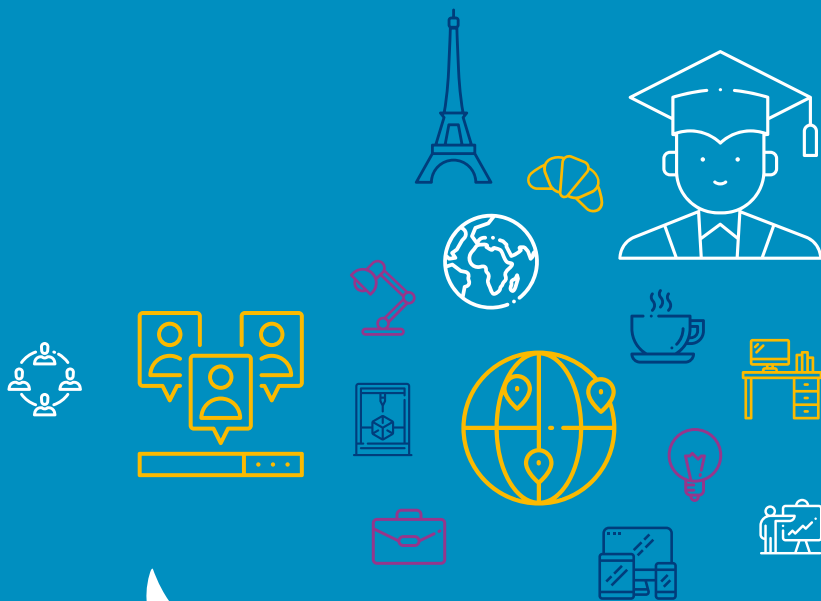


WELCOME TO ESTACA

INTERNATIONAL
STUDENTS' GUIDE



EXPANDING HORIZONS OF MOBILITY

SUMMARY

4 WELCOME TO ESTACA

- 5 ESTACA Presentation
- 7 Academic calendar

8 PREPARING YOUR ARRIVAL

- 9 French VISA
- 11 Cost of living
- 12 Important documents
- 12 How to get to ESTACA Campuses?
- 15 Scholarships and financial aid

16 ARRIVING AT ESTACA

- 17 French VISA
- 18 Student and Campus Life Contribution (CVEC)
- 19 Health Insurance
- 20 How to find accommodation?
- 22 Essential steps to rent an accommodation
- 24 Information on housing subsidies (government aid)

25 LIVING IN FRANCE

- 26 Opening a French bank account
- 27 Medical care services
- 29 Public transport
- 31 Emergency numbers in France

32 ESTACA SERVICES ON CAMPUS

- 33 Corporate Relationships Department
- 34 IT Information
- 34 Administrative and Academic Departments
- 35 Student Clubs
- 37 Buddy Program
- 38 Cafeteria and food truck
- 39 Contacts
- 40 Practical information



WELCOME!



ESTACA School of Transport Engineering, located in France, trains engineers in the fields of automotive, aeronautical, space, railway, and naval engineering. Our engineers and our research center ESTACA'LAB develop solutions for more sustainable transport such as control of energy consumption, air quality, use of ecological and intelligent materials, autonomous and connected systems, new energies, and digital technology.

Founded in 1925, ESTACA is a member of the ISAE Group, the number one cluster in aerospace training and research in France. Our 5-year Engineering Master's Degree is accredited by the Commission des Titres d'Ingénieurs (CTI) since 1986.

ESTACA's expertise is well recognized by industry and by various stakeholders, which means it is ranked among the best engineering schools for the quality of its graduates. Our training offer constantly evolves to meet the requirements of different industries. Together with our industrial partners, we endeavor to transform our passionate students into passionate professionals!

