



Exchange Report – Fall 2015
NEOMA Business School, Campus Rouen –
Management Grande Ecole Program
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Monthly Activity Log

September

Since my lessons started at mid-Sep, I planed to arrive Rouen on 8/9. I together with few girls took the shuttle bus arranged by the school to go from airport to the accommodation. At the beginning of our trip, we used few days to clean our room and to equip it. As the supermarket, Carrefour, is quite far from the school, we needed to take a bus every time we needed to buy something.

In the first weekend of my arrival, I had to attend the French intensive course. It was the first time I went to the lesson in France. I was a real beginner and I took A1-1 French. But I had no idea why the French teachers there only speak in French and never speak in English. It was quite hard for me to follow and learn.

For traveling, I went to Belgium in the first week and Germany in the second week. The Octoberfest in Germany was really a good experience. But if you are not going to Octoberfest, don't stay at Munich or Frankfurt for more than a day. You would get bored for sure.



October

In the second month of exchange, I had already adapted to the environment in Rouen. The weather changed rapidly. It was getting colder and colder. It was a bit tough to wake up in the morning of the winter.

It was an easy month for learning and studying because there were not much assignments and tests in this month. So, basically, this was the best month to go for traveling. It was also the birthday of my roommate, Jade. We had so much fun in the celebration party.

In October, I have been to Paris (finally!), southern France, Italy and Switzerland. Paris is absolutely a wonderful place. You would need so much time to travel if you visit everywhere seriously, like Louvre Museum, Eiffel tower, Chateau de Versailles etc. For southern France, I would suggest going there in September because beaches are fantastic! Unfortunately, I went there in October so it was quite cold. Italy was also worth going. You would taste lots of local delicacies with cheap prices. Don't forget to try Gelato (Italian ice cream). I tried at least 5 times. However, Switzerland is the best place I have been to in my entire experience. If I have to chance to travel again, I would definitely go Switzerland.



November

It was a tough month because all assignments and quizzes happened at the same time. When I came back from Switzerland, I had 3 quizzes in a row. It somehow tested my ability in multi-tasking. Some of my traveling partners also got their tests and presentation. So, we practiced and revised in the train when we were coming back to Rouen from Zurich.

In a group assignment, I grouped with two locals, an Indian and a German. It is rare to work with different nationalities in Hong Kong as we might always stick with our friends. But trust me, it is not easy to work with them. Their working style is totally different with Hong Kong students. So, it absolutely was a good chance for me to learn how to work with people with diverse backgrounds.

Although it was a busy month with full of tasks, I have still been to Strasbourg, Colmar, Barcelona, Berlin, Hamburg and Paris (again!). I was really tired and busy. However, I enjoyed it. It kind of trained up myself mentally (and physically). It's worth.



December

As we all know, it is the month of examination. I tuned back my learning mode to UST mode. To be honest, the syllabus used and knowledge taught here are quite easy for us. As UST (and smart) students, it should not be hard for us to revise the exams.

After the exam, I went to Austria and eastern Europe. Finally, I ended my entire trip in London and went back to Hong Kong.



General Exchange Information

1. Visa Procedures

We need to apply for the long stay student visa (more than 90 days).

- 1) make an appointment online at the Consulate General of France in Hong Kong.
- 2) make another appointment for a 15-minute academic interview with the Campus France Office by contacting study@consulfrance-hongkong.org.

Simple questions will be asked. For me, they are the purpose of exchange, reasons for choosing France, level of French, number of courses to take and transferrable credits. For the information of required documents, you may refer to this link, <http://www.consulfrance-hongkong.org/Study-long-stay-more-than-90-days>. You are not able to make an appointment 3 months before your departure, but remember to make it at least several weeks before you leave to allow some buffers because delay of approval may occur due to busyness.

2. Orientation Activities & International Services

A one-day intensive French course will be provided to equip exchange students with some basic survival phrases before classes started. Besides, “Culture Connection” is a student association formed by local students. You would get to know them at the beginning. It arranges different kinds of activities to international exchange students.

3. Accommodations

Online housing application took place in mid-June. You will get the catalog regarding the accommodations provided. I lived in Ango Residence because most exchange students lived in there and the price was reasonable. But honestly, there is a better choice than Ango. Ango is quite small.

4. Course Registration

Online course registration took place in late August. You can choose courses from MGE (Master Grande Ecole), BScI (BSc in International Business), and BBA (Bachelor in Business Administration). You have to register in a minimum of 3 and a maximum of 10 courses.

5. Teaching and Assessment Methods

I took 6 courses during my term. There was a 3-hour lecture per week for each course.

- Discovering and Understanding French Culture
- French for Communication A1-1
- Corporate Finance 2
- Capital Budgeting and Financing
- Sustainable Business
- Critical Thinking

All of them were not difficult. All required attendance.

6. Sports and Recreation Facilities

I didn't use the recreation facilities. However, I heard that there is a gym room. Dormitories are a little bit distant from the classroom buildings. There are no escalators inside buildings. So every day's walking is already an exercise. You will get warm-up when you need to pick your entire luggage up to your floor after checking in.

7. Cost/ Expenses Items

Flight ticket (Return, Qatar Airways)	~HKD 6000
Accommodation (Ango, 4 months)	~HKD 13000
Living Expenses	~HKD 15000
Travel Expenses	~HKD 30000
Miscellaneous (Visa, Insurance, Phone card)	<u>~HKD 2500</u>
Total	~HKD 70000

8. Health and Safety

There is a clinic for university student in a university nearby. You have to buy medical insurance at the beginning. So, basically, you don't need to pay for finding a doctor there. But, ridiculously, you have to go to the pharmacies to buy your own medicine after consulting doctor. Tap water in France (and Europe) is hard water. For your safety, it is not drinkable.

9. Transportation

You can take buses (mainly T1 and F2) to get to downtown and train station.

There is also a night bus (N2) that operates in late hours. It is not recommended to buy monthly bus card. A more economical option is to buy a 10-ticket card (“Jeune 10 voyages”) at youth price. You can buy it at the ticket machine next to the bus station or the bakery near the BNP bank.

10. Climate

The weather changes rapidly. I just brought 1-2 t-shirts or summer clothes as the warm/ hot weather had gone after a week of my arrival. You would better bring more winter clothes.

11. Communication

Most local people do not or reject to speak English. It is better to learn some basic French phrases before going there. It is also recommended to take the French course in school to improve your French throughout your stay. I bought a phone card in “Free” company with monthly data plan (20 euros for 20GB per month).

Checklist

Passport with Visa

Cash & credit cards

Laptop

Camera

Chargers

Medicines

Hair Dryer

Clothes

HK ID card

Copies of documents

Mobile Phone

Adaptor(s)

Multi Plug Socket

Umbrella

Stationery

Some cup noodles

It was such a remarkable and unforgettable experience for me. I hope you would enjoy your journey. Good luck! If more information is needed, get my contact from SBM Exchange Team by emailing at bmugexch@ust.hk!