

INTERNATIONAL STUDENT GUIDE



PREAMBLE

We are pleased to present a new **Erasmus Guide**. We will all be or have been someday an international student. So, this guide will reflect our expectations. **The integration of international students is essential**. It must be done quickly. The creation of the guide will facilitate your integration. In this, we want our guide to help you adapt better making you part of **our customs, traditions or habits**.

With the collaboration of **the association Inter'3**, we could define your first difficulties arriving in France, more precisely in Troyes. Inter'3 is the association of ESC Troyes, who welcomes international students. **Members of this association will help you and guide you in your everyday lives**. Among others, they have the responsibility, to assist you in your administrative tasks such as ensuring the state of your accommodation.

It is with sincerity that **we wish all international students welcome to Troyes**, and we hope that this experience will benefit you both professionally and personally.

Have good trip and happy reading!



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TROYES & ITS SURROUNDINGS



Situated 1.5h from Paris, in the department of the Aube and in the region Champagne-Ardenne, Troyes is a unique city. The medieval city preserved its exceptional heritage. By trailing around in the city center, which has the shape of a cork of Champagne, you will discover its 10 churches, its typical houses in half-timberings and its business streets. With 61 000 inhabitants whose city center hosts more than 8000 students, it is always warm and lively in particular thanks to its numerous bars and restaurants.

You know certainly that France is the country of gastronomy, then you will be happy to learn that Troyes also has its culinary specialities for andouillettes, Chaource and of course champagne!



France is not only known for its cooking but also for its influence in the world of fashion. In Troyes you can enjoy numerous factory outlets (more than 250 shops) which combine hundreds of big brands such as Guess, Burberry, Hugo Boss, Adidas, Lacoste ...



To know more about it and the everyday life in Troyes, we let you discover the continuation of the guide!

HOLIDAYS

- In January 1st:** New Year's Day
- In April:** on Easter Monday
- In May-June:** on Ascension Day and Whit Monday
- In May 1st:** Labor Day
- In May 8th:** Victory against German in 1945
Poppy day (world war II)
- In July 14th:** French National holiday
- In November 1st:** All saints' day
- In November 11th:** Poppy day (world war I)

BANK HOLIDAYS

- In January 6th:** Epiphany (Twelfth-Night pancake or King's pancake)
- In February 2nd:** the Candlemas (Crêpes)
- In February 14th:** Valentine's Day
- In February-Mars:** Carnival
- April 1st:** Fools's Day
- In June 21st:** Music festival for summer Day
- In June 24th:** Holiday and fire of Saint Jean
- In October 31st:** Halloween

EVERYDAY LIFE

ACCOMMODATION

This part is to know the budget of student coming Troyes for accommodation.

- All international students registered at ESC Troyes during their studies in France can directly ask for the reservation of their accommodation through the International Office. The price of these accommodations varies between €350 and 450/month. There is often two month deposit. Usually you will have to pay cash between €600 and €800 upon arrival.

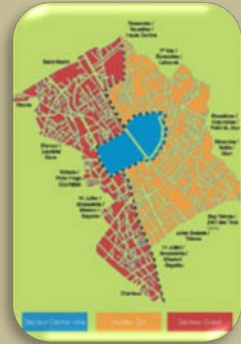
You have the possibility to get Housing Benefits for your accommodation in France, called A.P.L. To get this assistance, you shall download and print the form on the website <http://www.caf.fr>. You should fill it in and return it to the CAF. The International Office will help you to fill in the forms upon arrival during the orientation days (early September or February)

→Some tips: the check-in and the contract are thus written in French,so it will be useful to come with a French student to translate the documents.

The system of the garbage collection:

Days to bring out your garbage bin.

Note: If you need further information about your accommodation, please contact your owner or your coordinator at school.



	Garbage	Packing	Glass	Green waste	Others
City center (Troyes)	Monday, Tuesday, Thursday, Friday, Saturday	Wednesday	Wednesday	Wednesday	Wednesday
Western sector (saint-André,	Monday, Thursday Saturday	Wednesday	Wednesday	Wednesday	Wednesday
East sector (stjulien les villas, rosier)	Monday, Wednesday, Friday	Tuesday	Tuesday	Tuesday	Tuesday

MOBILE PHONE& INTERNET

To access Internet, there are two options:

1) It is included with your accommodation. So, it will be included to you in our contract and rent (access code and key word).

2) If it is not the case,you have to proceed by yourselves to get access to Internet. You can subscribe a contract with a phone company:

For mobile telephone and access to Internet you can subscribe to the following addresses:

Bouygues Telecom 130 Rue Emile Zola 10000 Troyes 03 25 73 32 27	
Orange 6-28 RueRépublique 10000 Troyes 08 00 10 14 10	
SFR 24 Rue République 10000 Troyes 03 25 46 14 05	

The package for Internet + TV + Mobile phone is around €30/month with these operators.



