



Audencia Nantes
School of Management

international student guide

2015 | 2016



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A word from...



Desi SCHMITT
Director of International Relations
Audencia Group



Inspiring
new
leaders

Dear international student,

We are very pleased to introduce you to our institution, **one of Europe's leading business schools** and one of France's elite *Grande École* institutions, renowned worldwide for our management education and research. Drawing on more than 100 years of experience in business education, our school has earned **all three major international business school accreditations** (Equis, AACSB and AMBA) – a feat that less than one per cent of business schools in the world have matched.

We look forward to welcoming you into our **international academic community**, which is already home to students from 54 countries as well as an internationally diverse teaching staff. Over 60% of our classes are taught in English, and we have established partnerships with more than 160 institutions around the world. This dynamic environment is just one aspect of our overall commitment to helping students develop an open mind and deep cultural understanding as they train to become tomorrow's global business leaders.

You will also be sure to delight in **the pleasures of life in Nantes**, a thriving modern city with old-world flair that consistently ranks as one of the best places to live in France and Europe. The city of 600,000 inhabitants is located just two hours from Paris and less than 30 minutes from the Atlantic coast, and houses a wide range of industries and businesses.

I hope you will join our diverse, ambitious, and dynamic community!

Sincerely,



Desi SCHMITT
Director of International Relations
AUDENCIA GROUP

As you probably already know, Audencia Nantes School of Management is one of Europe's leading business schools, located in a city named in multiple rankings as the best place to live in Europe. Audencia, founded in 1900, is one of France's elite *Grande École* higher education institutions, world-renowned for management education and research. We have earned all three major international academic accreditations for business schools (Equis, AACSB and AMBA) – a feat that less than one per cent of business schools worldwide can match.



We look forward to welcome you to our 23,000 m² purpose-built campus opposite the University of Nantes! Audencia is an internationally focused institution with students from over 50 countries and more than 160 international academic partners around the world – as an international student, you will immediately feel at home in Nantes, among a dynamic and multinational assembly of professors and fellow students.

An international campus environment

With students drawn from 54 countries, Audencia Nantes is a truly international management school. Over 60% of our classes are taught in English, and non-French teaching staff comprises 43% of all faculty members and lecturers. Audencia's strong partnerships with over 160 leading academic institutions around the world have created a framework that, throughout the last 30 years, has enabled countless Audencia students to study abroad and international students to experience the top-level education at Audencia.

Key facts

- Dean & Director General of Audencia Group: **Frank Vidal**
- Director of Audencia Nantes School of Management & Vice Dean of Audencia Group: **Jean Charroin**
- Year founded: 1900
- Total number of students: 2,650
- Number of student nationalities: 80
- Number of alumni: 13,230
- Permanent teaching staff/researchers: 90
- International teaching staff: 43%
- International academic partners: 167
- Number of research centres: 6
- Number of research institutes: 2

Enjoy beautiful Nantes

Audencia is located in the heart of beautiful Nantes, France, which has been rated “the best place to live in France” (Le Point magazine). Students in particular enjoy a fantastic quality of life here: almost 20% of Nantes residents are young people from 16 to 25 years old who study in the city.

Just two hours from Paris and less than a 30 minute drive from the Atlantic coast, Nantes Métropole is a thriving modern city with old-world flair and has approximately 600,000 residents. It is also easy to get from Nantes to London, Brussels and Geneva. The city is home to a wide range of industries and businesses. It has traditionally been a hub of food processing and aeronautics, and also features emerging industries like information technology and biotech.

Nantes, the capital of the “Pays de la Loire” region, originally developed around the castle of the Dukes of Brittany. The region is a popular tourist destination, drawing around two million visitors per year, and offers countless sights and attractions for students to take advantage – both within the city and in the natural surroundings.

Nearby cultural and natural attractions include:

- “Val de Loire” region, including parks, legendary castles and cities are part of the UNESCO “World heritage of the humanity”
- “La Baule” and the lovely beaches of the Atlantic coast;
- One of the most prestigious “vignobles” of France with fine and delicate white wines such as “Muscadet”.
- The annual classical music festival “La folle journée”
- The science-fiction festival “Les Utopiales”



Our team in the International Office is happy to help you prepare for your academic life here at Audencia.

Management



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Admissions Division



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If you have general questions about **non-degree academic programmes**, such as exchange opportunities or summer programmes, please contact the staff in our Student Mobility Division:

Student Mobility Division



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Visa procedure

In general, if you are planning to stay in France for more than three months, you will need to obtain a **long-term student visa** before your arrival. You should apply for your visa at the French embassy consulate in your country of residence at least three months before your departure. Your passport should be valid for the entire length of your stay in France.

For long and short-term stays, students from some countries may also need to obtain an entry visa to enter France.

Entry requirements and visa procedures vary depending on your home country. Please visit the Campus France website (www.campusfrance.org) for further information, or visit the respective French embassy/consulate website for your country.

Tuition and fees

Exchange students

Exchange students typically pay the tuition fees of their home universities. Please contact your home university exchange coordinator with any questions you might have.

Master's programmes

For degree-seeking students enrolled in the two- or three-year Master in Management (Grande École) programme, tuition for 2013-2014 academic year (September-May) is €19,200. This includes all associated fees for on-campus services.

The total tuition fees for our other master's programmes are as follows:

- MBA (one-year, full-time programme) – €30,000

International master's programmes:

- International Master in Management (Short Track programme) – €16,000
- International Master in Management (Full Track programme) – €19,000
- Supply Chain and Purchasing Management (One-year programme) – €15,000
- Supply Chain and Purchasing Management (Extended programme) – €19,000
- European & International Business Management Programme (13-16 months) – €14,400
- Food and Agribusiness Management - €14,000

Specialised master's programmes (one-year each):

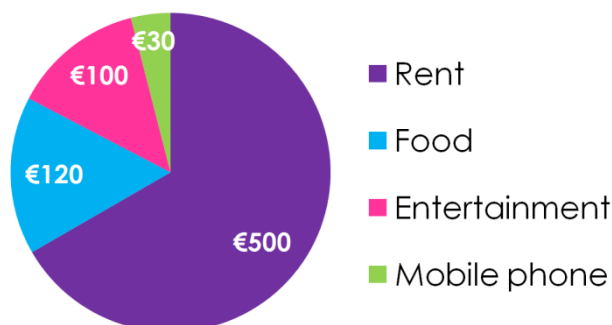
- Management of Sports Organisations – €10,500
- Marketing, Design and Creation – €11,000
- Management and International Competencies – €11,000
- Purchasing and Supply Chain Management – €12,000
- Skills and Human Resources Management (two-year programme) – €15,000

Prices are subject to change without notice.

Typical student budget*

As an international student in a new country, it is important for you to know how much money you should budget for your time in France. To help you prepare, below we have provided a typical budget that includes the approximate expenses a student may incur during their time in Nantes.

