

NEOMA

BUSINESS SCHOOL

REIMS • ROUEN • PARIS



NEOMA BUSINESS SCHOOL

France

Exchange Report

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Year 3

Monthly Activity Log

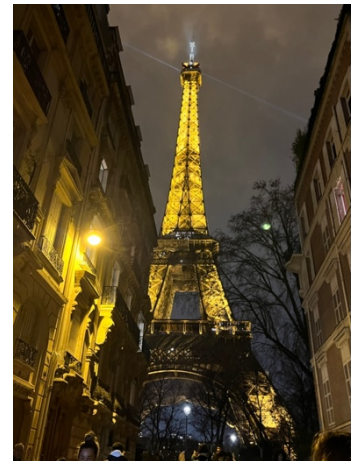
January



I arrived Paris CDG on 4th January morning with my exchange mate and we took Blablacar to Rouen and interchange bus F7 to Bois. We settled our accommodation registration, mobile plan, bus card, orientation day, and bank account on the first week. My friends and I joined a free Rouen tour organised by Erasmus on Sunday, the tour guide mainly talked about the history of the church and the cultures in Rouen.



Since my courses are held on Monday, Tuesday, and Friday, I had a Paris day trip twice with my friends instead of travelling to other countries. To see the romance of France, We went to the Eiffel Tower during day and night time and first tried the escargot. I have bought the SNCF youth card online which is last for one year so that I could buy the train tickets at a much more cheaper fare (around 12 euros from Rouen to Paris).



February

I went to Deauville with my friend which takes around 2.5 hours (6-9 Euros train ticket). It is near the west coast of France and famous for seafood. The price of the seafood over there surprised me as the price is much lower than Hong Kong and most of it is caught daily so it tasted so fresh and sweet. During the weekends, I had another Paris day trip with my Taiwanese friend and visited Louvre. Remember to reserve your timeslot for Louvre online first as many people are there and you have to line up for security check (latecomers are not allowed to go inside)!



Luckily that NEOMA does not have a lot of midterms and assignments like UST in February, also NEOMA had around 12 holidays in mid-February, so I was able to study my only one French midterm during my vacation to Northern Europe (Norway, Sweden and Finland).

The price in Northern Europe shocked us as it was like double compared to France. If not talking about the living cost there, I really love Northern Europe as the people there are nicer, clean, relaxed and willing to talk English with you that makes you feel happy!



March

Fashion is one of my favourite things in France. Knowing that Paris City Fashion Week was held in early March, I had planned a 3 days 2 nights trip to Paris. This fashion show lasted for 2 hours long and aimed at letting most of the designers present their designs to the general public so there were lots of theme with models of different ages. I also climbed up to the Sacré-Cœur de Montmartre and took pictures with “The Wall of Love” nearby.



Final presentations, assignments and final reports were scheduled in mid-March so I was busy with Zoom discussions with my teammates and finished all the online assignments as quick as I could. Thankfully that there was a small study break in late March, so I went to Spain (Madrid and Valencia) with my friends. The weather was super nice and sunny so we could take a lot of good pictures outside and chill on the beaches. We did not plan to go to Barcelona as it

had lots of tourists at that moment, but we think Valencia is also worth visiting in Spain as it is more like a village style that lets you know more about their cultures and history!



April

All final exams were held in the first two weeks in April for undergraduate students. It was the busiest month for me as I had registered for six courses and the exam dates were nearly scheduled consecutively. Except for French course, other courses are relatively easier than UST as some of their exam paper are reflection essays or case studies or open-



book. After I finished all of my exams, I traveled to London, Iceland and Belgium with my friend. I watched Phantom of the Opera and Wicked in London, I strongly suggest you watch these two operas because the live effects, music and the actors/actresses surprised you a lot. If you want to see the aurora, I recommend you to join the Aurora tour as it usually had a higher chance for you to see it.

