



Exchange Report

ESSEC Business School, France
Spring 2020

Xiao, ZHANG Economics and Finance

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Monthly Activity Log

- February 2020

I arrived at Frace on 20 February. Students from China were not allowed to attend any orientation activities so I took the time to visit Eiffel Tower

- March 2020

I have only taken 2 weeks' face to face courses in ESSEC and then the lockdown policy became effective

- April 2020 May 2020, and June 2020

Took online courses of ESSEC

General Exchange Information

- Visa Procedures

You need to communicate with Campus France to make an appointment for an interview. After that You can go to the consulate to for further process of your student visa. This entire process takes at least one month

- Orientation Activities

Not much information can be provided due to COVID-19

- International Services & Activities

Not much information can be provided due to COVID-19

- Accommodations

There are three different dormitory available for exchange students. All of the are out-off campus. Both double rooms and single rooms are provided

- Course Registration

ESSEC will send you a email to introduce its course registration system. The online registration normally happens on January. You can find course list in a google sheet and syllabus of all the courses in ESSEC's website

- Teaching & Assessment Methods

Due to the outbreak of COVID-19, all the courses were switched to online teaching via ZOOM

- Sports & Recreation Facilities

Not much information can be provided due to COVID-19

- Finance and Banking

It is very time consuming to open a bank account in France, taking at least one month. It is not necessary to have a French bank account

- Social Clubs and Networking Opportunities

Not much information can be provided due to COVID-19

- Health and Safety

There were lots of robbery cases reported in the park near the campus. But generally speaking, Cergy Le Haut is safe and peaceful

- Food

I almost had no chance to eat in restaurants due to the COVID -19. There is a kitchen in every single studio of the dormitory. If you want to cook Chinese dishes by yourself, you can find most ingredients in Chinese or Asian supermarkets, with a price of course much higher than Hong Kong

- Transportation

The campus and Le haut Residence (on of the three dormitories provided by ESSEC) are in the RER A line. It takes around 20 mins from Le haut Residence to the campus and around 1 hour to Paris

- Climate

In 2020, spring of France is super cold, down jacket is definitely necessary. It did not turn warmer even until May

- Communication

All students and professors can speak fluent English, but some staffs, like security team can only speak French. It is very common to find nobody speak English when you are out of Campus

- Cautionary measures

There are many thieves in Paris, especially in Metro. My cellphone was stolen at Gare de Nord. Mind your belongings in any public space

Items to Bring

- ✓ Originals and copies of Passport and visa
- ✓ Student ID
- ✓ Chargers and Power adapters
- ✓ Laptop and mobile devices
- ✓ Down jacket and T-shirt
- ✓ Umbrella

Useful Links and Contacts

- ESSEC website: <https://www.essec.edu/en/>
- Student Portal: <https://www3.essec.fr>
- Police : 17 - free call
- Fire service : 18 – free call
- Ambulance - SAMU : 15 – free call