Average monthly budget: €750



* For information purposes only

Necessities		
Rent per month	Host family:	€350
	Private apartment:	€450-600
	Hotel residence:	€450-700
Utilities per month	Electricity:	€15-30
	Gas:	€15-30
	Internet:	€15-30
French Social Security (health insurance)		€213/year
Doctor	To see a doctor you must pay a fee regardless if you have insurance or not. If you have insurance, a percentage of the fee you pay will be later reimbursed.	€20-40 per visit
Local transportation	Bike Rental:	€10/day €20/week €30/month
	Bus Fare:	€1.50
	Tram Fare:	€1.50
	Monthly pass (<26 years old):	€33.90
	Yearly Pass (< 26 years old):	€247.00
Taxi: Starting Tariff:	€2 plus fixed rate/km	
Trains	Average train ticket Nantes to Paris (one way):	
	With the "Carte 12-25":	€59
	Without a discount:	€79
Cost of "Carte 12-25" (1 year membership):	€50	
Landline telephone	Monthly rate: *Does not include installation fee	€20-40
Mobile phone	Cost of SIM Card:	€20
	No contract (prepaid credit):	€5-30
	Contract (1 or 2 year):	€30-50/month
Food	Groceries:	€120/Month
	Baguette:	€0.80
	1 kg of pasta:	€1.20
	1 kg of rice:	€1.90
	Fast food meal:	€7.00
	½ dozen eggs:	€1.50
	Sandwich:	€3-5
	Restaurant:	€15-20 per person
Groceries are less expensive at supermarkets "Hyper Marché" such as Carrefour or Auchan		
Laundry	Washing:	€3/cycle
	Drying:	€1/cycle
Haircut	Male:	€15-25
	Female:	€20-60

Entertainment

Movies	Student ticket:	€7.00
Museums	Student ticket:	€5-10
Opera	Student ticket:	€10-30 (depends on seat)

Accommodation

You have several different accommodation options in Nantes: there are student residences, hostels, host families, and private apartments. Student residences offer furnished apartments – from studios to two-bedroom apartments. In addition, they may offer various facilities such as cafeterias, laundromats, sports facilities, and internet access. Utilities such as electricity and gas are usually not included in rent and must be paid separately. If your residence does not include internet, you may have to set this up yourself.

Important: In most cases, you will need a “**guarantor**” in order to rent an apartment. This must be a person who receives a salary within France and is financially responsible for your rent in case you are unable to pay. Such “guarantor” is required when renting an apartment through an estate agency or in some student residences.

Accommodation type	Approx. cost per month
Host family accommodation month (half or full board)	€350
One bedroom studio in town (small or large)	€450/600
Two bedroom flat in town (small or large)	€600/900
Three bedroom flat in town (small or large)	€800/1100
Hotel residences including hotel services and facilities	€600/700

Other expenses	
Landline Telephone (optional installation)	€20/100
Electricity and gas expenses (installation)	€15 electricity €15 gas

Online resources

Please visit <http://audenciahousing.blogspot.fr/> to get wide and useful information about housing in Nantes, as well as student residences and host families contacts.

Financial support for housing

In France, if you rent a private room or an apartment, you may be able to qualify for financial aid. Please visit www.caf.fr to find out whether you are eligible for the financial support of “Aide Personnalisée au Logement” (APL). This personal housing allowance is issued by the “Caisse d’Allocation Familiale” (CAF) or France’s Family Assistance Fund. Additional information can be found on the Campus France website:

www.campusfrance.org/en/page/housing-assistance-students.

If eligible, you will need to gather all necessary documents (passport, flat agreement, French student card, translated birth certificate (French), three passport photos, a letter from your parents ensuring financial support, and an “OFFI Stamp” from the French prefecture in Nantes) and submit it to the CAF offices (if you have a question, you can go there directly: 22 rue de Malville. Directions: Tramway line 3, stop at Longchamp)

Address for the French Préfecture in Nantes – for obtaining your OFFI Stamp/residence permit:

6 quai Ceineray

Directions: Tramway line 2, Stop at 50 otages

www.vos-demarches.com/pays-de-la-loire/loire-atlantique-44-227.html

For further information on accommodation in Nantes, please consult our “Student Housing Guide” which has been sent to you upon enrolment.

Health Insurance

Health insurance in France may be very different from the insurance you have at home, and requirements and procedures vary based on the length of your stay, your age, your home country, and whether or not you are a full-time student.

Generally, degree-seeking students in France are required to participate in the French social security system, which costs about €213 per year and includes basic health insurance. Different requirements exist for students from other countries within the EU and students who are over the age of 28. Coverage runs from October to September; therefore students arriving at Audencia Nantes School of Management should take out private health insurance for their first month in France.

For more detailed information, please see the Campus France website:

www.campusfrance.org

Exchange students: If they stay in France for more than 3 months, non-European exchange students are required to enrol in the French health insurance plan provided through Audencia. If relevant, all details to register online will be explained during your orientation day. If you are from the EU, don't forget to bring your European Health card.

In order to obtain a student visa, you will have to provide proof of purchase of travel insurance, liability insurance, and health insurance that will be valid for the entire duration of your stay in France. The French consulate will ask to see photocopies of the insurance policy as well as the accompanying documents that highlight the coverage.

Other details to consider

There are a lot of details to keep in mind as you prepare to travel to France and start your courses at Audencia Nantes School of Management! Therefore we have compiled a checklist of important details to consider before your departure for a smooth and worry-free journey:

- **Photocopy your passport and student visa;** keep a copy for safe keeping with someone you trust in your home country.

- **Scan important documents** and e-mail them to yourself before you leave. (Passport, student visa, visa application, university acceptance letter, birth certificate, travel insurance documentation, etc.)
- **Have your birth certificate professionally translated into French.** This will be necessary for obtaining government aid for housing (CAF).
- If you are renting a flat or living in a private residence hall, your landlord may require a **"Financial Guarantee"** form. This is a document that confirms that your parents or a guardian will provide you with a certain amount of money each month so that you will be able to pay rent on time.
- Bring along one or two **power transformers.** They are relatively expensive to purchase in France.
- Have some **passport-sized photos** of yourself handy. You may need to use them for membership cards (e.g. Carte 12-25).
- **If you wear glasses,** be sure to bring your prescription with you in case you need them replaced. **If you wear contact lenses,** it will be less expensive to bring along a supply of lenses that will last you throughout your stay in France.
- If you take any **prescription medication,** it is best to ask your doctor for an advance supply to last for your entire stay in France. Some prescriptions may not be available in France.

Choosing your courses

For exchange students:

Follow these steps in order to register and select courses before you come to Audencia Nantes School of Management:

1. Look through the Audencia course catalogue sent by your coordinator to decide which courses you would like to take.
2. Book an appointment with the exchange coordinator at your home university to go over the course choices you have made. Your exchange coordinator will help you determine whether you have selected the correct number and type of course credits in order to fulfil the requirements of your home university.
3. Fill the Learning Agreement, sign it, and make sure it is also signed by your coordinator.



For degree-seeking students:

Course selection must be completed upon arrival. Students in the International Master's degree programmes, MBA, and Mastères Spécialisés will be given their list of courses at the beginning of the programme.

Arriving in Nantes

The first step in beginning your academic journey at Audencia Nantes School of Management is to decide how you will arrive in Nantes. Here is a quick guide on how to arrive in Nantes via air or train.

Fly to Nantes **Nantes Atlantique International Airport**

After landing you can take a bus called "Navette aéroport" to the city centre. The price to travel to the city centre (Commerce tram station) is €7. Taxis are also available.

Airport website: www.nantes.aeroport.fr/ANAEnglish/Page/Default.aspx

Fly to Paris + train **Charles de Gaulle International Airport (Paris)**

You may choose to fly into the Paris international airport and then take a train to Nantes. The railway station is connected directly to Terminal 2 of the Charles de Gaulle airport. The train from Paris to Nantes takes around 2 hours. A one-way ticket from Paris to Nantes costs around €70-100. You can reserve your seat in advance online, or buy one in person at the train station.

