Paris



The Notre Dame cathedral is located on the “île de la Cité” on the fourth arrondissement. It was one of the first gothic cathedrals. The cathedral was restored by Viollet-le-Duc, a famous French architect.

- Opening times : 8am-6:45pm (closed on Saturdays between 12:30am and 2pm)
- Free entrance
- If you want to visit the towers of Notre Dame: 387 steps to walk up (no lift... arghhh), it costs € 5.45
- Opening hours 10am-5:30pm

- **The Catacombs**

It is a famous underground ossuary opened in the 18th century and built in the remains of Paris stones' mines. You can visit the tunnels and halls of walls of bones. So enjoy your guided tour in the "Empire of death"...

- The visits cost € 4 for people under 26.
- Métro lines 4, 6, Denfert-Rochereau stop
- RER line B Denfert-Rochereau stop
- Opening times (from Tuesday to Sunday): 10am-5pm



- **Montmartre**

The hill (the butte Montmartre) has given its name to the entire surrounding district. On the summit of Montmartre is the basilica of the Sacré Coeur. Montmartre is also very famous for its nightlife (there are indeed a lot of bars and restaurants). Montmartre is located in the North of Paris. At the end of the 19th century and at the beginning of the 20th century Montmartre was a very famous drinking area according to some popular cabarets like "Le Chat Noir" or "Le Lapin Agile"; many famous 19th and 20th Century artists, especially painters, worked there (including Van Gogh, Toulouse-Lautrec).



- A funicular railway ("le funiculaire de Montmartre") operated by the RATP ascends the hill (which is 130 meters high)
- Metro line 2 (Anvers, Pigalle or Blanche stops)
- Metro line 12 (Pigalle, Abesses, or Joffrin)

- **Père Lachaise Cemetery**

It is the largest cemetery of Paris and also one of the most famous and most visited in the world. A lot of visitors come to see the graves of those who embodied the French lifestyle over the past 200 years. You can walk between the graves of famous writers, politicians, painters, poets that are buried there (such as Molière, Edith Piaf, Eugène Delacroix, Jim Morrison, Alfred de Musset, Gérard de Nerval) - Metro line 2 ("Philippe Auguste" stop) is next to the main entrance. You can also take the métro line 3 ("Père Lachaise" stop) but it is 500 meters away from the entrance. And finally you can also stop at "Gambetta" on line 3 (it is the nearer stop from Oscar Wilde's tomb)

- The cemetery is opened from Monday to Sunday (8am-5pm).
- The entrance is free. Some guided tours of the cemetery exist but cost between € 6 and € 8.

- **Le Marais « the Marsh »**

It is a very famous district of Paris, traditionally a bourgeois area, located on the right bank of the Seine. The Marais is the centre of the Jewish community of Paris: on the Rue des Rosiers you can find a lot of Jewish restaurants and synagogues. The district is also famed for the strong gay community that lives there (according to the existence of many clubs, cafés, and shops). A lot of museums are located there or in the neighborhood, like the Picasso museum, or the Carnavalet museum. There are also a lot of parks and gardens.

- Metro : line 1 ("Saint Paul" stop)

- **Orsay Museum**

If you don't want to visit The Louvre or if you have already been there, why don't you go and discover the Orsay Museum?

This museum is known for its collection of impressionist and post-impressionist masterpieces (which is said to be the largest in the world). The museum building was originally a railway station but



was converted into a museum in 1977. There, you can admire major works of painters such as Ingres, Delacroix, Degas, Van Gogh, Pissaro, Manet ...

