

ESSEC BUSINESS SCHOOL

2018 Spring Exchange Report

By Zhuoran CEN



Part One: Monthly Activity Log

February 2018

I arrived Paris in the middle of February, it took my only few days to get familiar with the campus, which is in the northwest of the city center. The weather was quite windy and cold at that time. I went to Barcelona with some new friends I met in the school orientation before the semester started, the orientation only lasted for one day, so we had a lot of spare time to be familiar with the city and community.



(Left: Opera Garnier, Paris) (Right: Paris from LVMH Foundation Museum)

March 2018

The semester started from the first day of March, and it took me a week to be familiar with the curriculum. Different from UST, lectures in ESSEC usually last for three hours, and we would have a short break in the class. Like most exchange student, I only have two days' class, however, it was intense as well, I had nine hours' class on Monday alone. The rest of the week was relaxed. I went to Iceland with other UST students in Europe in the end of March.

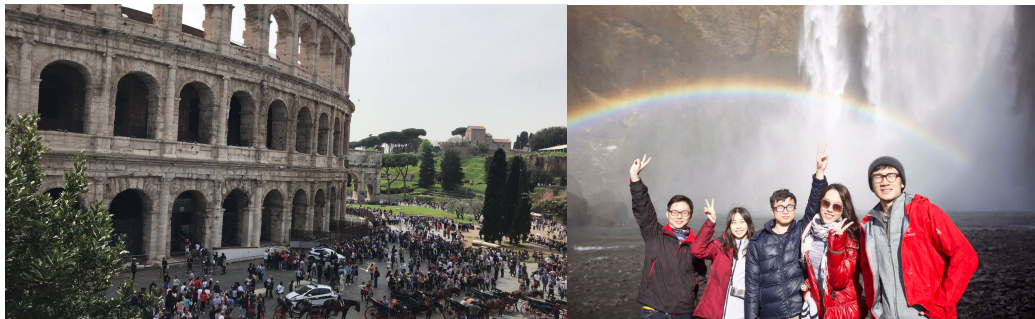
April 2018

I went to Rome and visited Vatican in the beginning of April, which was magnificent. The spring took place in the middle of April, but I applied intensive courses, so I spent the whole week to study and go to lectures. The intensive course is designed to be taught in three days, which is equivalent to the normal courses. Frankly speaking I

think the workload of the intensive course was low, however, it was challenging for me to concentrate on the class from 9 am to 6 pm all day through.

May 2018

I took one of my midterm in the beginning of May. We didn't have much classes because there were so many national holidays, and unfortunately strike from airline and metro took place frequently, which was disturbing for me to travel through public transportation. However, I still visited Switzerland in my spare time. Final exams started in the end of month, so I spent most of my time preparing for the exams.



(Left: Colosseum, Rome) (Right: Waterfall from Glacier, Iceland)

June 2018

My exchange journey finished in June 15th. I finished all my exams in the beginning of month, and I spent the rest of my days traveling through the European continents. The weather was much better from February, I wish I could spent more time in Paris, to breath and embrace this beautiful city, with its long-standing history, magnificent art and architectures, and romanticism inside its culture.



(Water Lilies, my favorite art series from Monet, from Musée de l'Orangerie)

Part Two: General exchange information

Visa Procedures

Visa can be applied three month before your departure in Hong Kong. There are two steps, first you need in make an interview with campus France, next you can apply for visa with documents required. (Bear in mind all the documents should be written in English, especially for your bank record)

Orientation Activities

Orientation would give you general information about the campus and your courses, it would be a good opportunity for you to find friends who will spend the next few months with you, studying and traveling.

International Services & Activities

ESSEC are very kind to international students, that you can just pop up to the office with any enquiries, and they will organize city tours for exchange students.

Accommodation

There are four residences for international students, all of them are very good, with double room and single room, facilities are new, and you can apply for it after ESSEC emailed you about the accommodation. I lived in La Port, which is only 15 minutes walking distance from campus, I think it is very convenient. Bear in mind you need to pay for the rents in a monthly basis, and you need to check out on-line 30 days before your departure, because the residence office need to prepare the invoice.

Courses Registration

There will be two rounds of registration before semester starts, and you will receive all the information from **ESSEC email but not UST email!** You will get ESSEC email after your exchange application is approved by ESSEC, and check ESSEC email frequently or you may miss some important information before you come to Paris.

Teaching & Assessment Methods

Most courses are evaluated from exams and group projects, they don't have quiz or online tasks as much as UST course would have. All the classes I attained don't have text book, Professors usually will give you a booklet which contains their notes.

Sports & Recreation Facilities

There is a gym and an indoor sport hall for playing badminton or soccer. If you like doing free weight lifting, this gym might not be a very good choice, but you can find most functions of gym, and personally I think it is much quieter than UST's gym. There is also a small sports room in my residence la Port, but you can do nothing else except cycling, stretching and rowing.

Finance & Banking

The currency in the whole Schengen area is euro, you do not need to carry other currencies, unless you want to travel through Switzerland which uses Swiss Franc. There is a bank BNP Paribas 5 minutes' walk from campus, but most international students I know did not register for the local bank account.

Social Clubs & Networking Opportunities

There is a small pub in the campus, where students can drink and chat after class, and the ESSEC student union always hold parties and social events. You can explore a lot of events through posts and emails

Health & Safety

I did not experience any issue about health. But it is important for you to **take care of your wallets and personal belongings** when you are traveling, there are so many thieves in Paris, most of my friends experienced money stolen or phone stolen.

Food

Although France is famous for food and wine, the cafeteria is the only option in the campus, and I cook in my room for most of time. Fortunately, there are two places delivers Chinese takeaways for your considerations.

Transportation

You would usually take metro to travel through Paris, "Navigo" is the Paris version of Octopus, you can buy it in the station, which costs 75 euros per month, and if you want to go to the airport, you can take bus 9518 in the bus station near ESSEC campus.

Climate

Weather in February and March is very windy, cold and rainy, however when it comes to May and June, the weather is hot, I would suggest you take clothes for winter and summer at the same time.

Communication

The cheapest and worthwhile SIM card could be found in the company called "Free", which costs you 19 euros per month with nearly unlimited internet, it is the best local server for exchange students

Cautionary Measures

Take care of your personal belongings from thieves! And protect yourself when you go to the crowded places.

Part Three: Items to bring

Passport/Visa	Cash (Euros)	Beddings	Charger	Medicine
Clothes	Slippers	Laptop	Internet cable	Jacket
Hair dryer	Umbrella	Stationary	Calculator	Sun glasses

Part Four: Useful links and contacts

ESSEC Business School study portal: myessec.com

ESSEC Business School housing portal: <https://housing.alessec.fr/maills>

France transportation: <https://en.oui.sncf/en/?redirect=yes>

Paris Metro: <http://www.plandeparis.info/metro-paris/metro-paris.html>

Travel in Europe: <https://www.goeuro.com/travel/>



(notre dame de paris, March)

*Wish you a
great journey
in ESSEC!*