Airport website: www.aeroportsdeparis.fr/ADP/en-GB/Passagers/Home/

SNCF Train Tickets: www.sncf.co.uk/

Airline websites

www.airfrance.com (French national airline)

www.easyjet.com (low-cost airline)

www.ryanair.com (low-cost airline)

www.edreams.com (website to compare low-cost airlines)

www.skyscanner.com, www.kayak.com, www.fly.com (websites for comparing airlines)

Arriving on campus and orientation

During your first two days at Audencia Nantes School of Management, you will take part in an orientation session. It is very important that you attend, because we will cover valuable topics including: general information about the school and its programmes and language classes, administrative processes and formalities (e.g. visas, social security), and our career advising services and student associations. The orientation will also include a tour of the campus.

If for any reason you cannot make it, please contact your coordinator at the International Office at Audencia.

Registration at the school

Registration of incoming international students occurs during the orientation session. Students in the International Master's programmes, MBA, and Specialised Master's programmes may need to provide the original copies of documents submitted during application in order to confirm registration.

Student ID card

Your Audencia student ID card is used to enter the school premises as well as grants you access to the university:

- gymnasium
- library
- car park
- clubs and associations

The card also gives you access to discounts at various restaurants, museums, and movie theatres. You will receive your student card during your orientation session!

Residency permit

If you decide to stay in France beyond the length of time that your student visa allows, you may be eligible to apply for a residency permit, or "Carte de Séjour", if:

- a) **You are a degree-seeking student** where the duration of your degree is longer than period allotted by your student visa (more than one year).

**Please note: exchange students who wish to extend their exchange period will have to reapply for another student visa.*

- b) **You have found an internship or job** in France.

A residency permit replaces your student visa. It is renewed every year for a fee of €30 along with:

- Proof of adequate financial resources
- Work contract for your job or internship, or a letter from Audencia saying you are enrolled for a second academic year
- Copy of your rental contract
- Application form
- ID photo
- Valid passport for the entirety of your intended stay in France

You must go to the prefecture to apply for a residence permit **within two months** of your student visa's expiration date.

Where to apply: *Préfecture* is the French word for government bureau. They have the jurisdiction to renew French passports, French ID cards, as well as approve residency permits to foreigners.

Nantes Préfecture: 6 quai Ceineray, BP 33515, 44035 Nantes CEDEX 1

Academic calendar

The academic year at Audencia Nantes School of Management consists of two semesters: Fall & Spring. Fall semester runs from September to December. Spring semester runs from January (or February) to May.

Academic requirements and grading

Audencia students must complete all required work (homework, presentations, reports, examinations) successfully by the stated deadlines. Failure to complete any work required by your professor could ultimately affect the chances of you obtaining full credits for your exchange semester at your home university.

Attendance is mandatory.

Credits

A full-time Audencia student must complete 30 ECTS credits per semester or 60 ECTS credits for the whole academic year.

- Core courses range between 1.5-6 ECTS credits per course depending on the workload.
- Elective courses are each worth 2 ECTS credits.

Grading

At the end of each term, students have to take final exams in almost all classes. Some classes also have assessments throughout the semester, which can take various forms (graded participation, small projects/papers, quizzes, mid-term examinations). Field projects are assessed by written report sometimes accompanied by a defence.

All courses are graded on a scale of 0 to 20. The minimum pass mark is 10/20. Students with a mark of 10 or more will receive full credit for a course. For marks between 8 and 10, they receive half the credits for a course. Below 8, they receive no credit for a class.

In terms of grade point average equivalence, this would lead to a conversion as follows:

Grade	GPA	ECTS grade
Grade =20	4.5	A
16<= grade <20	4	A
15.5<= grade <16	3.7	B
14<= grade <15.5	3.5	B
13.5<= grade <14	3.2	C
12<= grade <13.5	3	C
11.5<= grade <12	2.8	D
10.5<= grade <11.5	2.5	D
10<= grade <10.5	2	D
9<= grade <10	1.8	E
8.5<= grade <9	1.5	E
8<= grade <8.5	1	E
5<= grade <8	0.5	F
0	0	F

International Office and student services

The Audencia Nantes School of Management **International Office** is your resource for all information regarding your time in Nantes and at Audencia. Should you have any questions regarding housing, academics, healthcare, travelling, or bank accounts, feel free to e-mail us. If you have time, you can always stop by our office located on the ground floor of the main building, and we can address your questions in person. We would also love to hear how your time at Audencia Nantes is going so don't be shy, stop by and say hello!



The International Office can help you with the following issues:

- Student visas
- Opening a bank account
- French social security insurance
- CAF
- Housing contracts
- Course information and grades
- Campus information
- Student associations

In addition to the International Relations Department, we are happy to introduce to you Audencia's student association for International students: **Audencia's International Connection Team**. They are comprised of enthusiastic French students who are here to give you a student perspective of living in Nantes, cultural activities and studying at Audencia. You will be introduced to them during your orientation week at Audencia!



Find the Audencia IC Team on Facebook:

<http://www.facebook.com/groups/108375630226/>

Student associations

Students at Audencia Nantes School of Management are active even outside of the classroom. In addition to their studies, students have many extracurricular activities available, including those oriented towards business, finance, sport, music, culture, humanitarian aid, and international issues. International students may find student associations to be a great way to get to know French students with similar interests.



The **International Connection Team** is the main association for international students and organises cultural activities and welcomes international students at Audencia.

Many other associations represent Audencia Nantes School of Management in various ways:

- **Artefact:** Promotes challenging games like chess and card games.
- **@Simuth:** Helps find good deals on computers and other electronic devices for students.
- **Audencia Competitions:** Organises sports events, including Audencia's triathlon.
- **Audencia Junior Conseil:** is the Audencia student association that provides consulting services to Audencia business. This gives the students to contribute to their community and make contacts in the business world!
- **Axesud:** Association that seeks out the impoverished in the Nantes community and helps them to secure a microfinance loan to start or invest in a business.
- **Bureau Des Arts (BDA):** Creates student interest in cultural and artistic disciplines through the organisation of activities and events.
- **Bureau des Étudiants:** Coordinates all of Audencia's student associations. Members organise a welcome reception for newly accepted students each year.
- **Le Bureau Des Sports (B.D.S.):** Organises sports events.
- **Cogen:** Audencia's student choir.
- **Eidos:** Supports sustainable development of the business world, and strives to raise awareness about socially conscious business trends.
- **Equinox:** Association for amateur DJs!
- **Finantes:** Promotes finance's role in the business world through the publication of a magazine as well as the hosting of events aimed to promote the various themes associated with finance.
- **L'in-Edit:** Creates, publishes and distributes free guides to the city of Nantes.
- **Isegoria:** Organises conferences, debates, exhibitions, and other events with a focus on in-depth cultural analysis of current topics.
- **The Banquet:** Organises wine tastings, oenology courses, trips to vineyards, and exploration of French regional cuisine.
- **Journal Télévisé (J.T.):** Produces and broadcasts a TV show about student life at Audencia.
- **Les Hallucines:** Organises film screenings at Audencia and at the Katorza theatre downtown Nantes.
- **Reseaudencia Junior:** Promotes Reseaudencia, the association for Audencia alumni.
- **Shamrock:** Promotes music through a bi-monthly magazine and the organisation of a music festival. Open to all genres of music lovers!
- **Students in Free Enterprise (SIFE):** Organises a national competition for entrepreneurship and social responsibility projects.
- **Un Autre Monde (U.A.M.):** Organises humanitarian projects including activities not only within Nantes, but also nationally and internationally, such as sending medicines to developing nations.
- **Audencia Voile:** Promotes sailing competition within the school and organises regattas with student associations at other universities.