- The museum is closed on Mondays.
- Opening times: from Tuesday to Sunday 9:30am-6pm (except on Thursdays: 9:30am-9:30pm)
- Metro line 12 ("Solferino" stop) - RER line C ("Musée d'Orsay" stop)
- If you are under 26 and belong to the European Union the entrance is free. If you are not a European citizen the entrance costs € 7. If you are over 25, the entrance costs € 9,5.
- Thursdays after 6pm, the entrance costs € 7 for everybody.
- Buy your ticket online to avoid the queue



- **Pompidou Centre or "Beaubourg"**

The centre is located in the 4th arrondissement of Paris, near Les Halles, and is houses the National museum of modern art. The centre has been built in a high-tech architectural style. Nowadays, the museum is one of the most important in the world for its collection of contemporary and modern art. A lot of major art exhibitions are organized there each year (Kandinski, Pierre Soulages, Alexander Calder, etc.).

- The centre is open every day except Tuesdays and May the 1st.
- Opening times: 11am to 9pm
- The entrance costs € 9 if you are under 26 and are European citizen. For those who are not: € 12.
- BUT the entrance to the museum is free for all the first Sunday of each month.
- You can also buy your ticket online.

FAMOUS MUSEUMS IN PARIS

- **Musée d'Orsay**

See above.

- **The Louvre**

The biggest museum in Paris and probably the most famous too. The Louvre is a masterpiece of architecture but, more than that, it has a collection of very famous paintings and sculptures from all over the world (La Joconde, La Vénus de Milo, La liberté guidant le peuple...)! It is definitely THE museum to visit! To make the most of the museum, Melt advises you to spot carefully the things you want to see before the visit to make sure you will not waste time. Even so, you will probably need to go back at least once to be able to see everything.



- **Musée des Arts Décoratifs**

Amazing museum of design with countless breathtaking exhibitions.

- **The “Petit Palais”**

A splendid French historical monument and a museum of fine arts at the same time, the Petit Palais hosts collections of paintings, sculptures and other art objects that date back from the Antiquity to the 19th century.

- **The “Grand Palais”**

Facing the Petit Palais, the Grand Palais is also an amazing monument built during the Universal Exhibition in 1900. It hosts the Palais de la découverte, a museum of sciences (very interesting, and reachable even for non-scientific people), and the “galeries nationales” which receive temporary exhibitions. Check the official website: <http://www.grandpalais.fr/en>



- **Musée du Quai Branly**



A recent museum which focuses on non-occidental civilisations (African, Asian, Oceania and American arts). The collections of weapons and masks of the museum are really amazing! To be visited! There are many other less famous museums in Paris, so give a look on Paris.fr for more details!

Note: For those interested in art and culture in general, don't forget to ask for your “Paris museum pass” which provides you preferential prices! More information on <http://en.parismuseumpass.com>

EATING IN PARIS

MELT will organize many Dinners in Paris for you to make you discover some great French restaurants. If you can't wait for these, and still aren't enough for you, here are some good addresses:

➤ **3 nice French restaurants you should try!**

Le Petit Pontoise

9, rue de Pontoise, Paris 5e
01 43 29 25 20

Located in the center of the Latin Quarter, you will find a cosy and charming French restaurant. You'll always be warmly welcomed by the owner/staff. If you are not familiar with French meals, they will be pleased to recommend you their

best meals according to your tastes. The meals are quite simple and traditional but there is always an original touch that makes their cuisine delicious. It is the ideal place to bring your family or your partner to have a pleasant lunch or dinner in a make them discover the beauty of the French food: simple but refined.

Nuxis

129, rue du château, Paris 14e
01 43 27 32 56

Their slogan: "a creative but affordable cuisine". Nuxis is run by a young chief who let anything down to open his own restaurant. The concept of the restaurant is quite original: you have one menu composed by three meals (entrée, plat, dessert) and several choices by meals. The menu changes

every two weeks, which makes the meals very creative and original. The taste is absolutely refined and delicious, and you can be very surprised by how the different ingredients can perfectly match together! It is the perfect restaurant if you want to taste meals that you will never taste anywhere else. It is a way to discover a whole new part of the French cuisine. We highly recommend the Panacotta with litchees and rose for dessert. It is just a delight for your taste bud!

