



Exchange Report

ESSEC Business School, France
Spring 2019

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Part 1: Monthly Activity Log

At the end of **February**, I arrived in Paris and settled down in the student residence of ESSEC at Cergy. Through Orientation, I became acquaintances with many other exchange students and we went on a cruise trip on the Seine, a welcoming event organized by the international student association in ESSEC.

School officially started in **March**! There are a wide variety of fascinating business courses to choose from. I enrolled in courses like luxury marketing and innovative merchandising as there are no other places better than Paris to learn about business in fashion industry.



Part 1: Monthly Activity Log

April has been the most fulfilling month. Most courses would have midterms in mid-April and after that we got to enjoy our spectacular Easter break!! I traveled to Eastern Europe and Spain, which had been one of the most unforgettable memory throughout my whole exchange journey☺



May came along after the break and we went back to campus life. I would say the thing I am grateful for the most is that I met this amazing group of exchange students and we had developed such a close friendship during exchange. There were always times when me and my friends would have a cozy gathering or a small party or we would celebrate someone's birthday or figure out our weekend plan in Paris.

June is the last month for the exchange. We had our final exams and many farewell parties. It is really hard for me to say goodbye to this exchange journey☺

Part 2: General Exchange Information

Visa Procedures

Before going to the consulate, you need to make an appointment with Campus France first in order to valid the status as a student in France. Acceptation letter needs to be provided. After the appointment, you can make an appointment with the consulate and get your student visa done😊

International services

In ESSEC when you have trouble as an international student, you can always contact: ESSEC Global BBA office.

The biggest international student society is called MELT. They would organize welcoming events, weekend trips outside Paris. And every Wednesday, there would be a party!!

Accommodation

ESSEC provides on-campus student residence at three different locations in Cergy. The rent per month ranges from 600-800 euros. The selection exercise starts at the end of December. Remember to check your email!

Of course, you can also choose to live in Paris, but you might need to consider a 50-min-single-trip to school every day.

Bank account / Finance

You can choose to open or not to open a bank account. If you decide to open one, BNP Paribas and Société Générale are recommended. With a bank account, you can pay rent, receive refund or housing subsidy in an easier way.

Part 2: General Exchange Information

Orientation

Before school officially starts, school will hold an orientation, in which all exchange students are able to meet each other and make friends. The orientation lasted for about 2 hours and helped students get familiar with:

- (1) Campus Facilities;
- (2) Course Registration;
- (3) Residence and Housing Subsidy;
- (4) Safety and life in France;
- (5) International Student Societies.

Sports & Recreation Facilities

There is a gym and several sports room on campus. Sports clubs will provide free courses during the week or on weekends. I joined Zumba fitness courses for a few times, it was a bit tiring but very fun!!



Course Registration

For spring semester, courses officially starts in March, and course registration normally happens at the end of January. A google sheet with all the courses available to exchange students will be provided, however if you want to find out about the detailed course information, for instance, the syllabus or the professor profile, you will have to look up the course on ESSEC website. As in UST, in ESSEC, popular courses are hard to get. Make sure your internet connection is good, so you can click into the registration page and enroll desired courses as soon as your registration time arrives.

Part 2: General Exchange Information



Teaching & Assessment Methods

In France, most of the courses are conducted once a week with a length of 3 hours. Each 3-hour-class consists of two sessions with a 20-min-break in between. French professors are very strict! Although in-class rules vary from course to course, in most of the courses I took, no computers and phones are allowed. Students are suggested to take notes with pen and notebook, in the hope that students can fully concentrate in class and get no distraction from electronic devices.

Social Clubs & Networking opportunities

The biggest international student society is called MELT. They would organize welcoming events, weekend trips outside Paris. And every Wednesday, there would be a party!! There are various networking opportunities throughout the semester, like Erasmus gathering, or career fair...

Health & Safety

In ESSEC, there will be a nurse on campus every day and a doctor every Thursday. If you are sick, make an appointment through email in advance.

In terms of safety, my advice would be do not go out alone late at night both in Paris or Cergy. Always be aware of pick pockets, especially when you are on metro!

Part 2: General Exchange Information

Food

Food might be one of reasons why exchange students choose France as their exchange destination! You can always taste the authentic “La cuisine française” .

Recommended restaurant: Le bouillon chartier, Pink Mama, Café de flore, Le valois...



Climate

Weather in Paris can be tricky!! One day, you are wearing T-shirt and short, and the next day you may need to put on a thick coat to stay warm. It can be really windy in late Feb and March. It is always wise to check weather before you go out every day.

Transportation

Metro and bus are basic ways to transport. I purchased a NAVIGO card and paid 75EUR every month for the monthly pass, with which I can enjoy unlimited access to all public transportation!

Communication

ESSEC is a bilingual school, so you can take courses in either English or French (if your French reach B2 or above). It is more common to communicate in English among exchange students.

Cautionary measures

Paris Emergency Numbers
Police : 17 - free call
Fire service : 18 – free call
Ambulance: 15

Part 3: Items to Bring

Clothes to pack:

- ✓ Standard shirts, pants, dresses, skirts, and shoes
- ✓ More underwear + socks = less laundry
- ✓ Jacket for chillier weather – it gets cold sometimes even in spring

Toiletries to pack:

- ✓ Cosmetics + lotions + shampoo + conditioner
- ✓ Toothbrush + toothpaste + floss
- ✓ Medications or prescriptions
- ✓ Sunscreen

Electronics to pack:

- ✓ Mobile device + charger
- ✓ Laptop + charger + padded case
- ✓ Power adapters
- ✓ Portable power bank

Most importantly,

- ✓ Passport + visa
- ✓ Student ID, driver's license, and any other identifications
- ✓ Copies of your passport + visa + IDs (just in case)

Part 4: Useful Links and Contacts

➤ **Consulate General of France in Hong Kong & Macau:**

<https://hongkong.consulfrance.org/Applying-for-a-French-visa-in-Hong-Kong-and-Macau>

➤ **Campus France Hong Kong:**

<http://www.hongkong.campusfrance.org/zh-hant>

➤ **ESSEC website:**

<http://www.essec.edu/en/>

➤ **Paris Emergency Numbers**

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