Student dining

Restaurants

Students have the option of eating at specific restaurants called “*restaurants universitaires*”, which serve complete meals at attractive prices (around €3 in 2012). The two restaurants mentioned below are a 5-minute walk from Audencia Nantes School of Management, at the Tramway station *Facultés*:



Le Rubis

Opening hours:

Monday – Friday: from 11:30 a.m. to 1:30 p.m., and from 6:30 p.m. to 9:00 p.m.



Le Tertre

Opening hours:

Monday – Friday: from 11:30 a.m. to 1:30 p.m.

Cafeteria

Audencia cafeteria is located on the ground floor and serves hot beverages, sodas, croissants, and other snacks. At lunch, the cafeteria offers sandwiches and meals. If you bring your lunch from home, you can also prepare it here.

Opening hours: Monday – Friday: from 8:00 a.m. to 6:00 p.m.



Library



You will have full access to the **Phileas Fogg Library**. This 1140m² (12,270ft²) library offers access to over 20,000 titles (25% of which are in English), over 15,000 periodical titles (both in print and online), 500 French- and English-language journals and 20 databases including full-text articles. You may borrow books for up to 15 days. You will need your student ID card to enter and to borrow books, periodicals and CD-ROMs. Wi-Fi and copy machines are also available.

Opening hours: Monday – Friday: from 8:00 a.m. to 9:00 p.m.; Saturday: from 10:00 a.m. to 5:30 p.m. The library is also open during holidays. However, opening hours are likely to be a bit limited during those periods.

Follow the Phileas Fogg Library on Twitter; [@FoggLibrary](https://twitter.com/FoggLibrary)

Campus Net

Campus Net is Audencia's student intranet and provides access to online lecture videos, personalised course timetables, your grades, an e-mail account, document storage space and much more. Through Campus Net, you can access your online account and information no matter where you are.

Audencia's staff, alumni, faculty and partners also use the gateway. Its services can be accessed both from within the campus network or from any computer located off-campus.

Campus Net was originally launched in French, but is now also available in English to accommodate the growing number of non-French-speaking users. You will learn how to access and use the system during on-campus orientation.

Technology

Audencia Nantes School of Management prides itself on being a technologically advanced campus. Feel free to bring your laptop computers to class and connect to our campus-wide WiFi network, or work in one of our many computer labs that are equipped with the full suite of Microsoft office products. Printing, photocopying, and scanning services are also available using state-of-the-art printers around campus.

Tip: Do not forget to bring a power adapter or transformer with you if you are from outside the EU and have a laptop or other electronics from your home country!

WiFi on campus

You will get a username and password and a guide for using the on-campus computer and WiFi network once you arrive at Audencia Nantes School of Management. You can log in from any computer or WiFi-enabled device. WiFi is primarily available in the library, cafeteria, 4th floor, patio area (East side) and the Main Hall of the main building of the Audencia campus.

Computers, copiers, and printers

There are 36 computers available for students on the ground floor of the main building, 24 hours a day, 7 days a week. There are also 88 other computers available on campus from 8:00 a.m. to 8:00 p.m. Each computer on campus is pre-loaded with MS Office programmes (Word, Excel, Access, PowerPoint), software for autonomous computer-based learning, as well as access to Audencia's intranet.

Copy cards are available for purchase (€4 for 100 copies). You can also go to printing shops at the tram station École Centrale Audencia:

Printing shops:

COREP – 25, route de la Jonelière

☎ +33 (0) 2 40 37 90 44

✉ nantes.campus@corep.fr

Opening hours: Mon. – Fri.: 9:00 a.m. – 6:30 p.m.

MD Graphic – 49, route de la Jonelière

☎ +33 (0) 2 40 74 79 90

✉ nantes@mdgraphic.fr

Opening hours: Mon. – Fri.: 9:00 a.m. – 6:00 p.m.

Mobile phones and making calls

Mobile phone options

Obtaining a mobile phone in France is simple. You have two options: buy prepaid credit or obtain a one- or two-year contract. You will have to do a little research into which mobile company fits your needs the best, so feel free to shop around at mobile phone shops located throughout Nantes and ask questions! Usually there will be at least one English-speaking person who can help you at each shop.

Mobile phone companies:

- Orange
- SFR
- Bouygues Telecom
- Free Mobile
- Sosh



Option 1: Prepaid credit (no contract)

Prepaid credit is a great option for students who do not plan to use their mobile phones often and will be staying for only one semester or less. Typically, the credit will last for one month, and you can buy additional credit at tobacco shops or grocery stores.

1 SMS: ~€0.19 Phone call: ~€0.35/Minute (Receiving phone calls or text messages is free!)

Option 2: Signing a contract

If you plan to stay in France for longer than six months, getting a mobile contract is the most economical choice. In order to obtain a mobile contract you must first have a French bank account. Phone plans typically include the phone itself, unlimited text messages within France, as well as 1-2 hours of voice calling. Internet (3G) may also be included depending on the plan you choose. Mobile phone plans range from €20 to €50 per month.

Making phone calls:

French numbers are ten digits long and are displayed in pairs of two.

Calling French numbers:

- From a French phone: Dial the number starting with a zero, without the country code.
Example: 06 76 80 67 65
- From an international mobile phone: Dial the number with the country code and remove the zero from the first pair of numbers.
Example: +33 6 76 80 67 65
- From an international landline: Dial the number with two zeros and the country code.
Example: 0033 6 76 80 67 64

Calling international numbers from a French phone:

- Dial two zeros, the country code, and then the phone number. For example, to call Canada: 00 1 403 555 7477

Dining and nightlife

Dining

When you decide to get something to eat off-campus, you can take advantage of the variety of restaurants Nantes has to offer. Many restaurants in Nantes are concentrated within the Bouffay and Graslin districts, especially on Rue Jean Jacques Rousseau. The restaurants listed below offer outstanding traditional fare in buildings that display the illustrious architectural heritage of Nantes. There are, of course, many other dining options nearby!



La Cigale

Traditional, signature dishes.

4 Place Graslin

Directions: Tram lines 1, 2, 3, Commerce stop

☎ +3 (0) 2 51 84 94 94

www.lacigale.com

Nightlife

Nantes has a lively nightlife. The Bouffay district is filled with bars and nightclubs.

Bars (This is just a selection of the many options!)

- **Le Molière** 2 Rue Racine (Graslin District)
- **La Bodega** 8 Rue Beauregard, near Commerce
- **John Mc Byrne** 21 Rue des Petites Ecuries (Bouffay District)
- **Le Hangar à Bananes** 21 Quai Antilles

Nightclubs

- **Lc Club** 21 Quai Antilles. Hours: Thurs.-Sat.: 11:00 p.m. – 7:00 a.m. www.lcclub.fr
- **Le Colors Club** 3 rue de l'Emery. Opening hours: Wed.-Sat.: 11:00 p.m. – 7:00 a.m.
- **Le Cookoo** 12 rue de Rieux. Opening hours: Thurs. – Sat.: 11:00 p.m. – 7:00 a.m.

Shopping

Nantes boasts numerous supermarkets, shopping centres, and outdoor markets where you can take care of all of your shopping needs. Below are the addresses of some of the most popular places.

Atlantis Mall – E.Leclerc Supermarket

You can shop for groceries and clothing to furniture and household goods. You can also see a film or go bowling.

Zone Atlantis – 44800 SAINT HERBLAIN

Directions: Tramway line 1, Stop at François Mitterrand.

Opening hours: Monday – Saturday: from 8:30 a.m. to 9:00 p.m.



Beaulieu Mall – Carrefour Supermarket

Groceries, apparel, restaurants.

Boulevard du Général De Gaulle

Directions: Bus, Stop at Beaulieu. Carrefour

Opening hours: Monday – Saturday: from 9:00 a.m. to 10:00 p.m.

