

Practical information for incoming students



• ANTICIPATE YOUR STAY

Visa, Immigration Regulations

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

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

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.

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](#)

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 International Relations Office 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 App enables you to transfer money from your home's bank account and change it to Euros onto the card. An easy, simple, quick way to make you saving time and banking fees.

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.

Health Insurance

Non-European citizens must register (for free) to the French Social Security upon their arrival in France. More information on: 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.

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€/month). Please ask an ICES student to assist you with getting a SIM Card.

Accommodation

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

List of student residences:

- **Escale Rivoli & Escale Arago Residences** (residences for students and young workers):

Rivoli residence: 10-minute walk from ICES / Arago residence: 34-minute walk - 22-minutes by bus

Average monthly rent: 354€ (including charges)

Room/Private bathroom/Fridge/sheets - For cooking: Monday to Thursday evenings (6.00 pm/10.00 pm): large shared canteen (Kitchen utensils/Oven/Hotplates/Crockery) / Every day at lunchtime and at weekends: small kitchen. Residents are responsible for cleanliness.

Deposit (refundable if no damage is found): 1 month's rent

Application fee: 49,50€ / Comprehensive fees: 31€/month (wifi, canteens access, laundry, sports & leisure rooms)

Residences equipped with cameras in communal areas/Telephone on each floor to contact the caretaker at any time in the evening or at night

rivoli@escalesouest.com / animateur.arago@escalesouest.com

Room Insurance: you may get room insurance from the bank

- **Private flat:**

leboncoin.fr

airbnb.fr

Average monthly rent: minimum 500€ (charges excluded)

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

- **The Home for female students "La Louisiane"** (run by a non-profit association):

(Autumn semester only)

20-minute walk from ICES

Room/private bathroom (no linen furnished) - Breakfast and dinner included

Monthly rent (including utilities and half-board): 546€

Application fee: 50€

foyer-la-louisiane@orange.fr

- **Residence La Simbrandière (CROUS):**

18-minute walk from ICES - 16-minute by bus

Room/Kitchenette/Individual bathroom (no linen furnished)

Monthly rent: 312,96€ (charges included)

Deposit: 1/2 month's rent

Fall term contract September 1st to December 30th / Spring term contract January 1st to June 30th

heb.simbrandiere@crous-nantes.fr

Compulsory room insurance to be secured before moving-in: assurances-etudiants.com/

- **West Campus Residence:**

25-minute walk from ICES - 19-minute by bus

Room/Kitchenette/Individual bathroom (no linen furnished)

Average monthly rent: 430€ (charges included)

Deposit: 1 month's rent

laroche@westcampus.fr

• STUDENT LIFE AT ICES

Student Card

Once you arrive at ICES you will be given a student card that will give you access to student services: computer rooms, WIFI, library, library-copier, vending machines as well as special fare for transportation, cinema, etc.

Meals

Different options are offered to the students:

Lunch in ICES cafeteria:

by bringing your own meal (on-site microwave oven)

by buying a meal to take away: food-trucks / vending machines (sandwiches, pasta box on site) (5€/10€)

Lunch outside ICES:

Many restaurants, bakeries, fast-food, nearby (7€/20€)

Lunch at the University Restaurant (City Students' Canteen) 26-

minute walk from ICES - 15-minute by bus (bus line 7A or 7B) One meal

(student price): 3.30€

To access the Restaurant Universitaire services, you must first obtain an INE and create an IZLY account (the IRO can help you with this).

“Ma'Yonnaise Épicerie”:

This student association runs a food shop on the Courtaisière University campus (once a week). For students living in precarious situations (register on the website and book a slot online)

Medical Matters

Students can make an appointment with:

- **The ICES Nurse:** for any medical reason, nursing care, preventive visits or for a personal consultation:

07 57 44 16 48 / infirmierie@ices.fr

Monday: 9.30 am / 2.00 pm - Tuesday: 9.30 am / 2.00 pm - Thursday: 9.30 am / 2.00 pm - Friday: 9.30 am / 2.00 pm

ICES - “Saint Thomas d’Aquin” building - Level 0 (near reception)

- **The Student Health Center:** sumpps.larochesuryon@univ-nantes.fr / +33 2 53 80 41 28

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

It is located in front of the University Restaurant, Building H, ESPE, 221 Rue Hubert Cailler. Bus line 7B get off at boulevard Gaston Defferre.

- **The Unscheduled Care Center (CSNP)**

Dial 116-117 (from 2:00 to 6:00 pm)

On the site of the Departmental Hospital Center (Bus line V get off at Pont Rouge)

Guardian Angel

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

• UNIVERSITY COURSES

Courses

At ICES, the majority of the professors come from other universities, for this reason **the timetables change every week**. 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**.

In order to avoid timetable conflict 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 must be approved first 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 hours 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 the way you will be evaluated.