The International Team

FRANCE ALUMNI

France Alumni is a network of former foreign students in France. Every year, 100 000 foreign students graduate in the French education system. After their higher education studies, France Alumni informs them and allows them to stay connected and to value their stay in France in a professional context. **You can register at:**

<https://www.francealumni.fr/en/>



**WELCOME
TO ESTACA**

ESTACA PRESENTATION

ESTACA KEY FIGURES

3

sites in Saint-Quentin-en-Yvelines (78),
Laval (53) and Bordeaux (33)

60

partner universities
abroad

40

student associations

2,500

students

44,495€

average starting salary
for graduates

2

research teams:
mechanics and systems

10,000

alumni

1

year mandatory internship
in a company

70%

of teachers are active
engineers

92%

of graduates hired within
3 months of graduation

450

graduates per year



OUR VALUES

- Passion
- Commitment
- Pragmatism
- Solidarity
- Innovation



ACADEMIC CALENDAR



SEMESTER 1 (FALL)

	3 RD AND 4 TH YEAR	5 TH YEAR AND POST-MASTERS
Orientation Week	Around the last week of August/ first week of September Mandatory for new international students	
Start of classes	End of August / Beginning of September	Beginning of October
End of Classes	Mid-December	Mid-February
Christmas break	2 weeks between Christmas and New Year	2 weeks between Christmas and New Year

SEMESTER 2 (SPRING)

	3 RD AND 4 TH YEAR	AAD PROGRAM
Orientation Week	N/A	End of January
Start of classes	Beginning of January	End of January
Breaks	One week in February (winter break) and One week in March or April (Easter break)	One week in February (winter break) and One week in April (Easter break)
End of classes	Around the first week of May	End of May

SEMESTER 3 (SUMMER)

	SUMMER PROGRAM
Orientation Week	Mid-June
Start of classes	Mid-June
End of classes	Mid-July

ESTACA closes for the winter holidays (2 weeks between Christmas and New Year).
ESTACA closes for the summer holidays (the 2 first weeks of August).



PREPARING YOUR ARRIVAL

FRENCH VISA

CITIZEN OF A EUROPEAN UNION COUNTRY

You normally do not need a visa to study in France unless you hold a special status of citizenship or residency of another non-European country.

A French study VISA is required for Non-European Union citizens studying in Europe with a Schengen visa or other European Country residence Permit.

CITIZEN OF A NON-EUROPEAN UNION COUNTRY

If you come to France for your studies lasting more than 3 months, you will be required to hold a French long-term study visa. To obtain this visa, follow the online procedures on the official French visas web site:

https://france-visas.gouv.fr/en_US/web/france-visas/

Please note that the visa application process takes at least 3 working weeks, so your early action is encouraged. The necessary documents required to apply for the visa may differ from one country

to another. However, your passport, proof of accommodation and official invitation letter from the school are always among the required documents.

POST MASTERS AND VISITING STUDENTS ONLY

The acceptance letter required for the visa will be sent as soon as you have paid your deposit or the full tuition fee for the program. This letter proves that you have indeed enrolled in the academic course and specifies the dates of the program during which you will be staying in France.

If you need further information about the visa procedure in your country, please have a look to the French legislation online:

<https://www.diplomatie.gouv.fr/en/coming-to-france/>



DIFFERENT TYPES OF VISA

Long-term visa VLS-TS (issued for 6 - 12 months) : It is a long-term student visa of type D, which replaces the French residency permit. Within 3 months after your arrival, you will need to validate this type of visa on the OFII website (French immigration office). It is also required to be able to travel outside France. With this visa, you can apply for the housing subsidy and work for a maximum of 20 hours per week (around 960 hours per year). If you want to stay in France longer, you can **extend your VLS-TS** through this website : <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/> **2 months before it expires.**

Long-term visa VLS-T (issued for 4 - 12 months) : This type of visa ‘**dispense temporaire de carte de séjour**’ does not require any further procedures at the OFII or prefecture. It does not allow you to work as a student or get a housing subsidy from the state. VLS-T is also not- renewable. Once it expires the student has to return to his country of origin and apply for a visa again. This type of visa may be issued for short duration programs or for students who are sure to return to their home countries once their program is finished.

Long-term visas ‘Carte de séjour à solliciter de l’arrivée’ (issued for 2 months) : With this type of visa, you must go to the prefecture **within two months of your arrival** to France and apply for your first residence permit.

Long-term visa-underage students «Mineur scolarisé» (issued for 11 months) : If you reach the legal age (18 years old) during the period of your studies at ESTACA, you have to make an appointment with the prefecture of your district in order to obtain the French residency permit within the two months after your date of birth. Renewals also require an appointment at the prefecture.



COST OF LIVING

ESTIMATED COSTS FOR AN AVERAGE STUDENT PER MONTH

Monthly budget depends on your personal spending habits.