Shops opening hours: Monday – Saturday: from 10:00 a.m. to 9:00 p.m.

Paridis Mall – E.Leclerc supermarket

Groceries, apparel, restaurants, dry cleaning.

10 Route de Paris

Directions: Tramway line 1, Stop at Haluchère.

E.Leclerc opening hours: Monday – Saturday: From 8:30 a.m. to 9:00 p.m.

Shops opening hours: Monday – Saturday: From 9:30 a.m. to 9:00 p.m.

Galleries Lafayette – Gourmet Supermarket

This upscale mall offers designer clothing, handbags, and accessories.

2/20 Rue de la Marne

Directions: Tramway line 1, 2, 3, Stop at Commerce.

Opening hours: Monday – Friday: from 9:30 a.m. to 8:00 p.m.



Auchan St Herblain Mall

325 Route de Vannes

Directions: Tramway line 3, Stop at Orvault-Morlière.

Opening hours: Monday – Saturday: from 8:30 a.m. to 10:00 p.m.

Monoprix Supermarket

2 rue du Calvaire

Directions: Tramway line 1, 2, 3, Stop at Commerce.

Opening hours: Monday to Saturday: from 9:00 a.m. to 9:00 p.m.

Talensac farmer's market

The largest farmer's market in Nantes, providing a variety of fresh products from local farmers and fishermen.

Rue Talensac

Directions: Tramway line 2, Stop at 50 Otages.

Opening hours: Tuesday – Sunday: from 8:00a.m. to 1:00p.m.



Petite Hollande Market

Open only on Saturdays, this is the main farmer's market in downtown Nantes

Car Park Petite Hollande

Directions: Tramway line 1, Stop at Médiathèque.

Opening hours: Saturday: from 8:00 a.m. to 1:00 p.m.

Other outdoor markets in Nantes:

- Marché des Américains – Bd des Américains
- Marché de la Bottière Chénaie – Place du commandant Cousteau
- Marché des Dervallières – Place des Dervallières
- Marché de Doulon – Place du Vieux Doulon
- Marché Jean Macé – Bd de la Liberté
- Marché du Pont du Cens – Rue Chanoine Poupard
- Marché Zola – Place Zola

More information: www.nantes.fr/detente/marches-et-etals

Culture and leisure

Nantes has a vibrant cultural scene offering everything from medieval castles and art museums to a planetarium, movie houses, and even bowling alleys. We suggest you allow a monthly budget of €100 for cultural activities.

Historic sites

- **Château des Ducs de Bretagne:** Originally built in 1207, the Castle of the Dukes of Brittany is one of Nantes' oldest landmarks. 4 Place Marc Elder / Directions: Tramway line 1, Stop at Duchesse Anne www.chateau-nantes.fr/en/
- Admission: Museum €5, Courtyards and battlements: Free
- **Cathédrale de Nantes:** This magnificent Gothic cathedral is well worth the visit. Place Maréchal Foch / Directions: Busway, stop at Foch Cathédrale. Entrance rate: Free
- **Théâtre Graslin:** A historic theatre in the Graslin district, which plays mainly operas. Place Graslin / Directions: Tramway lines 1, 2, 3, Stop at Commerce www.angers-nantes-opera.com



Architectural highlights

Take a stroll down the following streets in the **Bouffay district** to see some of the lovely architecture of the 18th and 19th centuries: Rue de la Baclerie, Rue Bossuet, Rue des Carmes, Rue de la Juiverie, Rue St Pierre

There are also a number of **beautiful stone buildings with decorative façades** in the following streets: Rue Fenelon, Rue des Carmélites, Rue St Pierre, Rue St Jean
Directions: Tram line 1, Bouffay stop

In the **Feydeau neighbourhood**, many of the houses were built during 18th century, including the remarkable temple du goût (16 allée Duguay-Trouin), la cour Ovale (9 allée Turenne), and l'hôtel de la Villestreux (3 place de la Petite-Hollande).

Mascarons are ornaments around doors and windows, intended to frighten away evil spirits. They depict animals or hideous faces, and can be found on buildings in the streets Allée Turenne, Place de la Petite Hollande, and Rue Kervegan.

The **Passage Pommeraye**, a shopping gallery in the centre of Nantes (Rue de la Fosse), is also a beautiful historical building. Opening hours: Monday – Sunday: from 9:00 a.m. to 8:00 p.m.

The **Trentemoult area** was once a fishing village. Now this residential area is a bright, charming, peaceful neighbourhood. Directions: Boat Navibus from Gare Maritime to Trentemoult

La Maison Radieuse Le Corbusier (Boulevard Le Corbusier – 44400 Reze), built in 1955, is a unique social housing project designed by a revolutionary architect. Directions: Tramway line 3, Stop at Espace Diderot

Many buildings on the island of Nantes, "**Ile de Nantes**", are inspired by a very contemporary style. Location: near Rue la Noue Bras-de-Fer. Directions: Tramway line 1, Stop at Chantiers Navals. Tramway lines 2,3 Stop at Vincent Gâche.

Parks

Nantes has many beautiful parks where you can relax and enjoy the beautiful surroundings.

- **Jardin des plantes:** This English botanical garden is among the world's five biggest Victorian parks, and it contains plant specimens from all over the world. Boulevard Stalingrad / Directions: Tramway line 1, Stop at Gare SNCF en.nantes-tourisme.com/activity/jardin-plantes-botanical-garden-2391.html
- **Parc du Grand-Blottereau:** Discover a greenhouse of exotic plants, banana trees, an 18th century mansion, and even a Korean garden. Boulevard Auguste-Peneau /Directions: Tramway line 1, stop at Mairie de Doulon
- **Ile de Versailles:** The Versailles Island features a Zen garden, waterfalls, and three Japanese-inspired buildings. Quai de Versailles / Directions: Tramway line 2, Stop at St Mihiel
- **Parc de Procé:** Rue des Dervallières, Boulevard des Anglais / Directions: Bus line 22 or 70, Stop at Procé



Museums

Nantes has a number of excellent museums, including those for fine arts, history, archaeology, printing, science, literature, and astronomy.

- **Natural History Museum:** Housed in a late 19th century building and contains zoological collections, regional wildlife exhibits, and a reptile house. 12 Rue Voltaire / Directions: Tramway line 1, Stop at Médiathèque. Entrance fee: Adult €3.50 / <25 years old €2
- **Memorial to the Abolition of Slavery:** This memorial museum is conceived as a political and artistic project, commemorating of all of those who fight against slavery in all its forms throughout the world. Nantes was once a port where ships left for slave trade expeditions, so the topic is an important one for the city. Quai de la Fosse / Directions: Tramway line 1, Stop at Médiathèque.
- **Planetarium:** Reveals the sky in all its dimensions for children and adults. 8 rue des Acadiens / Directions: Tramway line 1, Stop at Gare maritime. Entrance fee: Adult €5/ Student €2.50 www.nantes.fr/site/nantesfr/le-planetarium
- **Jules Verne Museum:** Dedicated to the famous writer Jules Verne, who was born in Nantes in 1828. His most famous books are "Around the World in Eighty Days" and "Twenty Thousand Leagues under the Sea". 3 rue de l'Hermitage / Directions: Tramway line 1, Stop at Gare maritime. Entrance fee: adult: €3 / <25 years old: €1.50 www.nantes.fr/julesverne/acc_5.htm

- **Naval Museum Maillé-Brézé:** Built in 1954, this is the first naval museum in France. Chantiers Navals of NANTES / Directions: Tramway line 1, Stop at Chantiers Navals. Entrance fee: €7 www.maillebreze.com
- **Fine arts museum:** offers a rich collection of Western paintings from the Italian Primitives to contemporary works. 10 Rue Georges Clemenceau / Directions: Tramway line 1, Stop at Gare SNCF. Partially closed until 2016

Leisure activities

Nantes offers various attractions and cultural activities during the year: cinema, art galleries, festivals... it is difficult to get bored in Nantes!