Unlucky that whenever I was in Northern Europe in February or Iceland in April, I was not able to see it ☹️ ! While Belgium was relatively a bit boring city that

does not have many things for you to visit or see, but the chocolate, waffles, and frites there are really delicious!!



May

Since the whole semester came to an end, I planned to travel as many countries as I could! I have traveled Prague, Austria (Vienna and Salzburg), Munich and Paris with my mum in early May. If you love music, you must need to travel to Vienna as you can hear music wherever you are and the buildings there are so stunning! Afterwards, I went to Nice (Southern part of France) with my friends, I strongly suggest you going there as the beaches and scenery are super beautiful and the seafood there is so delicious and CHEAP!



I also had a short solo trip in Milan, you definitely need to go there if you want to see the marvellous cathedral – Duomo. I had also taken around 3 hours train and bus to Como Lake, but I suggest you staying there for at least 2 days so that you can have sufficient time to look at the scenery and walk around the traditional allies! Before leaving Rouen, my friend and I

had traveled to Amsterdam and Portugal as our last stop of our exchange journey. We are so lucky that the weather was very nice during that week and we could eat the local street food and snacks under the lovely sun. I left France on 3rd June as we spent two days in Paris Disneyland and Walt Studio. Remember to use your digital ISIC student card to buy the tickets, there is at least 15%-25% discount for students!



General Exchange Information

1) Visa Procedures

You have to go to Campus France for the academic interview and then to the Consulate General of France in November to make your France visa as the whole process may take around one month (Remember to reserve your timeslot online two weeks beforehand). The student visa is last for half a year and the fee for the application costs around 480HKD. Please prepare the documents beforehand (better search online first, documents needed are listed on the Campus France website). Exchange students usually need to sign a parents' financial guarantee document that you cannot find online, so you have to send an email to them beforehand.

(Link: <https://www.campusfrance.org/en>)

2) Orientation Activities

Orientation Day is on 7th January (usually is the first Saturday in January). They will take you to walk around the whole campus, try the local food and do some social activities to let you meet the other exchange students.

3) International Services & Activities

There are lots of student societies in NEOMA and one of the international societies is called Erasmus. You can check their activities via Instagram or join their membership. Erasmus usually provides a lot of trips with a lower price (Highly suggest you join their trips if you do not mind a busy schedule within one day and do not want to interchange for the transportation).

4) Accommodations

You will receive an email regarding the hall application from NEOMA in November. There are eight accommodations provided by Crous (their accommodation system does not like UST) and you are allowed to choose four of them and prioritize it. I lived in Bois – Poussin where I could have my bathroom and share kitchen with students on the same floor (but the kitchen is quite dirty as it is cleaned by the cleaner once a week). If you would like to have your own kitchen, La Pleiade may be a good choice for you. While Ango is only **available** for international students and you have to share the bathroom with another one.

(***Remember to use VPN to pay the housing deposit***)

5) Courses Registration

NEOMA will send you a list of courses offered in the coming semester and you have to choose between 3 tracks (Bachelor offer, Master offer and Master specialization) in early November. Some business required courses or electives offered in UST are under master track and you are not allowed to change the track and the courses you have

registered as there is no add/ drop period in NEOMA, otherwise, you need to send an email to SBM Exchange Team.

6) Teaching & Assessment Methods

I took Digital Organization, Sustainable Business (MGMT 2130), French for Communication A1 Beginner (French Lang), Brand Marketing (MARK 4450), Leadership and Organization Development (MGMT1120) and Strategic Innovation Management (ISOM 1380). Most of their assessments and exams are easier than UST, only the French course is quite hard for beginner as the professor is also not good at English and you have to translate most of the words or sentences. Each class generally has around 30-40 students and be aware of attendance as you will FAIL the course if you are absent for more than 3 times without any justification within 72 hours. Most of the courses adopt mixed mode and have lots of presentations. The class is 3 hours long with one 15-20 minutes break.

