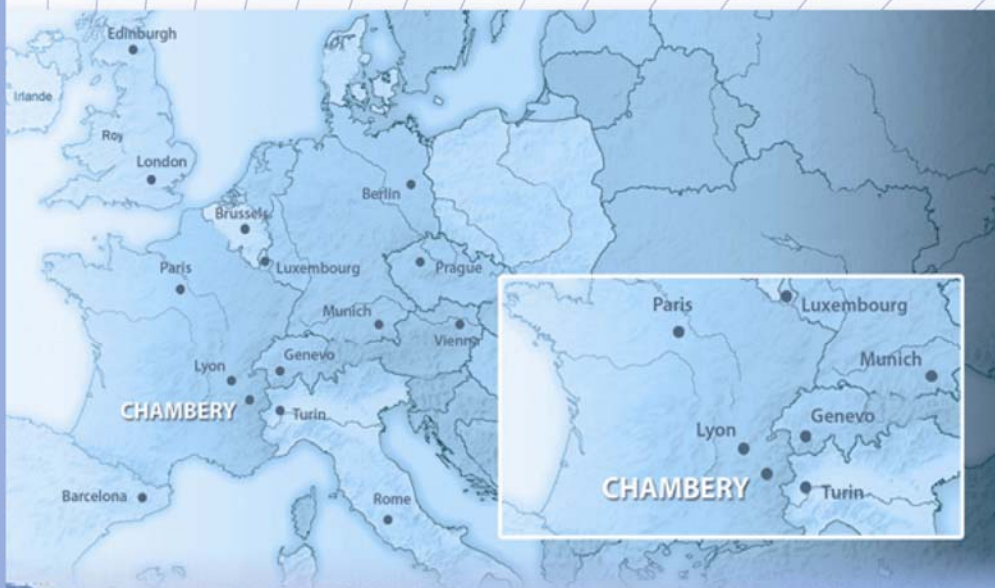




GRUPE
ECOLE SUPÉRIEURE
DE COMMERCE
CHAMBERY SAVOIE

STUDENT HANDBOOK

2009/2010



International Relations Dept
Tel. : +33 (0) 4 79 25 33 40 / 51
Fax : +33 (0) 4 79 25 33 54
E-mail : j.silvestre@esc-chambery.fr
www.esc-chambery.fr

A- ACADEMIC CALENDAR - Chambéry Graduate School of Business (CGSB) Master programme

1. Academic year date

- **Master Programme Year 1 :**
Fall semester : 16nd Sept 2009 – mid Feb 2010
Spring semester : mid Feb 2010 - mid May 2010
- **Master Programme Year 2 :** 9th Sept 2009 – End Dec 2009

• **Orientation Fall semester Master Year 1 & 2 : 7th Sep 2009**
Orientation Spring semester Master Year 1 : Mid Feb 2010 (tbc)

Please note ORIENTATION is MANDATORY for all INTERNATIONAL STUDENTS
NO LATE ARRIVAL is AUTHORIZED and students must stay till their exams are over.

2. Organisation of semesters

- **Master Programme Year 1 :** from mid Sept till beg Feb, from 2nd week Feb till mid May
- **Master Programme Year 2 :** from beg September till end of Dec

3. Examination periods

- **Master Programme Year 1 :**
Fall semester : 4th week of Jan
Spring semester : end of April, beg May
- **Master Programme Year 2 :** 3rd week of Dec

4. Holidays

- Christmas : from 18th December 2008 to 4th January 2009
- February : from 14th February 2009 to 22nd February 2009 (tbc)

Public holidays in France	
January 1st	New year's Day
Easter Sunday & Monday	Easter
May 1st	Labour Day
May 8	Armistice World War II (1945)
May 12	Pentecost
Ascension Thursday	Ascension Day + following Friday off
July 14	Bastille Day (Revolution 1789)
August 15	Assumption
November 1st	All Saints' Day
November 11	Armistice (1918) + following Friday off
December 25	Christmas Day



B- ECTS INSTITUTIONAL COORDINATOR

1. Identification

ESC Chambéry Savoie Group

Savoie Technolac, 12 avenue Lac d'Annecy
73381 LE BOURGET DU LAC CEDEX - France

☎ (33) 4 79 25 32 54

Fax : (33) 4 79 25 33 54

http : //www.esc-chambery.fr

Bernard PINAT, Group Director

ESC Chambéry Savoie Group
Savoie Technolac, 12 avenue Lac d'Annecy
73381 LE BOURGET DU LAC CEDEX - France

☎ (33) 4 79 25 32 54

☎ (33) 4 79 25 38 40 (direct line)

E-mail : b.pinat@esc-chambery.fr

- **International Relations**

Michel GUILMAULT, Director International Relations

☎ (33) 4 79 25 33 40 (direct line)

E-mail : m.guilmault@esc-chambery.fr

Michèle Bérod, International Placement Coordinator

☎ (33) 4 79 25 38 51 (direct)

E-mail : m.berod@esc-chambery.fr

Nolwenn Gbick, Assistant (Outgoing students)