Machines de l'île is an extraordinary artistic project. Born from the imagination of François Delarozière and Pierre Orefice, it is a blend of the invented worlds of Jules Verne, the mechanical universe of Leonardo Da Vinci, and the industrial history of Nantes, gathered on this unique site of the former shipyard.

Boulevard Léon Bureau / Directions: Tramway line 1, Stop at Chantiers Navals www.lesmachines-nantes.fr/english/index.html

Cinemas

	Gaumont	Pathé	UGC
Full price	9.90€	9.90€	9.90€
Student or < 26 years old	7.30€	4.30€	4.10€

- **Gaumont:** Place du Commerce / Directions: Tramway lines 1, 2, 3, Stop at Commerce station www.cinemasgaumontpathe.com/cinemas/cinema-gaumont-nantes/
- **Pathé:** Zone Atlantis – Saint Herblain / Directions: Tramway line 1, stop at Schoelcher www.cinemasgaumontpathe.com/cinemas/cinema-pathe-atlantis/
- **UGC Ciné Cité:** Zone Atlantis – Saint Herblain / Directions: Tramway line 1, stop at Schoelcher www.ugc.fr/complex.do?comeFrom=allMoviesLink&complexId=HERBL

Theatres

- **Théâtre de Poche Graslin:** an intimate 75-seat room where comedies are often performed. 5 Rue Lekain / Directions: Tramway lines 1, 2, 3, Stop at Commerce station / ☎ 02 40 47 34 44 / www.theatredepoche.fr/
- **Café Theatre:** offers drama classes in addition to performances and shows. / 6 rue des Carmélites / Directions: Tramway line 1, 2, 3, Stop at Commerce station / ☎ 02 40 89 65 01 / www.lacompagnieducafettheatre.fr
- **Le Grand T:** often features young, upcoming actors. / 84 rue du Général Buat / Directions: Bus line 23 / ☎ 02 28 24 28 24 / www.legrandt.fr

- **Tu Nantes – Théâtre universitaire:** offers contemporary theatre, dance, and films. Chemin de la Censive du Tertre / Directions: Tramway line 2 Stop at Facultés
- **Studio Théâtre:** 5 rue Ballet / Directions: Tramway line 2 Stop at St Félix / ☎ 02 40 14 55 14 / www.tunantes.fr
- **Le Lieu Unique:** a space for artistic exploration and an intermingling of cultures and ages. Rue de la Biscuiterie / Access : Busway, Stop at Cité internationale des congrès / ☎ 02 51 82 15 00 / www.lelieuunique.com
- **Onyx:** offers mainly contemporary dance performances. Zone Atlantis in St Herblain / Directions: Tramway line 1, Stop at Tourmaline / ☎ 02 28 25 25 01 / www.onyx-culturel.org

Bowling

Zone Atlantis – Saint Herblain / Directions: Tramway line 1, stop at Schoelcher
☎ 02 40 33 01 11 / www.bowlcenter.fr/atlantis/default.aspx

Opening hours: Monday – Friday: from 11:45 a.m. to 1:00 p.m.

Saturday: from 2:00 p.m. to 3:00 a.m.

Sunday: from 2:00 p.m. to midnight

Prices vary depending on the days and time slots (about €5-6).

Athletic activities in Nantes

Stadiums

- **Nantes racecourse:** Features a running track, rugby fields, and handball courts. Horseracing events are also held here. Boulevard des Tribunes / Directions: Tramway line 2, Stop at Bourgeonnière. Opening hours: 9:00 a.m. to 7:00 p.m.
- **La Durantière:** soccer fields, track, and tennis courts
68 rue de la Durantière / Directions: Tramway line 1, Stop at Tertre
- **Grand Blottereau:** basketball and handball courts, full gymnasium
16 Bd Auguste-Péneau / Directions: Tramway line 1, Stop at Doulon

Additional sports facilities can be found at www.nantes.fr/site/nantesfr/plaine-de-jeux

Swimming pools

Nantes has a variety of swimming pools available for public use. Each facility charges a small fee for access:

	Jules Verne	Petit Port	Leo Lagrange	Dervallières	Caliceo (2 hours)
Student rates	€2.70	€2.70	€2.00	€1.70	€13

- **Jules Verne** features a 25-meter lap pool and three recreational pools.
Rue GrandJouan / Directions: Tramway line 1, Stop at Haluchère
www.nantes.fr/site/nantesfr/piscine-jules-verne

- **Petit Port** features a 25-meter lap pool and a leisure area with two recreational pools and a solarium.
Boulevard du Petit Port / Directions: Tramway line 2, Stop at Morrhonnière
www.nantes.fr/site/nantesfr/piscine-petit-port
- **Léo Lagrange** features two 50-meter pools, a children's pool, three diving boards and a solarium.
Allée de l'île Gloriette / Directions: tramway line 1, stop at Médiathèque
www.nantes.fr/site/nantesfr/piscine-leo-lagrange
- **Les Dervallières** features an outdoor pool with a lap area, a children's pool, three diving boards and a lawn.
Rue du Professeur Dubuisson / Directions: Bus line 54, Stop at Avenue Blanche
www.nantes.fr/site/nantesfr/piscine-dervallieres
- **Caliceo** offers many different activities within its aquatic centre (Jacuzzis, waterfalls, and more)
14 chemin du Vigneau – 44800 St Herblain / Directions: Tramway line 1, Stop at Fracho
www.caliceo.com/nantes/

Ice-skating

Petit Port is the main ice-skating rink of Nantes. Entrance rates: Students pay €4.60-6.60 (weekend). Boulevard du Petit Port / Directions: Tramway line 2, Stop at Morrhonnière.
www.patinoire-nantes.fr/fr/horaires-et-tarifs

Triathlon Audencia

For more than 25 years, Audencia Nantes School of Management has hosted the Triathlon Audencia on the last weekend in September. More than 10,000 people from all over France and the world participate – including many Audencia faculty members and students!

www.triathlon-audencialabaule.com



Laundry

Some student residences and apartment buildings may have laundry facilities on-site; however, in most cases you will have to do your laundry at the local *Laverie*. The cost is about €3 per wash cycle and €1 per drying cycle.

- **Laverie – Cyber** 27 Rue Barbotte / Directions: Tramway line 2, Stop at Boissière
- **R.E.A.S** 142 Bd Robert Schuman / Directions: Bus line 32, 12
- **Leysens Pierre** 6 r Guillaume Grootaers / Directions: Tramway line 3, Stop at Beauséjour
- **Les Lavoirs De L'Erdre** 10 Bd Amiral Courbet / Directions: Tramway line 2, Stop at St Félix
- **Laverie atlantique Ouest**
 - o 136 bd d'Alby – Directions: Tramway line 1, Stop at Moutonnerie
 - o 3 allée des Tanneurs – Directions: Tramway line 2, Stop at 50 Otages
 - o 66 Bis rue la Ville en Bois / Directions: Tramway line 1, Stop at Égalité
- **Laverie de la Madeleine** 11 chaussée de la Madeleine – Directions: Tramway lines 2 and 3, Stop at Hôtel Dieu
- **Point Laverie Mangin** 4 place Victor Mangin / Directions: Tramway lines 2 and 3, Stop at Mangin

Dry cleaners

Dry cleaners, also known as *Pressing*, charge about €5 to have a shirt cleaned, and about €9 for a dress.

