

Accommodation

Are you looking for accommodation in La Roche sur Yon? You may opt for one of the living options available:

1- **Escale Rivoli & Escale Arago Residences**

These are Students & Young Workers residences.

Rivoli Residence is a 10-minute walking distance from ICES while Arago is a 20-minute.

Average monthly rent: 332,50 € (including gas, water, electricity & internet)

All rooms are equipped with individual bathrooms + fridge + bedding linen

You may cook in the large shared canteen (fully equipped with kitchenware, oven, hotplates & dishes)

Monday to Thursday from 6:00pm to 10:00pm and you may also access a smaller kitchen every day at lunch time and during the weekend.

It is the responsibility of the residents to keep these spaces clean.

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

Application fees: 49,50€

Comprehensive fees: 29€/month towards wifi, access to the canteens, laundry, sports & leisure rooms

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

The residences are equipped with cameras in the common areas as well as a phone on each floor so that you can reach the watchdog for free any time in the evening/night.

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

Average monthly rent: minimum 500€ (electricity, gas, water & internet excluded)

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

<http://www.leboncoin.fr>

<http://www.airbnb.fr>

3- **Residence La Louisiane** (Fall semester only) is a Female Students' residence managed by a non-profit organization. It offers single rooms with individual bathrooms. No bedding linen furnished. Meal plan for breakfast and dinner. Monthly rent all inclusive: 536,80€

Accommodation

4- Residence La Simbrandière (CROUS). <https://www.crous-nantes.fr/logement/residence-u-la-simbrandiere/>

Room with a small kitchenette & an individual bathroom. No bedding linen furnished.

Monthly rent all inclusive: 312,96€

Deposit : 1/2 month's rent

Compulsory room insurance to be secured before moving-in.

<https://www.assurances-etudiants.com/>

Fall term contract runs from September 1st to December 30th.

Spring term contract runs from January 1st to June 30th.

5- West Campus Residence <https://www.westcampus.fr/residence?west-campus=la-roche-sur-yon-1>

Room with a small kitchenette & an individual bathroom. No bedding linen furnished.

Monthly rent all inclusive: 365€

Deposit: 1 month's rent

Compulsory room insurance to be secured before moving-in.

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

Meals

Different options are offered to the students:

1- 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 or vending machines (sandwiches, pasta box). Prices range from 5€ to 10€.

2- having lunch outside ICES in one of the many restaurants, bakeries, fast-food in town.

Prices range from 7€ to 20€ & more

3- having lunch at the Restaurant Universitaire (City Students' Canteen) 15 minutes from ICES (bus Line 7A or 7B). One meal for 3,30€ (student rate). To access the Restaurant Universitaire services you should first get an INE and create an IZLY account (the IRO may help you with such a procedure)

4- Mayonnaise <https://www.mayonnaise-epicerie.com/>

A student-run organization that offers food baskets. It is free for all students. You just have to register on the website and book a slot online.

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). Please ask your buddy to assist you with getting a SIM Card.

Bank account

We highly encourage you to open a bank account while in France especially for those living in a residence. Annual fees towards bank account and room insurance: 80€. ICES IRO will assist you with the paperwork.

For residents in the European Economic Area (EEA), Switzerland and Australia, as an alternative, you could apply for a Revolut Card. Revolut is a digital bank that operates through an app that can be downloaded both on Google Play and App Store.

You can transfer money from your home's bank account and change it to Euros onto the card. It is very easy, simple, quick and saves you time filling forms and paying possible fees at banks. A delivery fee will be applied for the card to be sent. You can use the card for everyday use and withdraw up to €200 per month. Please visit www.revolut.com for more information.

This option does not exclude the fact that you must secure room insurance for the room you are going to rent while in La Roche-sur-Yon.

Room Insurance

For those living in the Residences Rivoli/Arago, you may get room insurance from the bank.

For those living in the Residence Simbrandière you must secure a room insurance before moving-in. You may opt for the following insurance <https://www.assurances-etudiants.com/>

Health Insurance

Non-European citizens must register (for free) to the French Social Security upon their arrival in France. More information on <https://etudiant-etranger.ameli.fr/#/>

Students are exempted from this registration if they hold one of the following documents:

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

As the French medical system does not cover 100% of your medical expenses you are highly encouraged to subscribe to a personal travel and medical insurance that will cover the rest of the medical expenses.

Visa, Immigration Regulations

Students from outside the European Union may need a visa to study in France.

As immigration regulations are subject to frequent change, we encourage you to contact the French Embassy in your home country and to find out the type 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.

Upon your arrival in France and depending on your nationality and validity of your Visa you will be asked to validate your VLS-TS Long stay Visa and buy a virtual excise stamp at <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

Call 0806 001 620 or dgef-support@interieur.gouv.fr

Student Card

Once you arrive in ICES you will be given a student card that will give you access to any student services

ICES International Relations Office international@ices.fr - 17 Boulevard des Belges - 85000 La Roche-sur-Yon - FRANCE

such as computer rooms, WIFI, library, library-copier, vending machines as well as special fare for transportation and cinema, etc.

Courses

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

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

So as to avoid timetable clashes we highly encourage the International Students to choose their classes from the same faculty and/or degree, whenever possible. After your arrival at ICES, you will have a 4-week Add & Drop session before finalizing your learning agreement.

Students are asked to take 30 ECTS (European Credit Transfer System) for one semester or 60 ECTS for one year.

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

Credits for the international students are calculated as follows: a 12 hour class is worth 3 ECTS.

Attendance in class

Attendance in class is mandatory.

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

Exams

Exam sessions run at the end of each semester.

A detailed calendar is displayed online (timetables) 2 weeks before the exams start.

Thus, it is highly recommended not to book your return tickets before you receive the detailed calendar *or you can book a return ticket with the possibility to change the date without extra fees*.

Exams at ICES may be written, oral or on a continuous assessment basis: please check with each professor how you will be evaluated.

When you go for an exam please make sure to meet with the following regulations:

- Bring your ID card
- Arrive 20 minutes before the exam starts
- Sign and keep your seat number before entering the exam hall

Dictionary

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

Guardian Angel



Globo is the international club that welcomes and assists the international students for any questions related to their stay in ICES and in La Roche-sur-Yon.

Each student will be assigned a “guardian angel” before arrival.

If needed, you may ask your “guardian angel” to pick you up at the train-station.

Medical Matters

For any medical reasons, nursing care and preventive visits students can make an appointment at the *Student Health Center* sumpps.larochesuryon@univ-nantes.fr or dial 02 53 80 41 28.

The Student Health Center is located in front of the University Restaurant, Building H , ESPE, 221 Rue Hubert Cailler.

Bus line 7B get off at boulevard Gaston Defferre.

(Open Monday, Tuesday, Thursday, Friday, closed during university vacations)

You can also contact the *Centre de Soins Non Programmés (CSNP)* - Unscheduled Care Center.

Dial 116-117 from 2:00 to 6:00 pm.

It is located on the site of the Departmental Hospital Center, just behind the premises of the French Blood Establishment.

Bus line V get off at Pont Rouge