☎ (33) 4 79 25 38 38 (direct)

E-mail : n.gbick@esc-chambery.fr

Lingyan Priol, Admission Officer for payable courses (Bachelor of International Trade, Long-term French Instruction Course)

☎ (33) 4 79 25 38 17 (direct)

E-mail : l.priol@esc-chambery.fr

Joëlle Silvestre, Assistant (Incoming students, Summer School)

☎ (33) 4 79 25 33 51 (direct)

E-mail : j.silvestre@esc-chambery.fr



- **Academic and Research Department**

Hélène MICHEL, Director

☎ (33) 4 79 25 38 52 (direct line)

E-mail : h.michel@esc-chambery.fr

Catherine Girardin, Assistant

☎ (33) 4 79 25 38 56 (direct)

E-mail : c.girardin@esc-chambery.fr

Joseph Heili, Head of CGSB Bachelor 3 year

☎ (33) 4 79 25 38 26 (direct)

E-mail : j.heili@esc-chambery.fr

Mathieu Cabrol, Head CGSB of Master 1 year

☎ (33) 4 79 25 39 25 (direct)

E-mail : m.cabrol@esc-chambery.fr

Gabriel Guallino, Head CGSB of Master 2 year

☎ (33) 4 79 25 39 48 (direct)

E-mail : g.guallino@esc-chambery.fr

- **Undergraduate Programmes of Groupe ESC Chambery Savoie**

David BOUVIER, Director Undergraduate Programmes (Chambery School of Commerce (EGC) and International Bachelor IECG)

☎ (33) 4 79 25 33 58 (direct)

E-mail : d.bouvier@esc-chambery.fr

Edgar Bellow, Academic Director Bachelor of International Trade

☎ (33) 4 79 25 33 49 (direct)

E-mail : e.bellow@esc-chambery.fr

Michèle Bérod, Assistant Bachelor of International Trade

☎ (33) 4 79 25 38 51 (direct)

E-mail : m.berod@esc-chambery.fr

Cathy Vidal, Assistant International Bachelor IECG

☎ (33) 4 79 25 38 30 (direct)

E-mail : c.vidal@esc-chambery.fr

- **French Instruction Courses**

Béatrice Deforche, Academic Head

☎ (33) 4 79 25 38 13 (direct)

E-mail : b.deforche@esc-chambery.fr

Isabelle Perel, Assistant Long-term French Instruction Course

☎ (33) 4 79 25 33 55 (direct)

E-mail : i.perel@esc-chambery.fr



C - FORMALITIES IN THE HOST COUNTRY

1. Checklist of documents

Even for a short visit as a student, you will need :

- passport or identity card for EEA (EU) members
- visa for non-European students, except Swiss nationals
- several passport size photographs (3 minimum)
- **birth certificate, made out by your own country and translated into French (for non EU students)**
- medical insurance certificate or European Health Insurance Card for European Community students. **Non EEC students coming to France to study more than 3 months will have to buy French Student Social Security. This is mandatory.**
- blood group card (if you have any)
- civil liability (“Responsabilité civile”) insurance certificate (can be bought in France upon arrival) average cost : €15
- proof from your bank specifying the amount of your resources (minimum 460 €/month)
- car insurance certificate, if applicable

Remember to make several certified photocopies

2. The various student visas

A. Short term visas

Short term visa for studies:

It is only valid for a stay not exceeding 3 months (Language instruction courses for instance). This type of visa does not allow you to ask for a resident permit. It cannot be renewed.

Short term visa for exam (visa “étudiant-concours”)

This type of visa allows sitting an exam. If you pass the exam, you are allowed to stay in France and ask for a Resident Permit (carte de séjour) without having to go back to your home country.

B. Long term visas

Long term temporary visa for studies :

It allows you to study between 3 to 6 months in higher education. This type of visa does not allow you to ask for a Resident Permit. It cannot be renewed. You are entitled to stay in France for a maximum of 6 months.

Beware : this type of visa does not allow the student to apply for housing benefits.

Long term visa for studies :

It allows you to study in higher education for a term superior to 6 months. You must request a Resident Permit marked “student”. The duration of the permit is limited to the validity of your passport and cannot exceed the duration of your studies (max. one year). It can, however, be renewed each year. **You must apply for it within 2 months of your arrival in France.**

You need to go the Préfecture to obtain the list of documents you will be asked to supply (please see address below).



Next you will hand in an application form with the requested documents
: (NB you must present the originals of all your documents along with a copy)

- Valid passport with a "long stay" visa marked "student"
- Proof of domicile (electricity bill, rental receipt)
- **Birth certificate made out by your own country + translated into French or multi lingual.**
- photocopy of your student card + proof of enrolment at the University or at the School stating the dates of duration of your stay (from entry until departure from France)
- Proof of sufficient resources (a bank account with an amount of money of about € 3 000 for one year or proof of a scholarship or a bank transfer of €460 per month coming from abroad)
- 4 passport photographs

Please note: - Students coming for the 1st time, will be requested, by the Agence Nationale pour l'Accueil des Etrangers et des Migrations (ANAEM) in Lyon or Grenoble, to have a medical check up with one of their practitioner in Lyon, Grenoble or Chambéry. The renewal of the residence permit will be submitted to the presentation of a certificate proving that you had undergone this obligatory visit.