- **5 à Sec** www.5asec.com/pressing/fr/cherchemagasin.php
- **Bel & Blanc** www.beletblanc.com/

Transportation

Local transportation

Buses and trams

You can travel in Nantes by tramway, bus, busway (similar to a bus), and even by boat!

The local public transportation authority is the *Transports de l'Agglomération Nantaise*, or TAN: Espace TAN – 2 Allée Brancas / Directions: Tramway line 1, 2, 3, Stop at Commerce

☎ 02 40 44 44 44 / www.tan.fr

Opening hours: Mon. – Fri.: 8:00 a.m. – 7:00 p.m. / Sat.: 9:30 a.m. – 5:30 p.m.

Transportation via TAN (tram/bus/busway/navibus)	Rates
Single ticket	€1.50
10 tickets	€14.00
Monthly (under 26y.o.)	€34.00
Yearly (under 26y.o.)	€250.00



Taxi

Cab stations are located throughout Nantes. Taxis are immediately available at some places, like the Railway station and *Place du Commerce* downtown Nantes.

You may call a cab any time at the following phone numbers:

- **Allo Taxis Nantes Atlantique** ☎ 02 40 69 22 22
- **Nantes Agglo Taxis** ☎ 06 78 56 21 27
- **Allo 44 Taxis** ☎ 06 09 82 31 31 / 06 09 82 38 38

Car rental

If your driver's license is valid in France, you may rent a car. If you only need to rent a car for a short trip, consider using the *Marguerite* car rental service. It is managed by the city of Nantes and allows you to rent by the hour or by the kilometre. Their rental stations can be found at www.imarguerite.com/

You can also choose to rent a car from a private company:

- Avis: www.avis.fr/Locationvoiture/Europe/France/Nantes
- Europcar: www.europcar-atlantique.fr
- Ucar: www.ucar.fr

Bike rental

Nantes is a particularly bike-friendly town, with many bike lanes and trails. Bikes are available for rental through three different organisations:

- **Vélocampus**, an association of the University of Nantes, lends bikes to students only for short or long-term periods. velocampus.net

- **NGE**, through the City of Nantes, lends bikes in downtown Nantes. Rates range from €10 per day to €30 per month. www.velos-nantes.fr
- **Bicloo**, which is a part of the TAN system, has bikes available near tram stations. To rent a bike, you must create an account with the service and add money to your account. The rental charge is deducted from your account per hour of use. www.bicloo.nantesmetropole.fr

Regional and international transportation

Train

Train tickets can be booked and purchased at the railway station or online on the TGV Europe website: www.tgv-europe.com/en

Railway station: SNCF Nantes – 27 Boulevard de Stalingrad

☎ 3635 www.voyages-sncf.com

Directions: Tram line 1, Stop at Gare SNCF (north exit); Busway, stop at Cité Internationale des Congrès and walk (south exit).

Ridesharing / Covoiturage

Ridesharing might be a cheaper alternative to the train for journeys in France as well as to the neighbouring countries. You can search for available rides and book them online at: www.covoiturage.fr

Traveling outside France

Traveling throughout Europe is easy with the abundance of trains, buses, and flights available. See page 12 (“Arriving in France”) for information about nearby airports.

However, in order to travel outside of France please **make sure you have the correct visa that will allow you to re-enter France once you exit!** If your student visa does not allow you to travel outside of France – don’t do it! Audencia Nantes School of Management will not be able to help you re-enter the country should you be refused entry back into France. Please consult your local French embassy for further questions.

Working in France

European Union citizens can legally work in France without restriction.

Non-EU students: In addition to giving you permission to live in France for the duration of your studies, your student visa gives you the right to work for a maximum of 964 hours per year as long as you are enrolled as a full-time student.

Mail

The main post office is located downtown Nantes at Place Bretagne

Directions: Tramway line 3, Stop at *Bretagne*

Opening hours: Monday-Friday from 8:30a.m. - 6:00p.m. / Saturday from 9:30a.m. - 12:30p.m.

To find the post office nearest to you, go to:

@ [www.laposte.fr/Particulier/Utiliser-nos-outils-pratiques/Services-de-localisation/Un-bureau-de-poste/\(commune\)/Nantes](http://www.laposte.fr/Particulier/Utiliser-nos-outils-pratiques/Services-de-localisation/Un-bureau-de-poste/(commune)/Nantes)

Banking

General opening hours of banks in Nantes:

Monday – Friday: from 9:00 a.m. to 6:00 p.m.; Saturday: from 9:00 to 12:00 a.m.
The main banks are located in downtown Nantes:

- **CIC Bretagne** 5 Rue Pierre Chereau
- **Société Générale** 8 Place Royale
- **Crédit Mutuel** 9 Place Royale
- **Banque Populaire Atlantique** 1 Rue de Feltre
- **Crédit Agricole** 4, Place de l'Ecluse
- **LCL** 2 allée Penthièvre
- **BNP Paribas** 10, Place Royale
- **HSBC** Rue du Calvaire

You will need a French bank account to pay for rent and bills, to receive reimbursements for medical services and prescriptions, and receive government benefits (CAF). A French bank account will also make paying for everyday purchases such as groceries easy and convenient.

Quick facts about French bank accounts:

- Your French debit card is known as a "Carte Bleue".
- You will not be charged for withdrawing money from other financial institutions
- Your debit card works as a VISA or a MasterCard
- Your debit card should work throughout Europe

How to open a French bank account:

You will need to bring the following documents with you to open a bank account:

- Your passport and student visa
- A letter from Audencia confirming your enrolment "Certificat de Scolarité"
- If you live in a private homestay: a housing contract, copy of your landlord's passport, recent copy of your landlord's utility bill
- If you live in a private apartment: your housing contract
- If you live in a student residence hall: rental contract from your residence

Depending on the type of account you choose to open, you will be required to pay an annual fee between €20-60.

Once you have signed up for an account:

- Within one week, you will receive a letter in the mail with your PIN number.
- Within two weeks, you should receive a letter with your online banking information.
- Within one month, you will receive a letter advising that your debit card has arrived at the bank and is ready for you to pick up.

Western Union

To transfer and receive money abroad, Western Union services can be found in post offices in Nantes. www.westernunion.com

Health and emergency

Doctors

The cost of a doctor's visit can range from €20 to €40 for a specialist. If you need medication, the doctor will write you a prescription that you can take to a pharmacy.

If you want to be excused for your absence, you do need to provide a medical certificate to the academic assistant of the program.

If you need to see an **English-speaking doctor**, contact the following doctor's office to make an appointment: *Cabinet Savage* – 117 Boulevard Michelet

Directions: Tramway line 2, Stop at *Morhonnière-Petit Port* ☎ 02 40 74 40 49

We can also recommend a **French-speaking doctor**: Jean-Marc Germaine -10 Bis rue Jean Jaurès

Directions: Tramway line 3, Stop at "Jean Jaures" ☎ 02 40 08 24 34

You can also use the online French social security website: <http://ameli-direct.ameli.fr/> (search for "un professionnel de santé" if you are looking for a doctor or a specialist, or "un établissement de soins" if you are looking for a place (like an hospital). Then enter the kind of doctor ("profession" in French") and your address in the "où" part to see the doctors close to your home and the price you would pay (see screen shot below)

The screenshot shows the search interface on the Ameli.fr website. At the top, it says "Je recherche :" followed by two buttons: "Un professionnel de santé" (with a checkmark and a person icon) and "Un établissement de soins" (with a building icon). Below these are three search criteria: "Nom" (with a person icon and an example "Ex : Durand, Jean Dupont"), "Profession" (with a stethoscope icon and an example "Ex : Ophtalmologiste"), and "Acte" (with a syringe icon and an example "Ex : couronne, chirurgie de la cataracte"). Each criterion has a text input field and a link to a list of options. At the bottom, there is a "Où ?" field with a location example "Ex : Rue des Acacias, 13700, Paris, 68, 971, Bretagne" and a checkbox for "à proximité de". A large red "Rechercher" button with a magnifying glass icon is at the bottom right.

