



Useful tips and information to make your stay with us a great experience!

Accommodation

You are looking for accommodation in La Roche sur Yon? These are the living options that are offered to you:

1- **Escale Rivoli: Private Residence**

This is a Students & Young Workers residence located 10-minute walk from ICES.

Average monthly rent = 300 € (including gas, water, electricity & internet)

All rooms are equipped with individual bathroom.

Meals can be taken at the *Restaurant/Cafeteria* which is next to the residence building.

Deposit (refundable if no damages) = 1 month's rent

Application fees = 25€

20-breakfast package = 25,50€ (compulsory and non-refundable). These tickets can be used for lunch as well.

<http://www.escalesouest.com> animateur.rivoli@escalesouest.com

2- **Room in a private flat** (individual or roommate):

Average monthly rent = 280 € - 350 € (electricity, gas, water & internet excluded)

Deposit (refundable if no damages) = 1 month's rent

<http://ices.fr/la-vie-de-campus/vie-etudiante/logements/ou-trouver-son-logement-etudiant-a-la-roche-sur-yon/>

<http://www.leboncoin.fr>

3- **ICES Catholic Residence: « Foyer Sainte-Thérèse »**

For more information: Mr. Matthieu BRECVILLE: mbreville@ices.fr

Limited number of rooms: selection of candidates through a short Skype interview with the Director of the Residence

We encourage the students to book their accommodation as soon as possible and immediately after receiving the admission letter.

For assistance/information please contact the ICES International Relations Office: international@ices.fr

Meals

Different options are offered to the students:

- having lunch in ICES cafeteria by either bringing your own meal or opting for a take-away meal from the following catering services: food-trucks every Mondays and Tuesdays and an on-site buffet from Wednesday to Friday. Fares range from 5€ to 10€
- having lunch outside ICES in one of the many restaurants, bakeries, fast-food in town. Fares range from 5€ to 15€/20€
- having lunch at Escale Rivoli Restaurant only 5-minute walk from ICES. Fares range from 3,20€ to 5,50€

Activities

Cinema, bowling, pubs, ...

Cinema is about 7€, a bowling play is about 6,50€, and you can have a drink for 2€ (juices, coke, ...). A coffee (in a bar) costs between 1€ to 3€, a beer between 3€ to 5€.

Public Transportation (2018 fees)

Public transportation by bus is well established in the town. Buses are clean and inexpensive. A one-way ticket is 1,30€ and a daily ticket is 3,20€. You may also opt for an unlimited monthly fare for 24€, or an annual fare for 200€.

Bank

We highly encourage you to open a bank account in France as it will be useful in your daily life (payment of your rent among others). Also, through the bank you will have the opportunity to get an insurance / civil liability that covers your room (this insurance is compulsory in France). Annual fees for bank account and insurance are about 70€. Half of these fees will be returned to you if you stay for one semester only. ICES will assist you with the opening of a French bank account. **No later than 3 weeks before you leave**, the town makes sure to inform the bank office that you want to close your bank account.

Cellphone

You may buy a SIM card from one of the different operators in France (ex. SOSH.fr unlimited calls from & to Europe for 5€ per month).

Health Insurance

The French Government is currently changing the regulations and fees towards French Social Security and unfortunately at this stage we are not able to give an accurate information about the fees (if applicable).

That is why we highly encourage you to subscribe to a personal Medical Coverage in your home country before flying to France.

IMPORTANT INFORMATION:

Students coming from European Countries and Québec must bring with them the following documents when landing in France :

- European Health Insurance Card (EHIC)
- SE401Q102 or SE401Q106 from the R.A.M.Q. (Québec)

These certificates must cover the entire length of the study period in France.

Visa, Immigration Regulations

Students from outside the European Union do need a visa.

As immigration regulations are subject to frequent change, we encourage you to check with the French Embassy in your home country and find out what kind of visa you need.

Make sure to start the visa application well in advance as it may take a long time before you obtain your visa.

Depending on your nationality and upon your arrival in France you will have to register within the OFII (French Office of Immigration and Integration) which offices are located in Rezé, 40 minutes by train from La Roche-sur-Yon.

In order to register within the OFFII, make sure to bring with you the form you obtained from the French Embassy in your home country and attach one copy of your passport and one copy of your visa stating the date of entry in France or Schengen Space.

Once it is done, the OFFII will issue an acknowledge receipt as well as a notice for a medical examination in their offices in Rezé.

2018 fees for the whole procedure: 58 Euro

Once everything is done the OFII will display a security label in your passport.

As the OFII procedure may take some time we highly encourage you to register in the very first days/weeks after your arrival.

More information about OFII <http://www.ofii.fr/>

Student Card

Once you arrive in ICES you will get your student card and thus will have access to all student services such as computer rooms, WIFI, library, special fare for transportation and cinema, etc.

Printing of documents

You may access the copy machine in the library. Cost for 50 copies is 5€. More information at Library Reception Desk.

Courses

At ICES, the majority of the professors come from other universities in France or abroad, thus the timetables change every week depending on the agenda of each professor.

Timetables are updated every Thursday afternoon for the following week, so please make sure to consult the timetables on a regular basis and at least once a week.

International Students are welcome to choose classes from different faculties and/or levels. Still, this may lead to timetables clashes so our advice is to pick up the majority of your courses from the same faculty and same level.

After your arrival at ICES, you will have 2 weeks to test and add & drop classes. During this testing period, don't hesitate to ask for advises/assistance from your Head of Department and/or International Relations Officers at ICES.

At ICES, we are using the ECTS (European Credit Transfer System) i.e 30 ECTS for one semester or 60 ECTS for one year.

However, we are quite flexible with the international students and the number of credits to take first must be approved by your Home University as some countries are using a different credit system.

Attendance in class

Attendance in class is mandatory.

After the Add & Drop period and once your Learning Agreement is approved by both ICES and your Home University, the ICES

International Relations Office will send to you an Attendance Sheet that you will have to print out and give to your professors every week.

Once a month, come and give the signed attendance sheets back to the ICES International Relations Office.

Non-attendance to classes must be justified by providing a certificate (medical certificate for instance).

Exams

Exams session is running at the end of each semester.

A detailed exams schedule is displayed on the timetables only 2 weeks before the start of the exams period.

Thus, it is highly recommended not to book your return tickets before you receive the detailed exams schedule *or you can book a return ticket in advance making sure that the date is after your exam period.*

The exams may be written, oral or a continuous assessment: please check with each professor how you will be evaluated.

For each exam session make sure to meet with the following regulations:

- To bring your ID card
- To arrive 20 minutes before the start of each exam
- To sign and keep your seat number before entering the exams hall

Dictionary

The use of dictionary may be accepted during the exams but it really depends on each professor. So please make sure to ask your professors whether they do accept or not the use of dictionary during the exam.

If you have any further question, feel free to contact us

International Relations Officers:

Ms. Aurélie PASQUIER

apasquier@ices.fr

Ms. Marie-Astrid MORVAN

amamorvan@ices.fr

Head of International Office:

Mr. Matthieu BRECVILLE

mbrecville@ices.fr

See you soon at ICES – The Catholic University of Vendée!

