# WELCOME TO LA ROCHE SUR YON

## USEFUL CONTACT DETAILS

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# SUMMARY

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- Accommodation
- Health
- Transportation
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- Useful phone app

## ADMINISTRATIVE TASK

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- Academic informations
- Insurance

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- Going outside
- Associative life

## FRENCH CULTURE

- Tradition
- Learn french

# 1. DAILY TIPS

## ACCOMMODATION

Escales Ouest Résidences

### What is it ?

Students & Young Workers residences.
Rivoli building is a 10-minute walking distance from ICES while Arago building is a 20-minute walk.

Average monthly rent : 396,00€ (charges included).

All rooms are equipped with individual bathrooms + fridge + bedding linen. You may cook in the large shared canteen (fully equipped with kitchenware, oven, hotplates & dishes).

It is the responsibility of the residents to keep these spaces clean !
Deposit (refundable if no damages) : 1 month's rent.
Application fees: 49,50€
Comprehensive fees: 31€/month towards wifi, access to the canteens, laundry, sports & leisure rooms

The residences are equipped with cameras in the common areas as well as a phone on each floor so that you can reach the watchdog for free time in the evening/night.

You can contact them at the following address : slj85&escalesouest.com

## Crous Simbrandière Résidence

### What is it ?

Room with a small kitchenette & an individual bathroom. No bedding linen furnished. Monthly rent all inclusive: 323€ (charges included)

Deposit: ½ month's rent

Compulsory room insurance to be secured before moving-in:
https://www.assurances-etudiants.com/

Fall term contract runs from September 1st to December 30th.
Spring term contract runs from January 1st to June 30th.

## Foyer La Louisiane

### What is it ?

Fall semester only !

Female Students' residence managed by a non-profit organization. It offers single rooms with individual bathrooms. No bedding linen furnished.

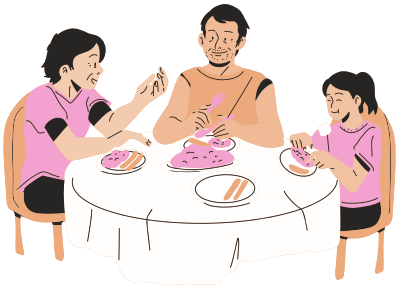
Meal plan for breakfast and dinner. Monthly rent (charges included & half board included): 546€
Application fees: 50€

## Private flat

Monthly rent +/- 500€ (charges excluded)
Deposit (refundable if no damages): usually 1 month's rent

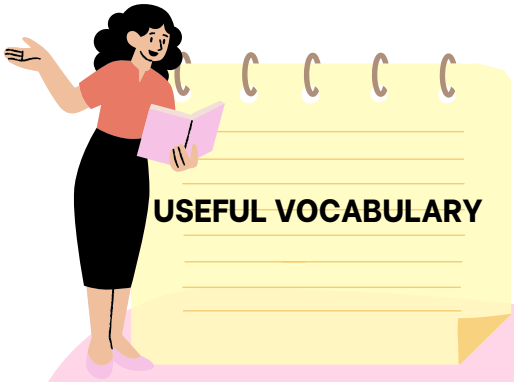
Here are some link to famous website, that would help your accommodation research:
https://www.leboncoin.fr
https://www.airbnb.fr

## Host family



For those who might be interested in living with a host family please contact ICES International Office.

*Whatever the living option we encourage the students to book their accommodation as soon as possible and immediately after receiving the admission letter*




- **STUDIO =** a one-room apartment where the kitchen, bedroom, and living room are not separated. It is generally convenient for students due to its small size and affordable price.

- **T2 =** a two-room apartment, with separated kitchen, bedroom, living room and bathroom.

- **COLOCATION =** a shared room with another person.

- **ÉTAT DES LIEUX =** when you meet the owners before moving into the accommodation, this visit allows you to check that everything is working properly in the property. You will do the same before leaving, and you will not get your deposit back if this is not the case.

- **CAUTION =** the 'tax' that you must pay before moving into the accommodation. It is usually 1 or 2 month's rent. This amount will be refunded to you if there is no degradation.

- **BAIL =** official document that settles the landlords and tenants' rights and duties.

- **GARANT *(guarantor)* =** the person that handles your expenses if you are unable to do so by yourself, because of limited incomes.