If you need to see a doctor **during the night or on Sunday**, you have to call "SOS Médecin", which may be more expensive.

☎ 02 40 50 30 30 www.sosmedecins-nantes.fr/

When see a doctor in France, you will be responsible for paying the entire cost of the appointment yourself. You will then be able to send a claim to Social Security for a refund.

When making an appointment you should check that the doctor is “conventionné” (he/she doesn't charge higher rates that you won't be able to get refunded).

Non-European students who are enrolled in the French social security system must contact the local student social security agency in order to apply for a total or partial refund of health care expenses. Two agencies provide this refund service:

SMEBA – ☎ 02 40 35 90 90 www.smeba.fr/foreign-students/
LMDE – www.lmde.com/

Psychologists :

Dr. Coleman (speaks English) – 38, rue Casimir Perrier – 44000 Nantes

☎ 06 88 88 43 91

Dr. Gonin (speaks English) - 7 rue Jean Jacques Rousseau - 44000 Nantes

☎ 06 60.97.30.07

Dr. Schmidt (speaks German) – 13, rue Copernic – 44000 Nantes

☎ 02 40 73 43 20

Dr. Defaut (speaks French) – Allée Baco – 44000 Nantes ☎ 06 10 02 57 43

Dentists

You need to have an appointment in order to see a dentist. You can also go to the hospital in an emergency.

- **Cabinet dentaire Bosco Armand** – 110 Boulevard Robert Schuman / Directions: Bus line 32

☎ 02 40 76 94 90

For dental services at a lower cost, you can book an appointment with the Dental school at the CHU Hospital. A professor supervises the dental students – who are almost done with their training and in their final year of studies. The team is friendly and they use the most up-to-date technology.

- **CHU Hotel Dieu** – Place Alexis Ricordeau / Directions: Tramway line 3, Stop at Hôtel Dieu ☎

02 40 08 33 33

Hospitals

In Nantes, three hospitals can be reached through the same phone number, and you will be assigned to a hospital when you call:

☎ **02 40 08 33 33**

- **CHU Hôtel Dieu** – Place Alexis Ricordeau

- **Hôpital Saint-Jacques** – 85 rue Saint Jacques

- **Hôpital Laënnec** – Saint Herblain

- **Clinique Sourdille** – Specialises in ophthalmology

Place Anatole France, ☎ 0 825 74 35 44

- **Clinique Jeanne d'Arc** – Specialises in surgery of the shoulder, arm, and hand

21 Rue des Martyrs, ☎ 02 51 84 88 84

Pharmacy

You can easily recognise a pharmacy from the big green cross outside the shop. Pharmacies sell some medicines over-the-counter (without a prescription), though many medicines are not available unless you have a prescription from a doctor.

Only a few pharmacies are open at night and on Sunday; to find a pharmacy that is open after-hours, please call the number 3237; or if it is after 9:00 p.m. call the police station: 02 53 46 70 00.



Emergency numbers

Police

For traffic accidents, disturbances to public order, crime: **17**

Fire Service

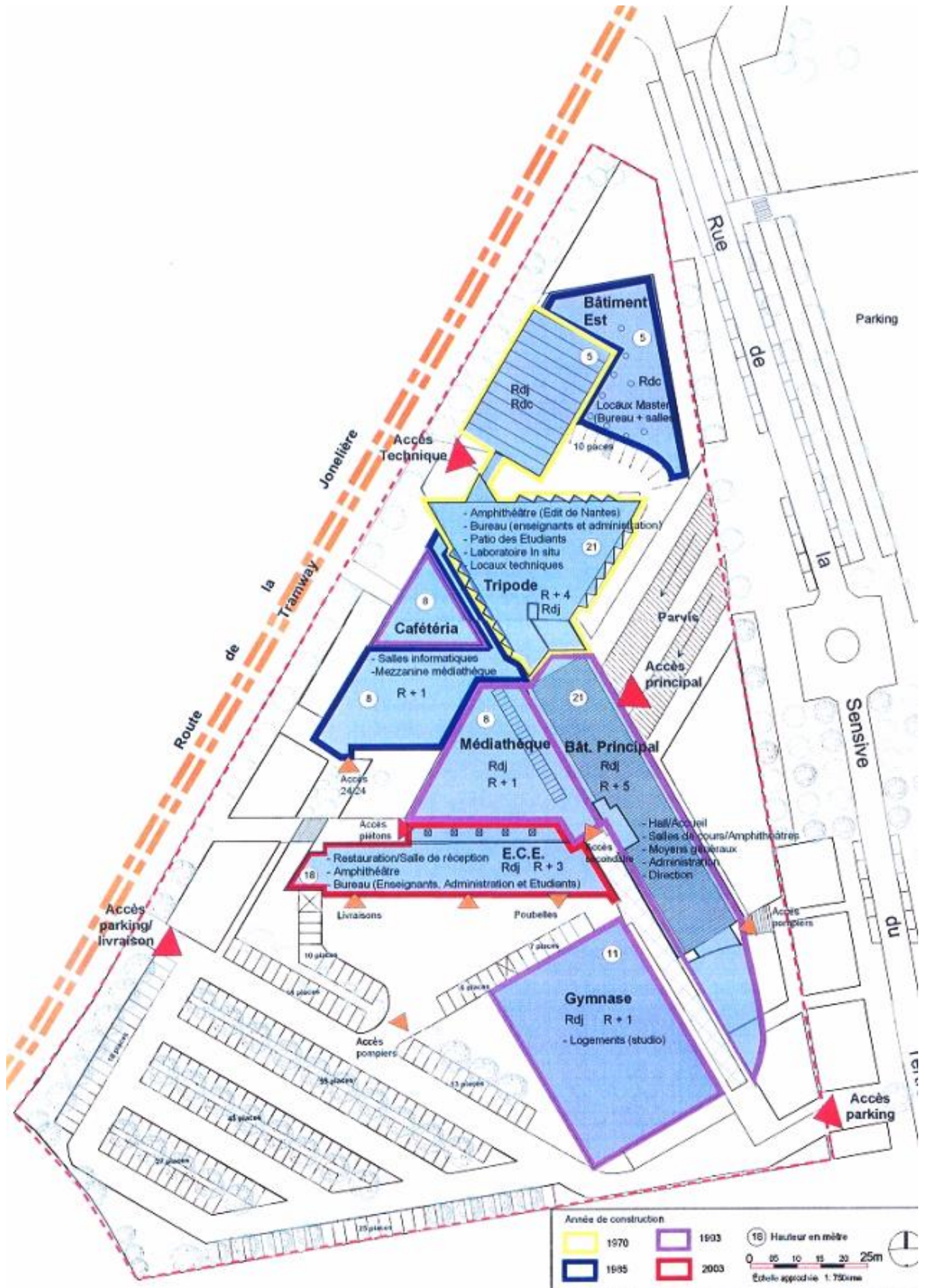
For fires, accidents, and medical emergencies: **18**

Emergency Medical Service (Samu)

For serious medical emergencies: **15**

European emergency number (from a mobile): 112

Campus map





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