

# “LIVE THE FULLEST LIFE”

EXCHANGE REPORT  
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NEOMA  
BUSINESS SCHOOL

X

 **HKUST**  
BUSINESS SCHOOL  
香港科大商學院  
WORLD CLASS IN ASIA

# BY WAY OF BACKGROUND

I'M SURE YOU DON'T WANT TO MISS ANYTHING

I have to be honest with you, Neoma Business School is not my first choice of exchange institution. I think we can all agree that our business school isn't using the best way to assign us to our exchange schools. Fortunately, Rouen Business School isn't the worse choice and indeed it is not bad at all. To enjoy the most of your exchange life, I wanted to touch on a few points which I believe you have to pay attention to ahead of your trip.

For sure, mindset and attitude is a big determinant to your happy exchange life. Unfortunately, many people know but little people really focus on it. You know... there is always more than one right way to do things and to live life - there is no simple baking recipe. Still, I'd want to mention a few traits, that can possibly optimize your journey.

-Position yourself - what do you want to get from this exchange? It can be either travel all around Europe, know friends from all walks of life, immerse yourself in the beautiful French culture, you name it. Don't make too many objectives. If I'm going around Europe, I definitely will have less time mingling with local or exchange students. Make sense, right?

-Be talkative - Good if you are one already. If you aren't, start going to bars and clubs on weekend, talk to someone you don't know, randomly speak up or asking "You need some help?" to tourists... You just cannot suddenly make yourself a stand-up comedian, but surely you can get rid of your nerdy traits.

-Be truly open-minded - In other words, have guts. That's a prerequisite if you want to live a whole new life and push your boundaries and edges. Step out of your comfort zone, no guts, no glory. Try new things, talk to the locals, do (positive) things that you won't do in HK... Try everything to shape the most memorable experience in your life.

# ACTIVITY LOG

WALK MY WAY

## September

A lot of stuff need to be settled upon arrival. Check-in my residence, subscribe phone plan, buy stuff, get familiar with the neighborhood, to name but a few. And it is the best and only time for you to get to know new friends through a range orientation activities hold by the school and culture connection, the student organization.

I quickly get know with many asian friends and go around with them in France. I went to Dijon, Colmar, Strasbourg, Lyon and Le Havre. First three cities are really great and you should defn consider going, especially if you are a wine lover. In late Sep, I went to two cities in Belgium include Brussels.

## October

I took 5 classes so I only have 3 days on class. Midterm or quizzes may take place in late October. But they don't hold me back from going out ;)

I have been to Barcelona, Rome/Cinq Terre in Italy and tried to travel like a local in Paris and Southern France include Nice, Marseille and Monaco.

## November

Try to get know with people that can drive so you can go to roadtrip. After taking those exhausting trains, planes and buses. Going for a roadtrip is a absolutely wonderful experience, and it's not expensive at all! Try my route Caen - Mont St Michel - Rennes. These are the places you cannot easily reach by public transport. Also, I have been to Rotterdam, Amsterdam and TURKEY!!

I have to say, Turkey is by now the most amazing place I have ever been to. I went to Istanbul/Pamukkale (the background photo) /Cappadocia.

At the end of the Novemeber, I was so tired of travelling. So as my floormates in the residence, we did had a very good bonding time like hold potluck party, hang out to Rouen City and gaming nights.

## December

The month of Christmas! I went to London and Ireland, then backed Rouen for finals, then headed Prague and Budapest for the holy Christmas. The school announced the exam schedule pretty late. I check out my residence on 23rd Dec. FYI, they offer free delay checkout service to 31 Dec.



# [ SOME BASIC THINGS ]

BASIC BUT ESSENTIAL

## Accommodation

Perhaps you will find the information pack provided by the school is not informative enough. Perhaps everyone is telling you to live in Ango 9m. I have to say, it's too small... Way too small... But on the good side, it is kinda (not the nearest) to the school, just for exchange students. That's all. I personally recommend Panorama as it has a much larger kitchen and good looking toilet. It seriously comes in handy when you are living there for half year. But still, talk with your exchange mate. It is always good to have neighbours.