- **CHARGES *(utilities)* =** the amount that you will pay every month in addition with the rent. It included water, heating and maintenance of common areas.

# HEALTH

***EMERGENCY NUMBER: 112*** ***SAMU: 15***

For any medical reasons, nursing care and preventive visits students can make an appointment at the Student Health Center

sumpps.larochesuryon@univ-nantes.fr or dial 02 53 80 41 28

The Student Health Center is located in front of the University Restaurant, Building H, ESPE, 221 Rue Hubert Cailler.

You can also contact the Centre des Soins Non Programmés (CSNP) - Unscheduled Care Center.

It is located on the site of the Departmental Hospital Center, just behind the premises of the French Blood Establishment.

Bus line V get off at Pont Rouge.

Dial 116-117 from 2:00 to 6:00 pm.

- **Social Security**

**What is it ?**

This is a form of social assistance that allows individuals to be partially or fully reimbursed after a medical consultation or when they have purchased medication at a pharmacy.

You can get this help (for free)! There are two different situations

More information on
https://etudiant-etranger.ameli.fr/#/

## 1. You are European and staying for less than 1 year

*or if you have the SE401Q102 or SE401Q106 form (R.A.M.Q. / Québec)*

You must have a European Health Insurance Card (EHIC) that is valid until the end of your academic year.

You must order it online before you leave. Be sure to order it in advance, as delivery takes approximately 15 days.

### How does it work ?

Once in France,

- Some healthcare professionals will bill the insurance if you show your EHIC card
- If it is not the case, you might have to pay your medical care and ask for an invoice or treatment form called "*fiche des soins*"
- Then, you have to send the treatment form, a copy of your EHIC and your bank facturation to an health assurance office to be reimbursed

## 2. You are not European

When you arrive in France, you have to register for Social Security on this site: etudiant-etranger.ameli.fr

Once you have received it, remember to bring it with you to every medical appointment if you want to be reimbursed within a week.

*Please note that this will usually cover 60% to 70% of your expenses depending on the treatment (consultation, tests, medication, etc.). You will therefore still have to pay a portion (or sometimes totally) of the costs.*

*In addition, it is strongly recommended that you take out* ***health insurance****. Depending on your needs, you will have to pay a certain amount each month.*

# TRANSPORT

You have several choices for transportation within la Roche-sur-Yon!

Here are some useful and popular apps you can download if you want to get around easily:

- **Uber**: Generally available in cities, you can have a driver in less than 5 minutes. The price varies depending on the distance. Please also note that UBER offers other services, such as meal and grocery delivery.
- **Bolt:** This app offers the same services, but it is much more environmentally friendly thanks to its electric cars.

**GOOD NEWS!**

*A feature allows you to book a ride in advance! This can be useful if you need reassurance at the airport or train station that someone will be there to pick you up.*

**Bicycles** are also available in La Roche-sur-Yon, with stations located in many parts of the city.

Pricing starting at €0.05 per minute for everyone
For those who are more mobile, a €30/year subscription will allow you to enjoy 15 minutes of free travel each time you unlock a bike.

**Electric scooters** are also presents.

Pricing starting at €0.23 per minute + €1 per unlock

There are many **bus lines** in La Roche-sur-Yon.

You can buy a single ticket or subscribe and enjoy certain benefits. There are various options available, such as tickets valid for 1 or 24 hours. You can view all the options on this website: https://www.impulsyon.fr/

*Taking the bus is free on Saturday!*

## COMING TO LA ROCHE-SUR-YON

**Train**

SNCF is the French railway network operating in all the country. Tickets can be bought online on this website: sncf-connect.com/ or directly at the train station.

La Roche sur Yon train station is a 20-minute walking distance and 12 minutes by bus from ICES.

**Plane**

- **Nantes Airport (NTE)** is located 1 hour away from La Roche-sur-Yon. Here is the website for more information: nantes.aeroport.fr

From the airport, you need to reach Nantes train-station and take a train to La Roche-sur-Yon.

- Taxi: about 35€
- Bus: Bus line 38 or bus line 98. More information on this website: tan.fr
- Nantes airport shuttles, from Monday to Saturday (every 20 minutes), on Sundays (every 30 minutes). More information on this website: nantes.aeroport.fr/fr/acces-et-transports/navette-aeroport

- **Paris Charles de Gaulle Airport (CDG)**

You will probably land at Paris Charles de Gaulle airport, 4 hours from La Roche-sur-Yon. From Paris-CDG Airport you can take a train to La Roche-sur-Yon.