You will have to pay a **fee of €55** the 1st time you will be delivered a residence permit marked "student" (€30 for the renewal). Once your file has been completed and handed out to the Authorities (Préfecture or Mairie depending on where you live), the residence permit shall be delivered after a minimum of 2 months.

[For further information, please contact :](#)

Préfecture of Chambéry – Service des étrangers

Office hours - Monday-Friday, 8.30 –11.30 am and 1:30- 4 pm working days except Wednesdays pm

Tel : 04.79.75.51.07 Tuesday and Thursday morning

Useful Web sites: www.savoie.pref.gouv.fr/sections/vos_demarches_admini, "Etrangers en France" – http://www.diplomatie.gouv.fr/fr/services-formulaires_831/espace-etudiants_12793/etudier-france_12794/demarches-administratives_12818/visas-etudiants_27131.html



3. Insurance, Health and Social Issues

Foreign students have access to the student social security system under the same conditions as French students, i.e. they must be enrolled in a higher education establishment giving access to the student security system and be under the age of 28.

The student security system is obligatory. It is run by 2 student complementary health organisations (**SMERRA** and **LMDE**), one of which should be selected when you enrol. Affiliation to the social security system takes place when you enrol at school and requires payment of €195 contribution (2008/09). Citizens from the EEA and Switzerland who have either the European Health Insurance Card or a certificate showing that they have taken out private insurance are of course exempt. **Non EU students must subscribe to the French Social Security Student scheme.**

➤ **Mutuelle des Etudiants ➤ SMERRA (LMDE)**

14 bis Faubourg Reclus
73000 Chambéry

☎ 04 79 75 18 99

Email : www.lmde.com

123 rue Michaud
73000 Chambéry

☎ 04 79 33 34 34

Email : www.smerra.com

Civil Liability (third party and personal accident insurance, Responsabilité civile in French – this is very often part of your “multi-risk habitation”, see home insurance) is **mandatory** in France. Average cost per year: €15. You can buy it in your home country or upon arrival.

Repatriation Insurance: Should you have a serious or long term health problem, it is highly recommended that you take out an insurance policy that would cover your repatriation. (This is **to be done in your home country only**).

Home Insurance: All students in accommodation must take out home insurance (fire, flood damage...) for the accommodation they are in. This is called “multi risque habitation”.

Before coming to France, find out full details from your Social Security office or private insurer and make sure you will be fully covered for all risks when abroad.

Health Care:

In France you need to choose your own doctor. Doctors generally see patients by appointment only. Basic appointment with a general practitioner costs €22. Make sure to choose a doctor who is “conventionné”, otherwise you will not be reimbursed by Social Security and the tariff will be higher.

Please note you will be reimbursed 70% of the doctor's fees less €1 i.e. € 14.40, the remaining 30% can only be reimbursed if you take a private insurance policy. Make sure you choose suitable policy for all circumstances (Contact LMDE or SMERRA).

Warning: if you do not declare your practitioner, you will only be reimbursed 30% of his/her tariff.



In order to buy most medication you will need a prescription that you must show the chemist.

Useful sites for more information:

General information : www.ameli.fr

Looking for a doctor in Chambéry : www.18218.fr go to "je cherche", type in - médecins généralistes + Chambéry- then go to "je trouve"

Useful numbers

- **SAMU** (Emergency Medical care) : **15**
- **Fire Brigade** : **18**
- **Police** : **17**
- **Chambéry Hospital**
Place du Docteur François Chiron
73000 Chambéry
☎ **04 79 96 50 50**
- **Free and anonymous Centre AIDS**
Chambéry Hospital
☎ **04 79 96 51 52**
- **European Emergency Call Center**
To be used with a mobile phone
☎ **112**



4. Bank account

In order to simplify your financial operations, you should quickly open an account with a French bank. The following documents are needed:

- *identity card or passport*
- *proof from your bank which says that you receive at least 460 €/month*
- *proof of domicile*

The majority of banks are located in the town centre, near the "Eléphants" :

Banque de Savoie
6 boulevard du Théâtre
73000 Chambéry
☎ 04 79 33 94 94

Caisse d'Epargne
14 boulevard de la
Colonne
73000 Chambéry
☎ 08 20 00 01 17

Société Générale
10 boulevard de la
Colonne
73000 Chambéry
☎ 04 79 60 57 80

**Banque Nationale de
Paris**
3 place de l'Hôtel de ville
73000 Chambéry
☎ 08 02 35 60 63
(operations with foreign
countries)

Crédit Agricole
2 place du Château
73000 Chambéry
☎ 04 79 70 11 67

**Banque Populaire
Des Alpes**
15 av. des Ducs de Savoie
73000 Chambéry
☎ 08 20 33 79 24

Crédit Lyonnais
26 boulevard de la
Colonne
73000 Chambéry
☎ 04 79 75 99 11

The banks are generally closed on Mondays. Opening hours are from 9:00 am to 12:00 am and from 2:00 p.m. to 5:00 p.m. There are many cash machines in and around the town, (with a visa or an international cash card).

