



Exchange Report

NEOMA Business School

SPRING 2020

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FINA, MARK

Monthly Activity Log

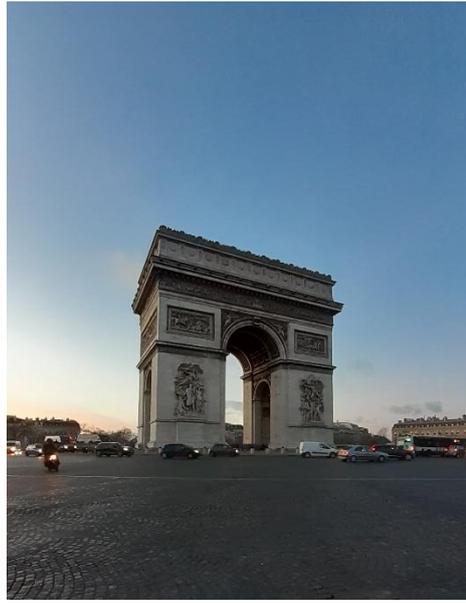
January

We visited several tourist attractions of Rouen in the orientation day. I also tour around town, there are a few small museums that you can visit to know more about Rouen's history. I also went to Etretat, Le Harve to see the beach and the famous cliff with exchange students from different schools around the world. Then I visited Poland with my friends, the food is very nice.



February

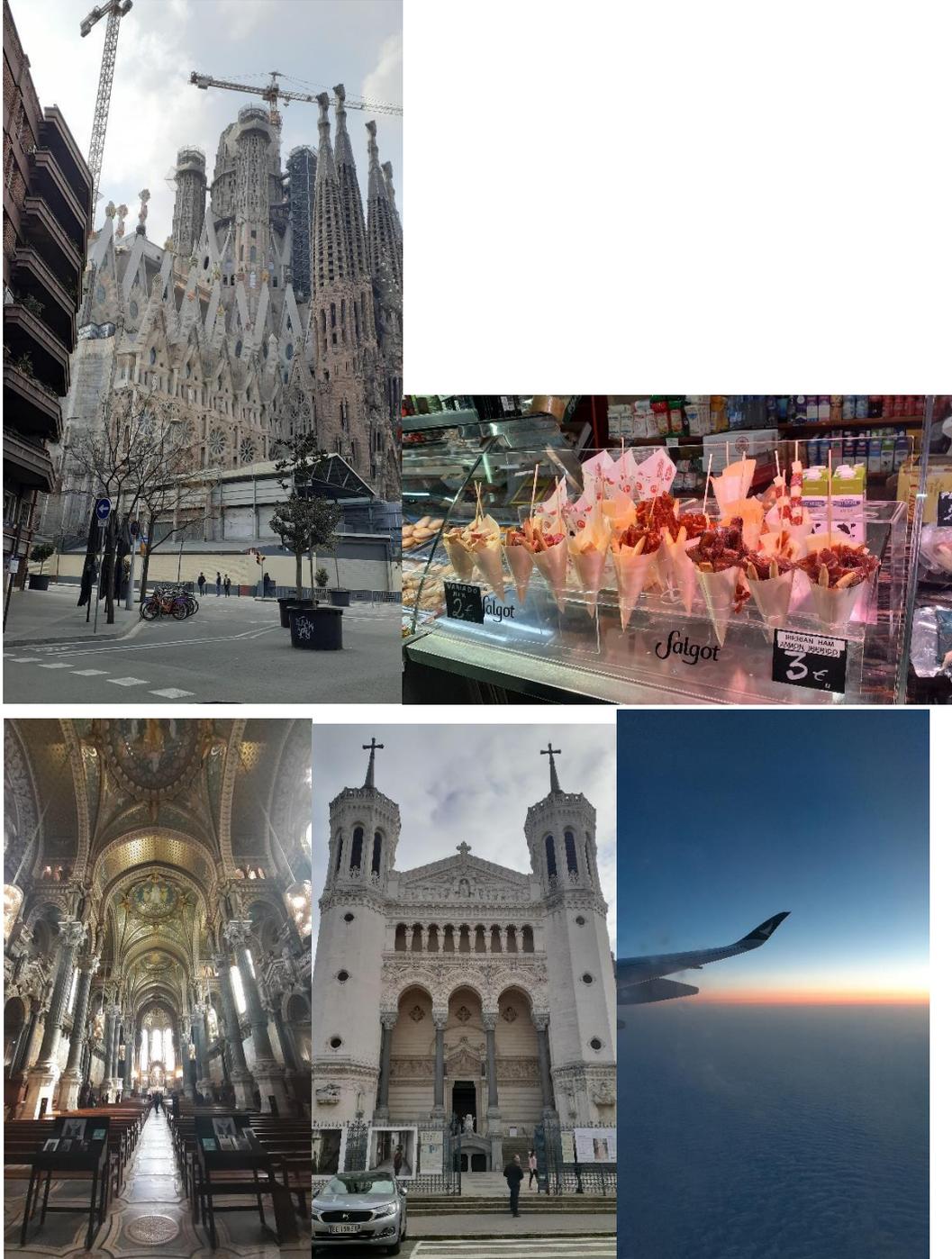
I visited Paris, it is filled with museums and food. I also took nice pictures in famous tourist spots such as the Eiffel Tower and the Arc de Triomphe. Then I went to Swiss. The view is very nice, the lakes in Geneva and Zurich are both mesmerizing. I also took this chance to visit Liechtenstein, a small country in the border of Swiss and Austria. Then late February is the time for midterm.