→Notes: You have a possibility to connect to the web in public places

like the media-library, University (Esc ...), or famous stores.

BANK

A bank account can be very useful in France if you wish to receive some bank exchanges like APL or to pay your landlord by a direct transfer. It is compulsory to have to a bank account to get housing benefits.

To open a bank account

It is necessary to have a document of proof of residence, a passport or ID card and a student card.

To close an account

The account closure is free. Before closing your account you have to:

- Plan a sufficient provision allowing for the payment of the operations in progress (payments not received yet for example),
- Return your cash card at the bank.
- Fill in a form for a future international bank transfer to your bank account
- Write an email of confirmation when you want your bank account to be closed definitively.

La Société Générale
Avenue Pierre Brossolette 10000
Troyes
03 25 73 20 90



Groupe ESC Troyes has a partner.
40€ will be offered to every international student who will open a bank account at La Société Générale.



MEDIA LIBRARY : MÉDIATHÈQUE DU GRAND TROYES

The Media library (Médiathèque) is a useful place to search complete information for all things. This one has a numerous number of books but also many work rooms. You have the possibility to work in group. It is also a place where you can relax and listen to music or watch videos and movies.

It is necessary to pay a contribution of €8 to borrow books or compact disk. However, the access of any other document is free of charge. There is an Internet network.

Note: You have a small media library in your University, at ESC Troyes.

Website: <http://www.mediathèque-agglo-troyes.fr/>

Address:

Days of opening:

Espace Argence, Boulevard
Gambetta
BP 602 10088 Troyes Cedex
03 25 43 56 37

Monday and Thursday
Between 1 and 7 pm;
Tuesday, Wednesday, Friday
and Saturday
Between 9.30 am and 7 pm.

TRANSPORT

→ Bus

You can easily take trips by bus in Troyes. The network of public transports is very developed and quite cheap. You can directly buy a ticket inside the bus (a ticket costs €1,30) or at the main bus station.

Several formulas are proposed:

- ✓ There are bus passes of €31.50/month for unlimited journeys. To obtain this one, for the first time you must supply two passport photographs and a certificate of studying or a student card. It's also possible to have your picture taken on site (free of charge).
- ✓ Other types of formula :
 - Clip €6,50 for 8 journeys and unlimited length of time
 - Mini Turbo 65 units for €12,20 approximately 11/13
 - Maxi Turbo 130 units for €22,50 approximately 22/26



Tips: How to
stores




go to the big
(example:

Lacoste, Nikes etc...)

Please take bus no 1.

<u>Address:</u> Place de la Halle (in the heart of the city center of Troyes) 03 25 70 49 00	<u>Hours of opening:</u> Monday at Saturday between 8 am and 12.45 pm and between 1.30 pm and 7 pm (6.30 pm the Saturday).
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→ **RAILWAY STATION**

<u>SNCF Station of Troyes</u> Cour de lagare - 10000 Troyes 03 25 70 41 67	<u>Schedules of opening of the counter:</u> Monday at Saturday: between 5.40 am and 8.40 pm Sunday: between 6.40 am and 8.40 pm
	

Note: Troyes-Paris East (East Station) trip time: 90 mn.

→ **BIKE RIDING**

You can hire a bike in the following addresses:

*ADA Location (Sainte Savine): <http://www.aube-champagne.com/fr/louer-un-velo1,ada-location.html>

*City Bikes (Saint Julien les Villas): <http://www.aube-champagne.com/fr/louer-un-velo1,city-bikes.html>

*Hôtel des comtes de Champagne (Troyes) : <http://www.aube-champagne.com/fr/louer-un-velo1,hotel-des-comtes-de-champagne.html>

Or **purchase** of bicycles:

In sport stores such as Intersport or Décathlon (located in Pont ste Marie):<http://www.decathlon.fr/>or

<http://www.intersport.fr/resources/home/>

Tips: you can buy a bike at low cost at EMMAÛS association or www.leboncoin.fr – a regional buy and sell website.

→ **TAXI**



Accord Radio Taxis Troyens

6 AVENUE DU MARECHAL JOFFRE10000 Troyes

03.25.78.30.30



→ **CAR PARK**

There are in particular 2 free car parks:

- ✓ one near to the “Parc des expositions” (approximately 400 places)
- ✓ second behind the railway station (approximately 200 places)

→ Car Park is only free from 7pm to 9am from Monday to Saturday and exclusively free all Sundays and public holiday.