5. Housing benefits

They are available to almost anyone paying rent for accommodation. As soon as you sign your **lease** (contrat in French) make your application at the "Caisse d'Allocations Familiales – CAF (this can be done on line). Once your application had been made it will take about 3 to 6 weeks for you to receive your benefits

- **Aide Personnalisée au Logement "APL"**: you must be renting a state-approved flat, (meaning a state – recognised contract between the owner and the State whose number must appear on the lease). The APL is paid directly to the owner who deducts the amount from the tenant's rent. (**Tenant** : locataire in French)
- **Allocation de Logement à caractère Social "ALS"**: you must be resident of a flat meeting the basic norms of comfort, size. The ALS is directly paid to the tenant unless there is a prior arrangement between him and the owner.

Warning: these benefits cannot be accumulated



For a furnished apartment, the «CAF» will only take into account 2/3 of the rent + utility expenses. The time to obtain it is about 3 to 6 weeks after the deposit of the complete form.

The allowances are paid with a retroactive effect of 3 months. **There is no allowance for the first month.**

However, **allowances can vary from 15 to 50% of rent so it is worth applying for this help.**

Application forms are available from the CAF. To be eligible you will need :

- *Passport or ID*
- *A copy of your European Health Insurance Card*
- *declaration of resources (last year) or a letter which attests you do have sufficient money to support your living while studying in France*
- *a rent receipt (the first month)*
- *photocopy of your student card or certificate of enrolment*
- ***French bank or postal account details (= Relevé d'Identité Bancaire or RIB)***
- *photocopy of residence permit (=titre/carte de séjour) for non EU students*

Beware: Students holding a Long-term Temporary visa for Studies cannot apply for housing benefits.

For further information, please contact: **Caisse d'Allocations Familiales, 20 rue Jean Jaures, Chambéry**

0820 25 73 10 - Monday-Friday, 8:00 am/4:00 pm - www.caf.fr

Please note the "Club International" will help you to carry out the formalities :

2009/10 contact students are : Stephanie Brunet, Pauline Crassard and Angélique Blayer-Girard. Their email address is : poleculturel@yahoo.fr

Finally here below are web sites that you can consult for more practical information regarding your stay as a student in France :

http://www.diplomatie.gouv.fr/fr/espaces_dedies.php3?id_rubrique=12793

www.cge.asso.fr

www.agera.asso.fr



D- ARRIVAL IN CHAMBERY

1. Schedule of formalities

To help you with the formalities, we advise you to follow this procedure :

- **first obtain your visa in your own country.** This may be attained through the local town hall or at the French Embassy
- as soon as you arrive at the School, go directly to the International Relations Department to sort out any outstanding **admission formalities**
- the registrar's office will give you a **certificate of enrolment** at the school and your **student card**
- to simplify your financial matters, open a **French bank account**
- next, go to the *Préfecture de Chambéry* with your passport (non EEC students)
- then make your request for a **residence permit** (carte de séjour) at the *Préfecture de Chambéry*, foreign service or at the Town Hall if you live outside Chambéry. (non EEC students)
- finally you will be able to deposit your form at the *Caisse d'Allocations Familiales* in order to obtain **housing benefits**

Additional advice : above all don't expect to do everything in one go, be patient. To avoid wasting time, remember to bring all the information required (otherwise you will be made to go back!) and make sure you note the opening hours.

Note: each formality has already been explained above. So for addresses, hours, documents etc., refer to different points above.

2. International Relations

The International Relations Service :

- *Michel GUILMAULT, Director of International Relations*
- *Joëlle Silvestre, Nolwenn Gbick, Assistants*
- *Michèle Bérod, International Placement Coordinator*
- *Lingyan Priol, Admission Officer for Payable Courses*

Michel GUILMAULT: ☎ 04 79 25 33 40, e-mail : m.guilmault@esc-chambery.fr,

Joëlle Silvestre : ☎ 04 79 25 33 51, e-mail : j.silvestre@esc-chambery.fr,

Nolwenn Gbick : ☎ 04 79 25 38 38, e-mail : n.gbick@esc-chambery.fr

and are present to help and accompany you throughout your stay. As soon as you arrive at the School, they will greet you and take you through the enrolment procedure.