The journey from Paris to Nantes: under 3 hours and Nantes to La Roche-sur-Yon: 1 hour.

***IMPORTANT**: unless you have purchased and printed out an e-ticket, the same credit/debit card that was used to purchase the online ticket will be required in order to retrieve your ticket from the train station automatic machines*

# MANAGES YOUR FINANCES

## Bank Account

We highly encourage you to **open a bank account** while in France especially for those living in a residence.

Annual fees towards bank account and room insurance: +/- €100. ICES IRO will assit you with that matter.

## Revolut Card

For residents in the European Economic Area (EEA), Switzerland and Australia, as an alternative, you could apply for a **Revolut Card**.

### What is it ?

Revolut is a digital bank that operates through an app that can be downloaded both on Google Play and App Store.

You can transfer money from your home's bank account and change it to Euros onto the card. It is very easy, simple, quick and saves you time filling forms and paying possible fees at banks.

A delivery fee will be applied for the card to be sent. You can use the card for everyday use and withdraw

## Convenience stores

**U Express**
18 place du Président Jacques Chirac 8-minute walking distance from ICES

Opening hours:
- 8:00 am to 8:00 pm Monday to Friday
- 8:00 am to 8:00 pm on Saturday
- 8:00 am - 1:00 pm on Sunday

**Petit Casino**
6 rue Chanzy 14-minute walking distance from ICES

Opening hours:
- 8:00 am - 01:00 pm, 03:00 pm - 07:30 pm Tuesday to Friday
- 9:00 am - 01:00 pm - 04:00 pm - 07:30 pm on Saturday
- 9:00 am - 12:30 pm on Sunday
- Closed on Sunday

**Leclerc (supermarket)**
Rue Newton, Les Oudairies, 8 minutes by bus

Opening hours:
- 8:45 am to 7:30 pm from Monday to Thursday
- 8:45 am to 8:00 pm Friday & Saturday
- Closed on Sunday

**Ma'yonnaise**
A student-run organization that offers food. It is free for all students. You just have to register on the website and book a slot online
https://www.mayonnaise-epicerie.com/

Ma'yonnaise épicerie
épicerie solidaire

In general, the bigger the store, the cheaper the prices.

## Groceries

**Mediterranean & Asian products**

- Tropic'epice 89, rue Roger Salengro
- Maison Mauricio 13 rue du Maréchal Joffre

**Halal products**

- Butcher's Halal Al Wafaa 45, rue Roger Salengro
- Atlas Boucherie Halal 102, rue Jacques Cartier

**Organic products**

- Chez Pascal 23 rue de Président de Gaulle
- Biocoop Croq'Bio 34 bis Avenue Yitzhak Rabin & 74, rue de Montréal
- Le Marché de Léopold 85 Avenue Aliénor d'Aquitaine

**Frozen products**

- Picard, 112 Rue Roger Salengro, 85000 La Roche-sur-Yon

***Too Good to Go*** is a useful app that allows you to buy unsold baskets from the day at a reduced price. Bakeries, supermarkets, and restaurants do this to avoid waste. When you have this app, you can see the offers on a map and reserve one.

# 2. ADMINISTRATIVE TASK

## PREPARE FOR YOUR ARRIVAL

### Visa

Here is a useful platform where you can get some details about what is the most appropriate visa that you must apply for: France-visas.gouv.fr

- Usually, the **Long-Stay Visa used for Residence** (VLS-TS in French) is recommended because of its 1 year validity and renewable.

*Your consulate or embassy can provide you with details and information, so don't hesitate to ask them any questions you may have.*

## How to apply for it ?

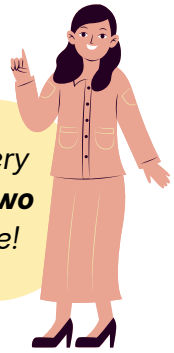
- If your country does not apply the "Studies in France" procedure, you have to contact the French Consulate in your country of residence.