HEALTH


Non European Students:

For the international students who don't come from the European Union you have to subscribe to a french health insurance during the orientation days health insurances.

Europeans Students:

You have to get your European card in your home country and show this card when you have an appointment at the doctor or go to the hospital. You will pay a certain amount of money and get your money back later. Your coordinator will help you to fill in the specifics ... to get your money back.

There are 2 healthinsurance companies:

<p><u>LMDE</u> 58 rue du Général Saussier 10000 TROYES 09 69 369 601</p>	
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MGEL

76 Rue Général de Gaulle
10000 Troyes
03 25 73 09 10



Address of hospital:

101 Avenue Anatole France
BP 71810003 Troyes Cedex
Tel :03 25 49 49

Société Médicale Brossolette (several doctors are available)

15 rue Eugène Belgrand, Troyes
Tel : 03 25 82 41 56

Docteur Frédéric FARRUGIA (speaks English)

5 rue Gros Raisin, Troyes
Tel: 03 25 43 44 88



CONVENIENCE SHOPS





→ TRADITIONAL MARKET: MARCHÉ DES HALLES

Mondays, Tuesdays, Wednesdays, Thursdays
From 8:00am till 12:30pm and from 3:30pm till 7:00pm
Fridays and Saturdays
From 7:00am till 7:00pm


Every Sundays and Bank holidays
 From 9:00am till 12:30pm

→ You can buy flowers , fresh meat, fresh fish, fruits and vegetables...


→ **SUPERMARKETS**

<p>Leader Price (a discount prices) 4 Boulevard Georges Pompidou</p>	
<p>Casino 3 Rue mission</p>	
<p>Monoprix (Product of daily consumption) 71 Rue Emile Zola</p>	
<p>ALDI (discount prices) 102 Avenue Pasteur</p>	


→ **BREAD AND PASTRY SHOPS**

<p>Le Fournil d'Isaline Avenue Pierre Brossolette</p>	
<p>La Mie Câline 65 Rue Georges Clémenceau</p>	


→ **BUTCHER'S SHOP** You can ask for Andouillettes and other specialities of Troyes

<p>Stéphane SONGIS 202 Faubourg Croncels</p>	
<p>Boucherie Saint - Jacques 94 Avenue Pierre Brossolette</p>	

→ **LAUNDERETTE**

<p>Wash Ndry 118 Avenue Pierre Brossolette</p>	
<p>Laverie 28 Rue Georges Clémenceau</p>	

→ **GARAGE**

<p>Renault Garage de l'Avenue 190 Avenue Pierre Brossolette</p>	
<p>Peugeot Relais de l'Avenue 83 Avenue Pierre Brossolette</p>	

RELEASES / EVENTS

WHERE DO WE GO OUT AT NIGHT IN TROYES?

<p>MANHATTAN'S BAR</p>	<p>Partner of BDE's association (Students Office) which is an association of the Business School of Troyes.</p>	<p>27-29 Rue du Général Saussier 10000 Troyes</p>
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	The atmosphere is very cool, music is varied and people enjoy dancing here.	
BOUGNAT'S BAR	It is a friendly bar. Especially for those who likerum, there are many cocktails offered.	29 Rue Paillot de Montabert 10000 Troyes
QUARTIER LATIN	Dancing bar where we find a latino atmosphere. You can attend classes of latin danceslike salsa, for levels. There are preferential prices for students of ESC.	45 Rue Louis Mony 10000 Troyes
GAINSBAR	Good atmosphere where you can play table football. Very nice for a drink with friends.	39 Rue Cité 10000 Troyes

WHERE DO WE EAT IN TROYES?

BISTROQUET	Traditional French Restaurant. The bill would be rather expensive.	10 Rue Louis Ulbach 10000 Troyes
JAMES JOYCE	Irish bar and restaurant where we can find an irish	2 Rue Champeaux 10000 Troyes

	atmosphere. Varied menu, for all tastes.	
ODYSSÉE	Modern brewery. Some choices for lunch, friendly servers. Prices are reasonable.	19 Place Alexandre Israël 10000 Troyes
LA TABLAPIZZA	Italian restaurants where pizzas are good. Good atmosphere and nice service.	3 Rue Raymond Poincaré 10000 Troyes

LEISURE IN TROYES

→ CINEMA: CINÉ CITY TROYES

Full rate:

- ✓ €8,50


Reduced fares:

- ✓ €6,50: student (film show from Monday to Friday)
- ✓ €5: Sunday morning

Ciné carte:

- ✓ 5 films show (1month) €33
- ✓ 10 films show (3months) €57

3D Projection:additional charge of €2,50

13 rue des bas Trévois, 10000 Troyes (Next to the restaurant)	
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Hippopotamus)	
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→ BOWLING DES 3 SEINE

In the Bowling there are also a bar and Fast Food service.
There are 18 floors of bowling, about ten snookers and a lot of video games.