You must provide :

- *2 passport photographs*
- *medical insurance certificate (social security, EHIC or any other private health insurance)*
- *Civil liability insurance (this can be bought upon arrival; average cost:€15; often part of your home insurance offer)*
- *Birth Certificate drawn up by your own country (translated into French) (non EU students)*



3. Registrar's office

After settling admission formalities at the International Relations, the first thing you have to do is to report to the registrar's office (*Service de scolarité*) where your enrolment will be registered:

Your contacts :

- Maryse Ferlin, CGSB Master Programme: 04 79 25 33 45
Email : m.ferlin@esc-chambery.fr

- Joëlle Silvestre, CGSB Summer School : 04 79 25 33 51
Email : j.silvestre@esc-chambery.fr

- Cathy Vidal, International Bachelor IECG : 04 79 25 38 30
Email : c.vidal@esc-chambery.fr

- Michèle Bérod, Bachelor of International Trade : 04 79 25 38 51
Email : m.berod@esc-chambery.fr

- Isabelle Pérel, Long-term French Language Course : 04 79 25 33 55
Email : i.perel@esc-chambery.fr

From that time, they will give you proof of your enrolment at ESC Chambéry :

- **French student card** (gives subsidised rates : university restaurant, bus, and cinema..)
- **certificate of your enrolment at the school**
- **certificate of regular attendance**

To complete administrative formalities you will require all these documents. But before starting, do not forget to make photocopies...just in case!



E- COST OF LIVING

1. Money

The currency used in France is the Euro (€)

- 1 € = USD 1.3967 (May 09)
- 1 € = 100 centimes (cts) = centimes

Coins :

- bronze coins : 1 ct - 2 cts - 5 cts
- yellow coins : 10 cts - 20 cts - 50 cts
- two - color coins : 1 €, 2 €

Bills :

- 5 € - 10 € - 50 € - 100 € - 200 € - 500 €

2. Examples of expenses

EXAMPLES	QUANTITY	PRICE (€.)
Butter	250 gr.	1.30
Milk	1 litre	0,80
White bread (baguette)	250 gr.	0.80
Sugar	1 kg.	1,80
Eggs	12	1.50
Cereals	1 kg.	3,50
Coffee	250 g	2,50
Orange juice	1 litre	1
Pasta	1 kg.	1
Canned beans	220 gr.	1
Frozen fish	400 gr.	2,50
Meat	1 kg.	10
Cheese	1 kg.	10,50
Yoghurt (8 pots)	1 kg.	2,50
Toothpaste	75 ml	1,50
Soap	4 × 125 gr.	2
Shampoo	500 ml	0.90

Typical Budget per month for accommodation: € 400, allowances not being taken into account.



3. Meals

For lunch, in school, you can choose to eat at :

- **University canteen:**

Savoie Technolac

☎ 04 79 25 22 83

“La Chautagne” restaurant

Opening hours: Monday to Friday = 11:30 -13:15 and 18:30 -19:45

Ticket : 2,80 € for a meal. Need to buy booklet of 10 tickets on site

➔ First course, meat/fish, vegetables, cheese, dessert

“L’hélice” restaurant pizzeria

Open at lunch time, same hours as above as well as same price ; Italian type food (pasta, pizza)

- **School Cafeteria: DZ**

ESC Chambéry, Savoie Technolac

☎ 04 79 26 12 74

Opening hours: Monday to Friday = 7:30 - 16:30

Special student prices; breakfast and lunch from € 4 to 6.50 (Pizzas, sandwiches, salads)

- Or you **can** bring your **own lunch** to eat at school. (Possibility to heat up your meal in the Pôle Culturel space)

As regards restaurants, Chambéry offers a diverse choice and numerous specialities. Everyone can find something to their liking and discover new tastes. Check the Passe-Montagne guide for a complete listing of restaurants (addresses, opening hours, prices, specialities).

Here are some addresses :

- **Crêperie le Menhir** Carré Curial, free « Kir » with Passe-Montagne card
- **La Boîte à Pizza** Place Monge: pizza specialities to eat-in or takeaway, 15 % discount with Passe-Montagne card
- **L’Entracte** rue du Verger: French and Italian specialities
- **Le Sporting** rue Croix d’Or: Savoy specialities, local food
- **La Spaghétéria** rue St Réal: pizza, tartiflette, Tiramisu, filled pasta
- **McDonald’s** - Chamnord, Aix les Bains, Bassens : fast-food
- **Quick** – Chambéry Centre: fast-food

4. Passe-Montagne discount card

The Passe-Montagne guide is created by students of ESC Chambéry for all students.

It lists shops in Chambéry and Aix-les-Bains which offer student discounts.

On the whole, there are more than 400 discounts for shopping, leisure, sports, restaurants, services, etc, listed within its pages.

The guide is freely delivered to students; it is available here at the School. In order to benefit from the discounts, you only need to possess a Passe-Montagne card. The card is valid a whole year (from September to September) and the price is 5€.



F- ACCOMMODATION

1. Useful Addresses

➤ **Point Logement OSE**

123 rue Michaud
73000 Chambéry
☎ 04 79 70 01 05

➔ Help in finding and applying for accommodation you need to buy their subscription card (€55) which gives you access to their information with regards to accommodation, jobs and give you a few tips in different shops.

➤ **Chambéry Tourist Office**

24 boulevard de la Colonne
73000 Chambéry
☎ 04 79 33 42 47

www.chambery-tourisme.com

email : info@chambery-tourisme.com

➔ Private accommodation ads, consultations 9-12am and 1:30-6pm. List of estate agencies. Free information

➤ **Savoie Information Jeunesse**

79 place de la Gare
73000 Chambéry
☎ 04 79 62 66 87

➔ Free information for young adults. Open Monday to Friday. Private ads can be consulted

➤ **Agencies**

There are more 60 than agencies in Chambéry. Choosing an agency will guarantee professionalism, but the fees are higher. Certain agencies offer subsidised rates for students. More information via the Tourist Office.