Le Così

9, rue Cujas, Paris 5e
01 43 29 20 20

This restaurant makes you discover the cuisine of one of the best regions in France: Corsica. You will find a melt between French, Italian and Spanish cuisine that will immediately bring you on the Coast of The Mediterranean. Between classic and traditional dishes, the menu offers many recipes,

including a subtle mixture of natural and quality foods, fines herbs and tasty accompaniments. Everything is cooked by real Corsican Chiefs that do not hesitate to recommend you their best meals, accompanied by a subtle choice of wine.

➤ **Feeling homesick?**

Paris is full of international restaurants!

Breakfast In America (BIA)

17, rue des Ecoles, Paris 5e
01 43 54 50 28

Breakfast in America is an American diner, set in the middle of the Latin Quarter. It has been created by a young American who missed the retro fashions and outdated places, typically American. Supporters of the American pancakes, fried bacon or the filter coffee at will (that they called – elegantly – the

“Jus de chaussette”), this is the place to be. The principle is simple: you can have breakfast at any time (what a delight to have banana pancakes at midnight...!), the burgers are served from noon, and you can gather with friends to have a drink after work. So, if you want to bring back the old USA from the 60's – don't wait anymore! Moreover, if you are sick of the French waiters who never understand your order – the waitresses from BIA will be pleased to take it in English!

How much?

- Lunch €7.50 - 9.95, Monday-Friday 12am-3pm)
- Brunch €15.50
- Breakfast €6.50 - 10.50

Les Piétons

8, rue des Lombards, Paris 4e
01 48 87 82 87

Set in the bustling quarter of Châtelet les Halles, Les Piétons is a Spanish restaurant that serves Tapas and other typically Spanish meals and drinks. The atmosphere is highly charged, and the bar is often crowded. Often, the cocktail hour with some friends becomes a musical and dancing evening that

ends at 2 am. Les Piétons is perfect to have a very convivial time, where you can sip sangrias from the happy hour that begins at 5 pm and share delicious tapas with your friends. We highly recommend the famous Spanish Horchata (a drink made with milk, almond or truncheon) – the best of Paris!

Chinatown Olympiades

44, avenue d'Ivry, Paris 13e
01 45 84 72 21

Chinatown Olympiades is one of the most famous Chinese restaurant in the 13th arrondissement (and who knows how much Chinese restaurants there are in this area!) because of the quality of its dishes and also its atmosphere. You will find all the genuine Chinese food from the different regions of

China. For the inexperienced, you can eat all the well-known Chinese dishes as the Cantonese rice, the spring rolls... For the curious and more courageous ones, you will be able to taste the duck tongues or the shark potage but also the traditional roast duck! Moreover, if you want to spend a good evening with your friends, do not hesitate to come on the Fridays and Saturdays nights, where an orchestra is there to play until 2 o'clock. You can also enjoy your evening in the karaoke room where you can sing modern French, American and Asian songs!

SHOPPING IN PARIS

Paris is said to be one of the best cities to go shopping, and there's no denying that it is true. Everywhere you can find beautiful shops and wonderful clothes.

The first place that comes to mind when you want to buy a new bag or new shoes is obviously the **Champs Élysées**. You can see Louis Vuitton, Versace, but also Dior, Chanel and a lot of other brands. But you will also see a lot of tourists, and as a consequence a lot of thieves.

Be careful when going there. Classic case: if a group of people comes to you and asks you to sign some papers, they might be thieves (they'll probably take your phone from your bag while you're signing the paper and you won't even notice it). And especially at night: you could discover that a place so chic could also be gloomy and squalid.