Rates: Full rate 4-6.50 € (*the week*)

Student rate 3.50 - 6 €

One price: 1.50 € (*shoes rent*).

15 rue des bas Trévois - bd Jules Guesdes - 10000 Troyes 03 25 45 00 99	Open all days between 2pm to 1am Friday, Saturday and the day before a public holiday between 2pm to 3am.
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→ THE HOUSE OF THE STUDENTS

6 rue de la Petite Courtine 10000 Troyes 03 25 51 78 10 Email : mde@ville-troyes.fr	Hours of opening: Monday to Thursday Between 1 and 6.30pm; Wednesday Between 11 am and 5 pm.
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→ THEATER OF LA MADELEINE

Prices depend on the proposed show.

The program is available for consultation on line:

<http://www.theatredelamadeleine.com/programme>

Rue Jules Lebocey - 10000 TROYES



Tél. : 03 25 43 32 10

→ MUSEUM

Mirroring the city, the museums range between traditional and modernity.

<p><u>Musée d'Art moderne</u> 14 Place Saint-Pierre 10000 Troyes 03 25 76 26 80</p>	<p>The collection collects some big events of the art in France since the middle of the 19th century until the 1960s.</p>
<p><u>Musée Saint-Loup</u> 1 rue Chrestien de Troyes 10000 Troyes 03 25 42 20 09</p>	<p>It accommodates the Museum of Fine Arts and Archaeology as well as the Museum of Natural History</p>
<p><u>Maison de l'outil et de la pensée ouvrière</u> 7 Rue de la trinité 10000 Troyes</p>	<p>More than 1000 tools are exposed. There is also a library regarding tools and their technical conception.</p>

<p><u>Musée de Vauluisant</u></p> <ul style="list-style-type: none">• Musée de la Bonneterie• Musée Historique de Troyes	<ul style="list-style-type: none">• Where you can discover knit articles (hats, shirts...)• Where you can discover
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<p style="text-align: center;">et de la Champagne</p> <p>4 rue de Vauluisant 10 000 Troyes 03.25.42.33.33</p>	<p>the history about Troyes and its region</p>
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For more information about museums: <http://www.ville-troyes.fr>

→ ICE RINK: SEA GLACE

Opened all year long but schedules are variable according to days and seasons. You also can take courses of figure skating.

The ice rink also presents ice shows.

Tickets vary between €3,50 and €5,50 and the rent of ice-skates costs €2,90.

For more information:

www.patinoiredetroyes.com

<p>12 Boulevard Jules Guesde, Zac des Trois Sein 10000 Troyes 03 25 41 48 34</p>
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→ LES CLÉS DE TROYES

It's the biggest student event in Troyes. It happens once yearly during the first week of October and lasts 3 days. It's a cultural and festive night for students

At the program, every year:

- Special rate at the cinema *Ciné City* (with your student card).
- International students will discover the best addresses of the city thanks to guided tours.
- Concerts in the city.
- The cultural places of the city are open at the night.
- A party is organized by the Students Federation of Troyes.

The program innovates every year so for more information:
www.clesdetroyes.com

SPORT

→THE SWIMMING-POOL

Opened from Monday to Friday and only Saturday and Sunday during school holidays (February and Summer).

Rate: the ticket costs €1, 80 and you can buy a subscription.

Place du Vouldy
10000 Troyes
03 25 83 16 10

→THE TENNIS (TENNIS CLUB DE TROYES)

If you want practice tennis in club you can contact TCT.

4 rue Roger Salengro
10150 Pont-Sainte-Marie
03 25 81 08 20

Email: tctroyes@wanadoo.fr

→THE STADIUM (LE STADE L'AUBE)

With a capacity of 20400 seats, this stadium accommodates the Football professional team of Troyes (ESTAC) currently in L2 (Second division).

Usually, watches take place in the week ends.

To practice a sport, we invite you to contact the Sport Office (*Bureau Des Sports*) of your university (*ESC*)



OUTSIDE RELEASES

→ NIGLOLAND

Amusement park situated in 45 min of Troyes (to Dolancourt), you can amuse yourself by taking advantage of all the attractions for 22€ the day

→ LAC ET FORET D'ORIENT

Situated in the heart of the Eastern forest and with its three fine sand beaches (Lusigny-sur-Barse, Géraudot and Mesnil-St-Père), the Lac d'Orient is a paradise for the leisure activities: bathing, walking, canoeing, pedal boating, diving, fishing and sailing.