- If your country applies the "Studies in France" procedure, you can apply directly to a French Institution and then apply for your student visa

For your application, you must provide the following documents:

- ◯ A passport photo with white background and neutral expression (35 × 45 mm)
- ◯ Proof of admission from your university
- ◯ Proof of accommodation, it can be an hotel or youth hostel reservation, a rental contract, or a proof of accommodation with someone living in France.
- ◯ Proof of financial resources with at least €615 per month for the duration of your stay. *For example: a bank statement, a scholarship certificate, or a letter from a guarantor explaining the amount it covers and your relationship with them.*

*Please note that processing times can be very long... You must begin the process at least* ***two months*** *before your departure, to be on time!*



As immigration regulations are subject to frequent change, we encourage you to contact the French Embassy in your home country and to find out the type of visa you need.

Upon your arrival in France and depending on your nationality and validity of your Visa you will be asked to validate your VLS-TS Long stay Visa and buy a virtual excise stamp at https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/

Call 0806 001 620 or dgef-support@interieur.gouv.fr

## Cellphone

You may buy a SIM card from one of the different operators in France. Please ask your buddy to assist you with getting a SIM card.

# ACADEMIC INFORMATION

## Student Card

The ICES student card gives you access to the university building so it is important **not to lose it**.

You may also use the student card to borrow books from the library or use it in town in order to benefit from student discounts (transportation, cinema, etc).

## Timetables

At ICES, the majority of the professors come from other universities in France or abroad, meaning that the timetables change every week depending on the schedule of each professor.

Timetables https://time.ices.fr/edt/bornes2014/ are updated every Thursday evening for the following week, so please make sure to check the timetables on a regular basis and at least once a week.

So as to avoid timetable-clashes we highly encourage the International Students to choose their courses from the same faculty and/or degree, whenever possible. After your arrival at ICES, you will have a 4-week Add & Drop session before finalizing your learning agreement.

*Students are asked to take 30 ECTS (European Credit Transfer System) for one semester or 60 ECTS for one year.*

However, we are quite flexible with international students. The number of credits to take first must be approved by your Home University as some countries are using a different credit transfer system.

Credits for the international students are calculated as follows: a 12-hour class is worth 3 ECTS.

## Meals

Different options are offered to you:

- Having lunch in the ICES cafeteria by either bringing your own meal or opting for a take-away meal from the following catering services: food-trucks or vending machines (sandwiches, pasta box). Prices range from 5€ to 10€.
- Having lunch outside ICES in one of the many restaurants, bakeries, and fast-food restaurants in town. Prices range from 7€ to 20€ & more.
- Having lunch at the Restaurant Universitaire (City Students' Canteen)

## Attendance in class

Attendance in class is **mandatory**.

Non-attendance in class must be justified by providing a certificate (medical certificate for instance).

## Exams

Exam sessions run at the end of each semester.
A detailed calendar is displayed online (timetables) 2 weeks before the exam start.

*Therefore, it is highly recommended not to book your return tickets before you receive the detailed calendar.*

Exams at ICES may be written, oral or on a continuous assessment basis: please check with each professor how you will be evaluated

When you go for an exam please make sure to meet with the following regulations:

- Bring your ID card
- Arrive 20 minutes before the exam starts
- Sign and keep your seat number before entering the exam hall

The use of a dictionary may be accepted during the exams but it really depends on each professor. So please make sure to ask your professors whether they accept or not the use of a dictionary during the exam.

## Buddy program/guardian angel

Globo is the international club that welcomes and assists the international students for any questions related to their stay in ICES and in La Roche-sur-Yon.

Each student will be assigned a “guardian angel” before arrival.

If needed, you may ask your “guardian angel” to pick up you up at the train-station.

# INSURANCE

## Room insurance

For those living in the Residence Rivoli/Arago, you may get room insurance from the bank (ICES Int'l Office will assist you with the matter)

For those living in the Residence Simbrandière you must secure a room insurance before moving-in.

You may opt for the following insurance:
https://www.assurances-etudiants.com/

# 3. ENTERTAINMENT

## GOING OUTSIDE

### Culture

There are plenty of activities to do in La Roche-sur-Yon and the surrounding area. Here are a few ideas:

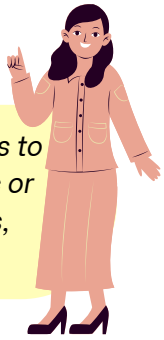
**Cinema**: *Rue François Cevert, 85000 La Roche-sur-Yon*
In La Roche-sur-Yon, it's called CINEVILLE. The standard ticket price is €11.20, but there are discounts for students and under 18 yo (€7.90) and in the morning (€7.20 for screenings before noon).