March

I visited Lyon, a city in the south of France famously known for its culinary art. I had a lot of good food during a trip. After that I went to Barcelona, the food is also amazing.

Sadly, my journey cut short due to the outbreak of COVID and has to go back.



April

The study and assessments continued online zoom courses. Although there is a time gap problem, I try hard to overcome it and successfully mark an end to my exchange.

General Exchange Information

Visa Procedures

First, you need to write an EMAIL to Campus France and request for the Interview study@consulfrance-hongkong.org. The email should include all the necessary details such as the program enrolled in France, the name of the French school and your original school in Hong Kong/Macau, duration of your study, departure date to France. You will be given a timeslot for the interview. You need to finish the interview before submitting the visa application.

Second, Book an appointment for visa application submission ONLINE. For detailed procedures and document required, please visit

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

Start the visa application procedure at least two months as you may need a few trips to the consulate.

Orientation Activities The orientation is held at the beginning of the term. During the welcome day, we had a welcome talk by the administration, introducing all the government documents you need to complete and some other school stuff. After lunch, there was a downtown city hunt in groups, showing you the famous tourist spot of Rouen. And at the evening, we went to the VR game shop.

Accommodation There are only 2 choices for the 1-semester exchange student Ango and Pleiade organized by CROUS. Ango and Pleiade are in two different directions of the school within 10 minutes distance. Ango is 9 square meters only, with a shared toilet and shower with next door roommate but a private cooking space. Pleiade is 20 square meters with private bathroom and kitchen. Other from

that, you can rent other apartments in the city center, but with a definitely higher price.

Courses Registration Catalog of all course description and procedures of course registration will be sent to you by email. I chose the mix and match courses. There is no add/drop period, find the professor or the HUB for help if there is any problems. Refer to HKUST course equivalent database to see which course is transferable.

Teaching & Assessment Methods It is mostly lectures. We had presentations and reports in different courses. The midterm and final exam are organized by school.

Sports & Recreation Facilities There is no gym room on the campus, you can choose jogging or running in several hiking trails nearby the school. Or find a gym downtown.

Finance & Banking I opened a BNP account on the day they came to NEOMA. However it would take a while for the account to be prepared. There is also a weekly limit on your withdrawal which is only 300 euros per week. You could also open an online bank account (N26/ Revolut). Credit card is very useful because most places accept credit card and it is useful for online payment. Bring more than enough cash is always good.

Health & Safety NEOMA will provide a list of doctors in the area. But it is always better to bring your own medicine in case of emergency and not able to communicate in English. Beware of robbery, it never personally happens to me but it did happen to people around me. Separate your cash and have photocopies of documents.

Food Dining out in France is not the most expensive in Europe, a set meal cost about 15 Euro. So we often cook ourselves. The best place to buy ingredients is supermarkets SuperU and Carrefour. NEOMA has one canteen that opens for breakfast and lunch. Typical lunch costs about 3-5 Euro.

Transportation There is bus and metro in Rouen but since Mont Saint Aignan is on top of a hill, there is only two bus route that goes from the city centre to the campus. You can check the bus time on the app My Astuce, and beware of the strike and the

last bus. You can buy the monthly pass or a ticket of 10trips at the auto vending machines.

There is Gare de Rouen to take the train to all part of France. The other way to go to Paris is to take the bus Flixbus and Omiobus. However if you need to go to airport you most likely need to change at Paris.

Climate Spring in Rouen is not very cold, ranging from 1°C to 15°C, but it rains a lot and is very windy.

Communication French local may not know English well. Prepare with several basic French would be nice.

Mobile services Buy the international sim cards in Hong Kong is the simplest method. Buy for the entire period or prepare for the first few weeks until finding your local operator.

ITEMS TO BRING

1. – Passport, ID
2. – Cash and credit card
3. - Necessary documents and copies
4. - Warm clothing (heatech, wind proof jackets, scarf)
5. - Laptop and chargers
6. - Electric converters (prefer multi-country)
7. - Personal medicine
8. - Personal care products
9. - Slippers
10. - Back-pack
11. - Stationary
12. - Other items (personal preference)

Useful Links and apps

NEOMA Student Homepage <http://inside.neoma-bs.fr/en/>

Flixbus <https://www.flixbus.co.uk>

Omio <https://www.omio.co.uk>

Skyscanner <https://www.skyscanner.fr/>

Booking.com <https://www.booking.com>

My Astuce

OUI.sncf

SNCF

Trainline

UBER

Airbnb