→ GRIMPOBRANCHES (ZIPLINING)

You can feel new sensations in youexploringthe forest from branches to branches and from trees to trees at only 15 minutes away from Troyes.

Prices:

- 18€ up entrancegiving access to all the courses
- 30€ for the night-extreme course of 3 hours.



the grown-



WORDS & KEY SENTENCES



CURRENT EXPRESSIONS (EXPRESSIONS COURANTES)

Hello!	Salut!
Good morning/ afternoon	Bonjour
Good evening	Bonsoir
Good night	Bonne nuit
Goodbye	Au revoir
Excuse me	Excusez- moi
Sorry	Pardon, désolé
What did you say?	Qu'est ce que vous avez dit ?

Do you speak English?	Parlez-vous anglais ?
I don't speak French	Je ne parle pas français
I understand	Je comprends
I don't understand	Je ne comprends pas
My name is...	Je m'appelle...
What's your name ?	Comment vous appelez-vous?
How are you?	Comment allez-vous?
Fine thanks	Très bien, merci
Where do you come from?	D'où venez-vous?
I come from...	Je viens de....
I'm studying	J'étudie

ACCOMODATION (LOGEMENT)

• Self-catering (location de logement)	
I have reserved an apartment/ a flat	J'airéservé un appartement
Where is the... -electricity meter -water heater	Où est le/la... -compteur électrique -chauffe-eau
Where/when do I put out the rubbish?	Où/quand dois-je sortir les poubelles?
• Problems (problèmes)	
Where can I contact you?	Où puis-je vous contacter?
How does the stove work?	Comment fonctionne la cuisinière?
I have broken/lost...	J'aicassé/perdu...
• Useful terms (termesutiles)	
Saucepan	Une casserole
Lamp	Une lampe
Fridge	Un réfrigérateur
Toiletpaper	Papier toilette
Dishes	Vaisselle
Balcony	Un balcon
Bathroom	Une salle de bain
Bedroom	Une chambre
Kitchen	Une cuisine
Living room	Un salon
At the groundfloor	Au rez de chaussée
At the first/second floor	Au premier/deuxièmeétage

TELEPHONE AND INTERNET (TÉLÉPHONIE ET INTERNET)

I would like a subscription	Je voudrais un abonnement
Prepaidcard	Une carte prépayée
I would like a internet connexion	Je voudrais une connexion internet
SIM card	Une carte SIM
Basic phone	Un téléphone basique
Unlocked phone	Un téléphone débloqué
Networks	Réseaux
Pourriez-vous tout installer ?	Could you all install?

BANK (BANQUE)

I would like to open a bank account	Je souhaiterais ouvrir un Compte bancaire
I would like to change some money	Je voudrais changer de l'argent
How does the cash machine ?	Comment fonctionne le distributeur de retrait?

HEALTH (SANTÉ)

I would like to have an appointment	Je voudrais prendre un rendez-vous
I am sick	Je suis malade
I have ... -a toothache - a headache - a stomach ache -a earache -a sore throat	J'ai mal... -aux dents -à la tête -au ventre -aux oreilles -à la gorge
My stomach hurts	J'ai mal à l'estomac
My back hurts	J'ai mal au dos
I cough/I sneeze	Je tousse/j'éternue

I have a temperature	J'ai de la fièvre
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TRANSPORT (TRANSPORT)

Where is the ticket office?	Où est le guichet?
Where can I buy a ticket?	Où puis-je acheter un billet?
I would like a single/return ticket?	Je voudrais un ticket aller-simple/ aller-retour.
Is there a youth discount?	Y a-t-il une réduction pour les jeunes?
Could I have a timetable?	Est ce que je pourrais avoir un horaire ?
What time is the bus/train to...?	A quelle heure part le bus/train pour...
I would like to rent a bicycle	Je voudrais louer un vélo.
Where can I get a taxi?	Où est ce que je peux trouver un taxi?
Is there a car park nearby?	Est ce qu'il y a un parking près d'ici?
I have lost my way.	Je me suis perdu(e).
Can you show me on the map where I am?	Pouvez-vous me montrer sur la carte où je suis?

CONVENIENCE SHOPS (COMMERCE DE PROXIMITÉ)

I would like a baguette	J'aimerais une baguette de pain
How much is that?	C'est combien?
Tobacconist	Un bureau de tabac
Department store	Un grand magasin
Shopping centre	Un centre commercial
Chemist	La pharmacie
How works the washing machine / tumble-dryer?	Comment fonctionne la machine à laver/ sèche linge ?