You can consult the **private ads** in the free weekly newspapers: *Le 73*, *Info Annonces*, *Plus Contact*.

➤ **Private Student residences** (see details page 14).

WARNING : A Guarantor *is required for almost all accommodation situations. This is a person that vouches for the student and who lives in France or in the EU He/She must be a European citizen and must be able to prove that he or she has a monthly income at least equal to 3 times the amount of the rent. If you have no guarantor you will have to pay your rent for the whole year in one payment in advance.

A deposit is always required. It corresponds to 1 month rent. It will be refunded to you at the end of the stay. Please note landlords are entitled to keep it another 2 months after your departure. This right is very commonly used!



2. Accommodation via the School

➤ Via the Student Union (BDE)

The student Union can let you have a list of flats to rent or flats to share. Here is their email address : bde@esc-chambery.com

Do introduce yourself as being an Exchange student and send a copy of your email to Joëlle Silvestre for information and follow-up: j.silvestre@esc-chambery.fr

➤ Via the International Relations Office

Joëlle Silvestre can book for you a room in the **University (Public) Residence Halls** (dormitories or flats to share) (**CLOUS**). However you need to informed her in June for the Autumn semester and in November for Spring.

This is a state funded service which offers a range of accommodation from a single room (with or without private bathroom) to flats to share (2, 3 or 4 rooms, kitchen and bath).

- Foyer étudiant des Alpes, 295 Fg Montmélian, Chambéry. Individual rooms with private bath. Rent : €343.50/month. Housing benefits : €189/month
- Résidence du Comte Vert : 177, av Comte Vert, Chambéry. Flats for 2 people, same sex. Rent : €307/month/person. Housing benefit : €80/month average

You will be asked a deposit equivalent to one month of rent upon arrival. You also need in a **guarantor** in the EU. The deposit will be given back to you at the end of your stay, or within 2 months after the time of your departure.

In all cases, read carefully your contracts or lease (bail in French). All the rules are to be stucked to :

- Deposit (caution, dépôt de garantie in French)
- Guarantor (garant, cautionnaire, caution solidaire in French)
- Leaving notice (préavis in French)

For this last point i.e "leaving notice", please note this needs to be done either at the time of arrival or 1 month before your leaving time depending on what is written in your contract.

3. Student residences (private sector)

Hotel Curial

371 rue de la République- 73000 Chambéry

04 79 60 26 00 - Fax : 04 79 60 26 01 – web site: www.curial.antaeus.fr

E-mail : antaeus.chambery@wandadoo.fr

Rooms equipped with kitchen (crockery, fridge, oven, hot-plate), bathroom, direct telephone

	1 night to 30 nights	Fr 3 months on
20m2	€30/night	€480/month



For all stays exceeding 2 months, a housing allowance ('ALS') of around 150 € is payable to students. This is paid by the Housing Office (on the basis single flat rental levels)

Deposit required for all stays over 1 month.

Les Lauréades

348 rue de la République - 73000 Chambéry

04 79 85 24 84 - Fax : 04 79 33 20 41 – web site : www.icade-immobilier.com - Email : laureades.chambery@icade.fr
(possibility of reservation)

Located in the heart of Chambéry, the two student flat halls « Les Lauréades » and Prince Eugène provide comfortable and fully-equipped flats : office, corner kitchen with fridge and hotplates, bathroom, ...and in most flats, sofa-beds, armchair, table, chairs, crockery and mini-oven.

The surface area varies from 16 to 45 m², and the rents are from 382 to 550 € including utilities but not electricity. There are various types of accommodation from studios to flats to share.

Both halls propose daily services : sports, video room, launderette. Possibility of ALS.

ARPEJ Univercity

402 rue de la République - 73000 Chambéry

Tel : T 04 79 70 82 00 F 04 79 85 66 69 Internet : www.univercity.fr
Email : christele.joly@arpej.fr

Flats 18 to 24 m² : kitchen, bathroom, telephone, TV for hire, sheets not supplied

Prices for flats 18 to 24 m² : from 411 to 510 € per month, all inclusive.
Possibility of APL, around 160 €.

Les Studélites Résidences Malraux

42 rue Ménabréa & 11 rue du Battonnet – 73000 Chambéry

Te l: 04 79 75 19 82 FAX : 04 79 85 23 13 Internet : www.studelites.com

Price: from 400 to 450 € per month, everything included, except for electricity (23 to 30 € for 18m²)

Fee: 125 €. Deposit : 470 € (returned at the end of lease).

For foreign students, full payment in advance, arrangements are possible for students coming from the euro zone, please get in touch with the residence as soon as possible.

All flats are furnished and all the residences are situated in the center of Chambéry with good bus connexions.

We can also put you in contact with a few landlords that have flats to rent. Please ask.