	ESTACA PARIS-SACLAY	ESTACA LAVAL
Housing	Approximative 600€ + utilities (varies on location & size of housing)	Approximative 350€ + utilities (varies on location & size of housing)
Entertainment (movies, restaurants, etc.)	100€	100€
Food (groceries)	200€	200€
Transportation	30€*	16.25€
Miscellaneous	100€	100€
Housing Insurance	45€ to 50€ / per year	45€ to 50€ / per year

* Read more here: <https://www.iledefrance-mobilites.fr/en>



Please, note that these prices are subject to change without prior notice.

IMPORTANT DOCUMENTS

Before your arrival, you MUST provide the International Office with these documents:

- Copy of passport,
- Copy of visa (for non-Europeans ONLY),
- International insurance covering repatriation, civil liability and extra health expenses,
- For European students ONLY: European Health Insurance Card (EHIC),
- Your address in France.

If required:

- An original copy of your birth certificate translated into French provided by the French consulate or embassy of your home country (with the apostil) or a European birth certificate (multi-language) issued within the last 3 months with several copies,
- A copy of your immunization (health) record.

HOW TO GET TO ESTACA CAMPUSES ?

You have several possibilities to get to ESTACA. However, for your comfort (especially in case of heavy luggage), we would advise you to take a taxi or to combine airport shuttle and taxi.

PUBLIC TRANSPORT

ESTACA Paris-Saclay:

From Charles de Gaulle Airport: take the RER B to Saint-Michel Notre-Dame then take the RER C to Gare St Quentin en Yvelines. ESTACA is at 4 minutes walking from it.

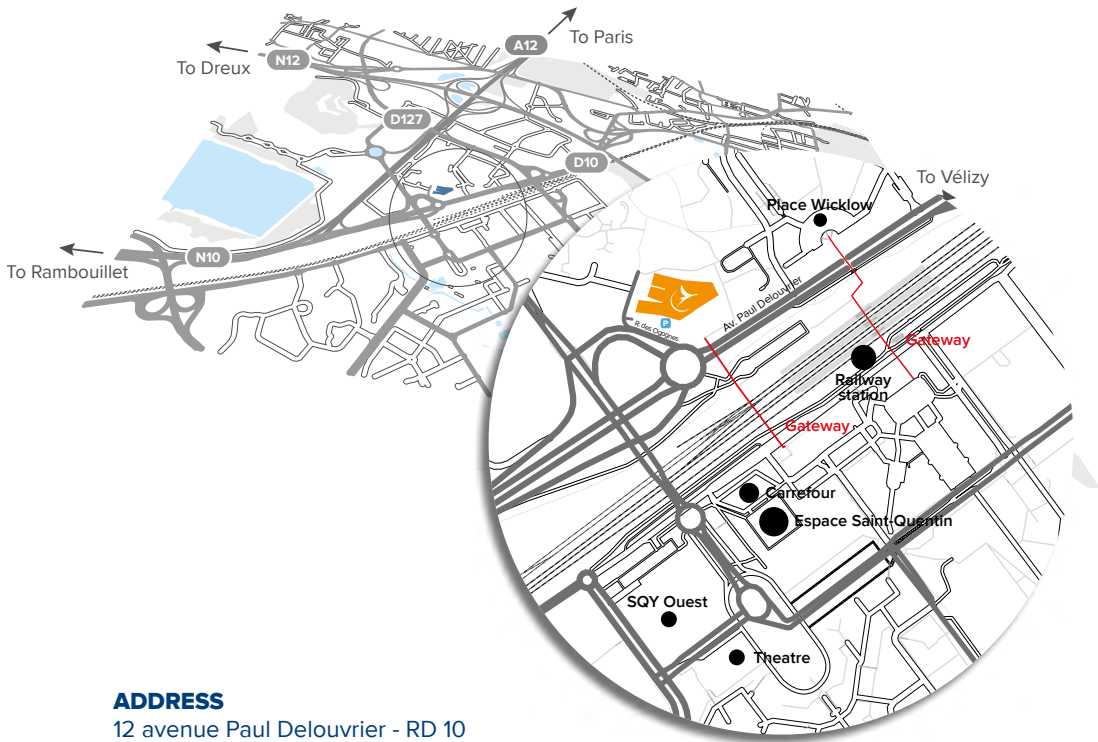
From Orly Airport: take the Orlybus to Denfert Rochereau station. Then take the metro ligne 6 to Montparnasse station and after that line N to Saint-Quentin-en-Yvelines.