If you want to go shopping and buy ready-to-wear products, go to **Rue du Commerce** or **Rue de Rennes**. These streets are just awful. You can find whatever you want, in every size and every color. H&M and Zara are present. You can find Promod, Pimkie, 1,2,3,, Etam (which are French firms) too. The Etam's underwear shop is quite big and very well done. You can buy for example a new carry suspender at a very interesting price if you have a date with a French boy you just met in ESSEC. You know, French boys love carry suspender. There are also a lot of little shops selling at a very low price dresses, jeans and a lot of accessories. For instance you can go shopping in Stick, Miss Coquine (which doesn't mean that you're a naughty girl though)... If you have more money to spend you can visit the Naf Naf store or Kookai's, it's really beautiful and you can find nice clothes for the parties you will have in ESSEC...well, not exactly: keep these clothes for other parties, and buy H&M's clothes when you go to ESSEC's parties. Otherwise you may see your beautiful clothes ruined. Well, how to stay clean during the parties is not the point here!!! Forget about it, and go to Rue de Rennes to relax. And when you have finished your shopping, you could still go to the Montparnasse tower and visit the Galeries Lafayette, if you want to see what is the definition of "chic" in France.

Even if the Galeries Lafayette based Rue de Rennes is beautiful and funny, I cannot speak of this brand without mentioning one of the best places ever: the **Hausmann's Galeries Lafayette**. You can see there what fashion means, what fashion is, and you can also see how hard it is for your credit card to go there.

Thank you

This Survival Guide ends here. We know that you didn't read it entirely, we only hope you were able to find the information you were looking for !

Disclaimer : this is a non-exhaustive guide.

Of course, we actually know much more about ESSEC, Cergy, Paris, and France than what is showcased here. So again, for any further questions, before your arrival, or during your stay (or maybe even after) don't hesitate to come to us !

Enjoy your holidays, and we'll see you very soon !

Annex 1. Metro map (click to enlarge and download)



Annex 2. Opening a bank account type form

CHECKING ACCOUNT BOOKING FORM ESSEC Students

1/YOUR PERSONAL DATA

Requested Data

Association
Partenaire :
MELT



SURNAME:	YOU WILL PROVISION YOUR ACCOUNT:
DATE OF BIRTH:	<input type="checkbox"/> By Wire transfers
PLACE OF BIRTH:	<input type="checkbox"/> By Cash Deposit
PHONE :	TUITION FEE AMOUNT :
EMAIL :	ESSEC PROGRAM OF ENROLLMENT :
ARRIVAL DATE :	<input type="checkbox"/> Exchange Student
ESTIMATED DEPARTURE DATE FROM FRANCE :	<input type="checkbox"/> Other Program (please specify)

DOCUMENTS TO ATTACH TO YOUR BOOKING FORM:

- 1/ Passport and Act of Birth if your place of birth is not mentioned
- 2/ Proof of residence in France: (attestation given by Alegessec if you are renting a room with ESSEC or your rental contract.
- 3/ Essec Admission Letter



2/TICK YOUR BANK OFFER OPTIONS

- Visa Gold Debit Card Jazz Pack (immediate payment): **1€ during your entire curriculum at ESSEC**
- Your Housing Insurance: **1€ the first year*** (*amount first deducted from your account and then reimbursed of the amount minus 1€. The maximum size of the home insured is a two room flat situated in Cergy and its surrounding area)
- Savings account: **30 € offered at the opening**
- Current Account : **50€ offered at the opening**



DATE : SIGNATURE :

3/FINALISING YOUR ACCOUNT OPENING

Send your scan documents to :
cergy.etudiants@socgen.com ; audrey.bourgeois-ruin@socgen.com



Audrey Bourgeois : +33 6 11 15 16 59
Alain Koutangni : + 33 1 34 25 57 27



Visa Conseiller :

This form of booking has no contract value and information are provided as a rough guide. Data protection act (articles 27 and 31) and professional confidentiality : information of names above are compulsory. They are bound to the Société Générale which, of express agreement, is authorized to keep them in information technology memory as well to communicate them to the companies of its group, third parties for needs of management or to subcontractors.