## Course Registration

The process is kind of simple and easy. But one thing to remind is, contact HKUST credit transfer office ahead to make sure the course you plan to take is able to transfer back to HK, if not I do not make sense for you to take it. Try to make continuous dayoffs for yourself. Best dayoffs will be Monday n Friday as tickets coming back on Sunday and leaving on Fri/Sat is usually expensive.

## Teaching & Assessment Methods

I have taken 5 courses during the semester:

- Brand Management
  - 1 Big Project include presentation, 1 Exam
- International Marketing Management
  - 2 Exams, group report
- Services Marketing
  - 1 Group Project, 2 Self report, 1 Exam
- Sustainable Development for Global Economy
  - 1 Exam, 1 Presentation
- French Communication A1-1
  - 2 Exams, 1 Presentation

\*Normally all lessons require to take attendance

## Sports & Recreation Facilities

Have a gym and sports facility right behind Ango Residence.

Charges 50Euro for each sports (i.e. Gym / badminton) for a semester.

# SOME BASIC THINGS

BASIC BUT ESSENTIAL

## Phone Carrier

I chose FREE MOBILE which most of us have chosen. \$20 eur per month, 10GB Data and 300mb per month in most EU countries, unlimited calls, free long distance call to some countries.

## Transportation

### *From Charles de Gaulle to Rouen:*

1. FlixBus (1 to 7 eur) (2 hours)  
Cheapest, hassle-free option  
Checkout [flixbus.com](http://flixbus.com)

2. Rayan Road (50-130 eur) (1.5 hours)  
Partnered with school to offer door-to-door transfer service, price depends on how many people joining your car, ranging from 50 to 130 euros. I had a pretty bad experience with it, first of all, very expensive. Also, The driver always late, i waited for 3 hours, some friends waited even longer.

3. Train -> metro -> train  
Some times you have to use this method, but definitely not when you first arrive. French metro don't have escalators or lifts.

SNCF(10 eur) to Paris City (30minutes)

Metro to Saint Lazare (1.4 eur) (15minutes)

SNCF to Rouen River Droite (12 eur with student pass)\* (1.5hours)

A point worth mentioning here is, SNCF student pass (carte jeune) costs 50 eur and allow you to purchase some SNCF tickets at lower price.

### *Within ROUEN:*

T1 / F2 Bus checkout the route at

[http://www.reseau-astuce.fr/horaires\\_ligne/index.asp?rub\\_code=6&lign\\_id=13&thm\\_id=424](http://www.reseau-astuce.fr/horaires_ligne/index.asp?rub_code=6&lign_id=13&thm_id=424)

### **USEFUL sites to checkout transportation for your travel:**

SNCF   Megabus   FlixBus   RyanAir   EasyJet   Transavia   Blablacar  
Goeuro.com   Skyscanner.com   Busradar.com

# THINGS TO PACK

PACK OR NOT PACK, THIS IS THE QUESTION

Perhaps you are worrying what to pack, or what can be bought upon your arrival, I will touch base with you in detail below.

## ***ESSENTIAL THINGS TO PACK:***

Clothes, shoes and those fancy glooming stuff

Computer

Power Adapter

Power Bank

Chopsticks!

Power Strip

Hair dryer

Rice cooker

Unbrella

Backpack

Sun Glasses

For clothes, I don't think you have to bring too many outfits but more important is to cover different weather conditions. I would say t-shirts / shorts for pajamas as heater is always on, few thin long sleeves t-shirt or hoodies, 1 jacket and 1 thick jacket. Also scarf, gloves and beanies perhaps. Bottomline is that you're able to put on right clothes from 20C to 1C, from rainy to sunny. For shoes, I would urge you to bring your most comfortable shoes as you may need to walk long distance during travel. Timberland boots may be a too heavy duty option for you, especially speaking when you have to take long haul bus or flights.

For hair dryer and rice cooker, you can communicate with your dorm mate (if you already have one) to see who bring which. You can definitely buy from supermarkets but price may be an issue.

## ***THINGS YOU MAY PACK or you can buy upon arrival:***

Pillow / kitchenary / water bottle or filter / rubbish bag / hangers ...

To list but a few... checkout other exchange report for more comprehensive lists.