UBER and VTC applications are also useful for these itineraries.

ESTACA Laval:

TGV service is available from Gare de Montparnasse.

ESTACA PARIS-SACLAY



ADDRESS

12 avenue Paul Delouvrier - RD 10
78180 Montigny-le-Bretonneux
Tel: +33 (0)1 75 64 50 41

PARKING

1 rue des Cigognes 78180 Montigny-le-Bretonneux

BY CAR

Highway A 12, N 12 or N 10 : Direction Saint-Quentin-en-Yvelines then Montigny-le-Bretonneux

The ESTACA underground car park is at your disposal. The entrance is behind the School ('rue des Cigognes' and then 'Mail des Cols Verts')

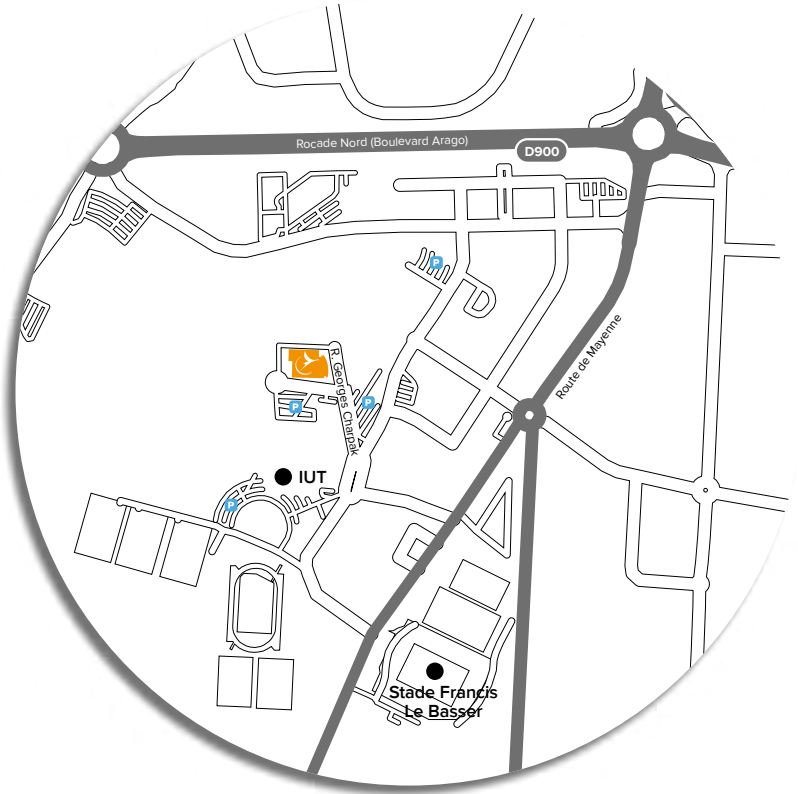
BY TRAIN

SNCF (RER C, line N or U): Gare Saint-Quentin-en-Yvelines

Exit: 'Velodrome' then take the red bridge and take the exit 'Place Wicklow/Montigny-Pas du Lac'.

At 'Wicklow Place', turn left onto 'Avenue Paul Delouvrier'

ESTACA LAVAL



ADDRESS

Parc Universitaire Laval Changé
Rue Georges Charpak, BP 76121 - 53061 Laval Cedex 9
Tel: +33 (0)2 43 59 47 00

BY CAR

Highway A81 (300 km from Paris)

BY TRAIN

SNCF: LGV, 1½ hrs from Paris Montparnasse (from Laval train station
10 min walk from the Campus)

BY BUS

Line B from the city centre and train station

SCHOLARSHIPS AND FINANCIAL AID

Students interested in scholarships should ask their home institution if any kind of financial aid is provided such as Erasmus+, regional funding or others.

Also, some other organizations offer financial support to students. These structures have their own selection procedures, calendar and conditions for the financial assistance. Students should take contact directly with them early enough to submit their application.

CAMPUS FRANCE

By selecting your nationality, field and academic year of studies, this searching tool will list the financial aids from States, foundations, companies and higher education institutions according to your profile.