Beware all prices given are susceptible to change without prior notice.



G- OTHER INFORMATION

1. Working in France

The right to work in France for students is generally allowed if they are enrolled in an institution that gives them access to the student social security system. French and EU students have no peculiar formalities to carry out (temporary special measures apply to Bulgarian and Romanian citizens though up to 2014).

The Resident Permit marked student also gives the right to work up to 60% of the annual legal work duration.

More information at:

Direction Départementale du Travail, de l'Emploi et de la Formation Professionnelle (DDTEFP), Carré Curial, Chambéry, Tel. 04 79 60 70 00

Office hours: Monday 1.45 to 4.45 pm, Tuesday to Friday : 8.45 to 11.45 am – 1.45 to 4.45 pm

Web site: www.savoie.pref.gouv.fr/sections/vos_demarches_admini go either to:

- Europe – Droit au travail des étudiants européens
- Etrangers en France – Travail des ressortissants étrangers en France

2. Transportation

Unfortunately there are no direct flights to Chambéry airport (apart from daily links to Paris and special ski flights during the Winter season). Some airlines might include a link from Paris, but there are only 2 flights a day and the price could be quite high!

➤ Roissy CDG (Paris) Airport

There are 2 possibilities :

- Direct TGV train to Lyon to "Lyon Part-Dieu" train station (approx. 2 ½ hours) then local train to Chambéry (1 ½ hour)
- Train or subway link to "Gare de Lyon" train station in Paris (40 mn involving one change), then direct TGV train (3 hours) to Chambéry. Cost in both cases, approx. €70 single. Times: www.voyages-sncf.com

➤ Lyon St Exupéry Airport

[Daily flights Paris /Lyon](#)

Many international airlines offer flights to and from Lyon.

To travel to/from Lyon Airport there is a direct shuttle bus link to Chambéry town centre 5 times a day. It takes an hour; the price of a single trip is about € 20 regular price.

More info on www.satobus.com

We feel this is the most suitable route as it keeps connections and carrying your luggage to a minimum!

➤ Geneva International Airport

This airport can be reached by train within 1.5 hour. Regular price : around €20 However if you arrive in Geneva in the evening you may miss the last train connexion to Chambéry. Check before you book your flight !

There is also a shuttle bus connexion from the airport. Single trip : € 40 and booking requested at least 48 hours in advance.

Schedules, prices, bookings : www.lerracs.com/trans-airport



➤ **Chambéry Train Station SNCF** Tel. 3635

Schedules, prices, bookings : www.voyages-sncf.com

Young person's card (12 - 25 years old) : 50 €, entitles holder to reduction of 25 or 50% according to time of travel. Valid for 1 year. ☎ 08 36 67 68 69

Carte "coup de foudre"(up to the age of 26) : 30€, entitles to 50% reduction on all journeys in the Rhône-Alpes Region.

➤ **Bus : Service des Transports de l'Agglomération Chambérienne (STAC)**

☎ 04 79 68 67 00

- Open card : €135.72/year or €16.86/month + **bus card : €2** in each case
- book of 10 tickets, student price(you must be under the age of 26 though) : €5.63 + **bus card : €2**

line 9 :Jacob Bellecombette- Eléphants - Savoie Technolac / Le Bourget Plage (till 8:00 p.m.)

Web site: <http://www.bus-stac.fr/tarifv2>

➤ **Taxi** (station exit) : practical but expensive.

➤ **Car Rental**: charged by day or by kilometre (+ 21 year old, valid driver's licence).

➤ **Cycle-paths** : developing more and more with one between Chambéry and Technolac.

3. Miscellaneous

➤ **Telephone service**

The country code to call someone in France is 00 33 and you need to dial the telephone number without the "0" at the beginning of the city code.

Telephones can be installed easily and quickly for a fixed charge (about 50 €, students get a reduction though). You can either rent a telephone from a phone company or you may purchase your own equipment (basic model from 20€). Either way, you will receive the bill every 2 months. You can save the cost of a technician if you know the name and the telephone number of the person who rented the apartment before

If you don't have a telephone at home, you can use public phone boxes, throughout the town. You need a phone card that you can buy in every post office or in most newsagents or at the tobacconist's (120 units = 14,90 € and 50 units = 7,50 €).

Finally you can also buy a **mobile** : You can buy prepaid cards or close a deal. When signing a contract, the minimum period is after one year. However it is possible to quit the contract earlier if you can prove that you are leaving back home earlier. For further information contact the different operators (Orange, SFR and Bouygues).

➤ **Mail**

The postage rate for France and for all the EC countries is 0,56 €. But for the non-European countries, you must go to the post office to weigh the mail (the price depends on the weight).



A postal code has been assigned to every postal area in France. The number appears at the end of the address before the name of the city. For Chambéry, it is 73 000.

➤ **Electricity**

All the small appliances operate on 220 volts. So before purchasing an electrical appliance to be used in France, check the voltage ratings are compatible. Average electricity cost per month for one person: € 20.