7) Finance & Banking

Students who are living in Crous are required open a local bank account as they can return the housing deposit to French account only. NEOMA will make a forum collaborate with BNP Paribas in early January and you can open your bank account on that day. Remember to use your card twice each month (otherwise they will deduct you 7 euros !!!) and check your mailbox after you receive a confirmation email (you need that ATM password to deposit your money)!!!!!!

Items	Expenses (HKD)
Accommodation	10105 (235 Euros/ month)
Flights (Hong Kong ⇌ Paris)	12000
Daily Expenses	13000
Travel Expenses	85000
Insurance (Cover whole Europe)	4300
Visa	480

*** Inflation is quite high after COVID-19 (increase around 30% - 40%)

8) Climate

Rouen has very bad weather and it rains a lot in wintertime. Remember to bring umbrella and warmer clothes as it is around 3°C in winter. Better check the weather report before you go out.

9) Health & Safety

There are lots of pickpockets in France. It is better to use bags with zip and do not go out during night time. You can reserve an online medical consultation if you get sick and buy the medicine in pharmacies after they send you the receipt.

(Medical Consultation Link: <https://feeli.io/login>)

10) Food

I usually cook myself as it can save quite a lot of money. Highly suggest you buy the groceries in SuperU as it is much cheaper than the other supermarkets. A set meal costs around 22 euros in Rouen while it is much more expensive if you visit Paris. Some Asia markets are available in Rouen center and one restaurant in Rouen called Together is operated by one Hong Kong couple.

11) Transportation

Most of us take bus in Rouen (<https://www.reseau-astuce.fr/>) as bus is the only public transport can access to NEOMA and all accommodations. You can buy the monthly pass in Rouen train station and it costs around 27.5 euros. You can also buy the youth age card online (<https://www.sncf-connect.com/en-en/>) for the SNCF train so that you can buy the train tickets at a much lower fare in France. While either Flixbus (<https://global.flixbus.com/>) or Blablacar (<https://www.blablacar.co.uk/>) are accessible to other countries or CDG airport with a much lower fare too.

(To other countries - train: <https://www.omio.com/>)

12) Communication

Most of the French people do not speak English even in NEOMA, so we generally use Google translate to communicate with them. It is better to greet them in French when you want to seek help from them.

I bought my monthly data plan card (19.9 euros – 5G plan with 210 GB) in Free Mobile. It covers most of the European countries but you are allowed to use internet service only in some countries. Try not to use the phone calling services in other countries mentioned on the website as it is not accurate. Remember to cancel the plan two weeks before you leave Rouen.

(Link: <https://mobile.free.fr/fiche-forfait-free>)

13) Sports & Recreation Facilities

There is only one gym room next to Bois and you have to pay the monthly plan for using the facilities.

14) Social Clubs & Networking Opportunities

The Culture Co. Club will organize lots of social gathering or parties each week for international students. It is better to join their WhatsApp group or Instagram first as sometimes you have to register beforehand.

15) Cautionary measures

There are lots of thief in France, some of friends' mobile phones or wallets were stolen in Paris or Rouen. Luckily I did not lose my things when I was grabbed by four women in an elevator when I was at CDG airport. Remember to use a smaller wallet, a cross-body string, and try not to use cash (most of the restaurants use cards). Be aware of all your belongings! Try not to walk alone at night!

(***For checking France strike date: <https://worldinparis.com/transport-in-france-strike-news-tips-for-traveling-to-paris>***)

16) Items to bring

- HKID card and passport copies (for applying bank account)
- Personal photos (France passport style – for bus monthly pass)
- Bedsheets and pillow
- Medicine
- Hair dryer
- Umbrella
- Adaptors
- Winter clothes
- Kettle
- Portable charger
- Hangers
- Cup and bowl (microwave suitable)
- Small cooking electronic appliances !!!!

17) Contacts

If you have any difficulties with your academic term, you can contact both hub.rouen@neoma-bs.fr or HKUST exchange team. If you have any questions regarding your exam in NEOMA, you need to contact examens.rouen@neoma-bs.fr.