*Rue François Cevert, 85000 La Roche-sur-Yon*

Don't forget to bring proof that you are eligible for this offer (your student card for instance)

**Museum**: *Rue Jean Jaurès 85000 La Roche-sur-Yon*
La Roche sur Yon's museum contains 40 works on display, 291 paintings, 30 sculptures, 207 contemporary photographs... and much more. It's free!

***Les journées du patrimoine*** *offer free access to places that are usually closed to the public or rarely visited, such as museums, theaters, castles, etc.*



**Puy du fou:** *85590 Les Epesses*

ICES in PUY DU FOU is about a 45-minute drive away.

This historic park allows you to discover significant events in history, from the Roman Empire to World War II. Your ticket gives you access to the entire park: its spectacular shows, period villages, and natural surroundings. It's a must-see!

approximately €46 per person

**Don't forget these important dates:**

- Third weekend in September: *Journées du Patrimoine*
- December: Christmas markets in Tiffauges, Les Herbiers, and La Roche-sur-Yon.
- January 1: New Year's Day. Fireworks, festive meals, start of the year.
- April: Easter Monday. Egg hunts, family celebrations in the villages of the Vendée.
- June 21: Music Festival in La Roche sur Yon, Les Sables d'Olonne, etc. Free concerts in the streets.
- July-August: Le Puy du Fou-Cinéscénie.
- July 14: National Day. Fireworks and public dances.
- Mid-July: Poupet Festival. Very popular music festival: French and international artists.

For more information, please visit this link:
https://www.destination-larochesuryon.fr/

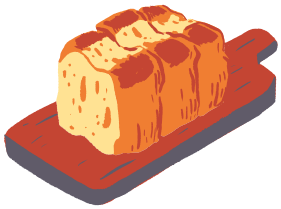
# 4. FRENCH CULTURE

## TRADITION

### Culinary tradition

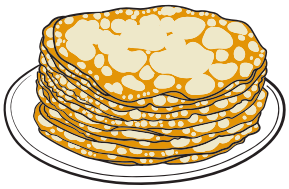
*Mogettes*

In France, food is an important part of the culture. In the Vendée region, there are local specialties like brioche (a sweet bread), préfou (garlic bread), and mogettes (white beans) with ham. Crêpes are also very popular in all of France.



*Brioche*

*Préfou*



*Crêpes*

Each region in France has its own traditional dishes. Eating together is a special moment of sharing.

One of the best ways to experience French culture is through its **bakeries** – known as *boulangeries*.

In France, fresh bread and pastries are a part of daily life, and La Roche-sur-Yon offers some excellent options for you to enjoy.

Here are a few recommended bakeries in La Roche-sur-Yon:

- **L'impérial** - La, 22 Pl. Napoléon, 85000 La Roche-sur-Yon

Their *croissants* and *pain au chocolat* are freshly baked every morning and are a perfect start to your day. Don't miss out on their *baguette tradition*, a staple of French life.

- **La Mie Câline** – 1 Rue Georges Clemenceau, 85000 La Roche-sur-Yon

A popular chain that originated in the region, offering tasty sandwiches, sweet treats, and quality coffee. Perfect for lunch on the go.

- **Maison Bread Bread** – 51 rue du Maréchal Joffre, 85600 La Roche-sur-Yon

Maison Bread Bread offers delicious sourdough, creative pastries, and good coffee in a cozy, modern setting. It's a favorite among students for its chill vibe and quality treats. Try the cinnamon roll or a fresh focaccia!

In most bakeries, it's customary to greet the staff with a polite "*Bonjour*" when you enter and "*Merci, au revoir*" when you leave.

Don't miss the chance to try a warm croissant or a classic pain au chocolat – they're delicious!

**Essential French Table Manners:**

- Eat at fixed times: lunch (12–2), dinner (7:30–8:30).
- Wait for everyone and say "Bon appétit" before eating.
- Bread goes on the table, not on your plate.
- Taste before adding salt or pepper.
- Coffee comes after dessert, not with it.
- Don't snack in class or on the street (in formal settings).