H- EXTRA-CURRICULAR LEISURE FACILITIES AND SPORT

1. Extra-curricular activities and leisure facilities

Groupe ESC Chambéry Savoie offers numerous activities via its student associations :

BDS (Bureau des Sports), see below for more details, **ECC Conseil**, a Junior Entreprise, **Job Express** who offers temporary jobs, **Imotion**, association devoted to photo & video, **BDH International**, humanitarian association for international charities & events, **Passe-Montagne**, which issues an annual discount guide, **Pôle Culturel** which runs a shop (drinks & junk food), charities, gathers an Arts association, a Wine association and the "**Club International**". The Club international is **in charge of welcoming and entertaining the international students**. They will contact you by email before you come to organize your pick-up and drive you to your accommodation. They will help you with your first steps in Chambéry and at ESC. Email address : poleculturel@yahoo.fr

Please note all these associations, except Passe –Montagne are run by the **Student Union** called **BDE** (Bureau Des Elèves). To benefit from all the facilities a year or a semester subscription is requested : € 110 for a year, € 55 for a semester.

2. Sport at the School (sports club of students)

It offers various sports activities within the School : rowing, aerobics, tennis, athletics, basketball, football, handball, rugby, volley-ball. It also organizes different outings : bungee jumping, climbing, paragliding, rafting, skiing, outing to the mountain, extreme sports....

➤ Sporting Equipment of the city

11 municipal gymnasiums in city and around, 7 municipal stadiums one which contains an athletic track.

Chambéry Olympic Stadium (S.O.C.) : rugby, football, handball, ice hockey.
Ice rink, Swimming-pool covered/ Swimming-pool uncovered (June-August).

➤ Sports Clubs

They propose several sports : golf, roller, baseball, softball, cricket, boxing, badminton, judo, archery, yoga, fencing...

And in comparison with the rich natural environment of Savoie you can try: riding, parachute, paragliding, rock-climbing, scuba-diving, sailing...



3. Shopping

In general, the shops are open every day, except Sundays and Mondays for some. The **opening hours are 9am - 12am and 2pm - 7pm.**

There are different kind of shops :

- **department stores:** *Galleries Lafayette*
- **hypermarkets/shopping centres:** *Carrefour or Leclerc, located in suburbs, where you can buy food, electrical appliances, clothing, furniture... and you can go window-shopping in the shopping arcade*
- **discount stores:** *Leader Price, near Carrefour or Lidl near Leclerc you can find cheaper food and domestic products*
- **small independent stores:** *chemists, butchers, newsagents... clothing/shoes shops... generally in the town centre*

4. Cultural activities

Chambéry has many places of interest: Médiathèque Jean-Jacques Rousseau, Espace Culturel André Malraux (movie and theatres), Charles Dullin Theatre, Castle of the Dukes of Savoie and the Holy Chapel, Savoie Museum, Fine Art Museum, Les Charmettes (Rousseau Museum), Museum of Natural History, and so on

- **Médiathèque Jean-Jacques Rousseau:** languages laboratory, space for the visually handicapped, CD/video, newspaper kiosk space – 6 €/year for students.
- **Espace Culturel André Malraux :** theatres,
- **Charles Dullin Theatre:** century XIX, Italian style decoration of auditorium.
- **Castle of Dukes of Savoie and Holy Chapel :** buildings of centuries XIIIe/XIXe.
- **Savoie Museum :** archaeology, art, ethnography + Memorial of the Résistance.
- **Fine Art Museum :** Italian painting, painting of German, Dutch, Flemish, French art schools and works of art of local artists.
- **Rousseau Museum (Charmettes) :** country house of J.Jacque Rousseau.
- **Museum of Natural History :** mineralogy, butterflies, birds, reptiles, fossils, shells and geology.

For further information please contact the Tourist Office ☎ 04 79 33 42 47

N.B. : Museums often offer student prices : so remember to bring your student card to benefit from it.



5. Other leisure activities

➤ Walk through the town

In the old town, Rue d'Italie, Rue Trésorerie, Elephants' Fountain, Rue Croix d'Or, the arches in Rue de Boigne, Place Saint-Léger, Rue Basse du Château, the Castle, Rue Juiverie... but also the cycle-paths. Where can you get a breath of fresh air? At Le Parc de Buisson Rond, it is possible to go for a walk and find also riding, running, ice sports, skating, swimming, cycling on the cycle-path towards to Saint-André lake, and to Bourget du Lac.

➤ **Cinemas** : Full fare : 8.60 € - Student price : 5,50 €

➤ Going out

*The students of the school often frequent certain bars in Chambéry :
Bar du Comte Vert (Passe-Montagne discount), Bar de la Boule, L'Eden Park,
Bar O'pogues (Passe-Montagne discount), Pub Charly's, Hacienda Pub Rock,
Le Pause Café.*

As an indication, in a bar, on average :

- a beer costs : 2,6 €
- a Coca-Cola : 2,5 €
- a coffee : 1.50 €

There are parties organised by the students every month (between 4 and 9 € for BDE subscribers or between 10 and 15 € for others).

SEE YOU SOON AT Groupe ESC Chambéry Savoie !!!