<http://campusbourses.campusfrance.org/fria/bourse/#/catalog>

MINISTRY FOR EUROPE AND FOREIGN AFFAIRS (MINISTÈRES DES AFFAIRES ÉTRANGÈRES)

Most of these aids are offered by the « Services de coopération et d'action culturelle » of French embassies and consulates abroad. Visit the embassy or consulate of your country for more information.

<https://www.diplomatie.gouv.fr/en/coming-to-france/studying-in-france/finance-your-studies-scholarships/>

FOUNDATIONS

<https://www.european-funding-guide.eu/>

<https://www.fondationdefrance.org/fr/guide-des-bourses>

<https://www.fondationfrancisbouygues.com/devenir-boursier/>

SCHOLARSHIP PORTAL

<https://www.scholarshipportal.com/>

BOURSES SUR CRITÈRES SOCIAUX (BASED ON SOCIAL CRITERIA), for international students domiciled in France for the last two years.

<https://www.service-public.fr/particuliers/vosdroits/F12214>

EIFFEL SCHOLARSHIP PROGRAM OF EXCELLENCE, ESTACA should validate your application before submission of the application.

<https://www.campusfrance.org/en/eiffel-scholarship-program-of-excellence>

SCHOLARSHIP FOR REFUGEE STUDENTS

<https://entraide-universitaire.fr/>



ARRIVING AT ESTACA

FRENCH VISA



After your arrival, validate your student visa online at the Office Français de l'Immigration et de l'Intégration (OFII).

ONLY students whose visa type is VLS-TS (Visa Long Séjour Valant Titre de Séjour) are concerned.

To complete this procedure, please, follow the link below:

<https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

You will no longer need go to the OFII to get your visa stamped as before, just online validation. Please note that a state fee of around 60 EUR will be required for validation.

OFII IS NOT REQUIRED FOR EUROPEAN CITIZENS.

CVEC - STUDENT AND CAMPUS LIFE CONTRIBUTION

According to French law, **students admitted to a French institution of higher education** including international students, must pay a fee known as the CVEC, which helps to finance on-campus programs that enhance the student experience.

However, some students are not obliged to pay the CVEC contribution. It includes:

- Students receiving **need-based scholarships managed by CROUS** (recipients of scholarship grants from the ministries of higher education, culture, or agriculture), students receiving French government scholarships and students financed by one of France's regions to study in paramedical, health, and social programs
- Students receiving foreign government scholarships
- Students who are **refugees**, student aliens who have been granted **"subsidiary protection" (protection subsidiaire)**, and students **seeking asylum**.
- Students receiving grants from private entities (such as a foundation).
- Students in **continuing education programs** paid for by an employer.
- **Exchange students** in programs governed by an agreement between a home institution abroad and a host institution in France. Such students are not officially considered to be enrolled in France.

THE CVEC MAY BE PAID ONLINE OR IN CASH

TO PAY ONLINE:

1. Register at the site www.messervices.etudiant.gouv.fr;
2. Then connect to the dedicated CVEC site <https://cvec.etudiant.gouv.fr/>;
3. Enter the city in which you are studying and pay the CVEC with a debit or credit card;
4. **Download and retain the proof of payment**, which you will need to show when you register at your university or other institution.

TO PAY IN CASH AT A POST OFFICE:

1. Register at the site www.messervices.etudiant.gouv.fr;
2. Then connect to the dedicated CVEC site <https://cvec.etudiant.gouv.fr/>;
3. Download a payment notice;
4. Make the payment at any post office;
5. Within two business days you will receive a proof of payment by e-mail. **Download and retain this proof of payment**, which you will need to show when you register at your university or other institution.



HEALTH INSURANCE



FOR EUROPEAN STUDENTS

Students from the European Union must provide their European Health Insurance Card (EHIC) to ESTACA International Department. Some students with an EHIC do not need to complete any additional forms because they benefit from extended cover from their home country (depends on the type of EHIC).

FOR NON-EUROPEAN STUDENTS

Besides providing your International travel insurance covering repatriation and civil liability, it's preferable that you register for the **French social security**, especially if your program is for 1 year or longer. This will ensure you get reimbursed quickly if you have visited a doctor or paid for medical services in France.

PLEASE, TAKE INTO CONSIDERATION THAT IT IS YOUR RESPONSABILITY TO REGISTER FOR FRENCH HEALTH INSURANCE.

You can benefit from the French general healthcare system if you came to France with a VLS-TS visa. Registration is free of charge and can be easily completed online. Please register on the health insurance website for international students:

<https://etudiant-etranger.ameli.fr/#/>

To be able to obtain a French Social Security number, make sure you upload all the necessary documents required

in the registration process (ex: valid visa copy, birth certificate translated into French, housing proof, School Certificate/ ESTACA acceptance letter etc.).

After uploading the documents, you will receive a provisional number, and later, a definite one. You can also call the **3646**. An English speaker operator will be able to explain you the steps to register to the French social security system, how it works and its advantages. A social Mutuelle is also offered by the French Health system.

This is not obligatory for European citizens or students who do not plan to stay in France for more than 1 year. Please note that it takes from 2 to 6 months to get a social security number from the day you complete your registration online.

An additional complementary health insurance or «Mutuelle» to cover all the expenses is recommended. You can give a look to the following link: <https://www.lmde.fr/infos-pratiques/guide-du-systeme-de-sante-en-france/etudiants-etrangers/>

FOR CITIZENS FROM QUEBEC

Students from Quebec do not have to subscribe to the French Social Security but need to have the SE 401 Q 106 form. Students will have to provide to our International Department a copy upon arrival.

HOW TO FIND ACCOMMODATION?

Even though ESTACA does not provide on-campus housing, **we can offer international students other solutions to find good accommodation deals via our partners**, online search platforms, residences or good recommendations. There are different types of accommodation depending on the student's budget, lifestyle and preferences. However, the most reasonable solutions in terms of prices are flat sharing, renting a room in an owner's house or staying with a host family, special volunteering programs such as staying with senior citizens for a very low price or in exchange for small services or student residences.



VERSAILLES RESIDENCE HALL

ESTACA works in partnership with Versailles Residence Hall. Limited places are available for our international students. The International Office puts in contact the students with the CROUS. <https://www.crous-versailles.fr/se-loger/je-cherche-un-logement/>

STUDEFI

This Residence Hall offers affordable accommodation and is just next to our school. You can take direct contact with alessia.dimartile@cdc-habitat.fr for reservations.

<http://www.studefi.fr/main.php>

ENSEMBLE 2GÉNÉRATIONS INTERGENERATIONAL COHABITATION FOR MUTUAL BENEFIT

Many international students use their studies in France to improve their French language skills and immerse themselves in French culture by living with seniors.

'Ensemble2Génération's' is a way to value the relationships between the two generations: seniors and young people, take advantage of seniors' great life experiences and pay reasonable or no price for accommodation. There are three formulas for housing with a senior. Please, check them out on the official web site of the association.

<https://ensemble2generations.fr/>



LES ESTUDINES STUDENT RESIDENCE



Situated in Saint-Quentin-en-Yvelines (Montigny-Le-Bretonneux), 10 min by foot from our Paris-Saclay Campus. 1, rue des Tritons - 78180 MONTIGNY-LE-BRETONNEUX

Tel: +33 (0)9 69 39 22 00

<http://www.estudines.com>

ACCOMMODATIONS NEAR ESTACA LAVAL

HABITAT JEUNES LAVAL PIERRE DE COUBERTIN

Walking distance from the city center,
train and bus station.

<https://www.hjl53.fr/>

RÉSIDENCE CROUS LA DORMERIE

Close to the Campus and public
transport stations - 54 rue des docteurs
Calmette & Guerin 53000 LAVAL.

[https://www.crous-nantes.fr/logement/
residence-u-la-dormerie/](https://www.crous-nantes.fr/logement/residence-u-la-dormerie/)

RÉSIDENCE LES ESTUDIALIS

Walking distance from the city center,
train and bus station.

5 Rue Charles Nicolle, 53810 Changé

RESIDENCE CROUS ROBERT TATIN

Next to the train station and 15 minutes
walk from campus.

5 place des 7 et 15 juin 1944 - 53000
LAVAL

[https://www.crous-nantes.fr/logement/
residence-u-robot-tatin/](https://www.crous-nantes.fr/logement/residence-u-robot-tatin/)

RESIDENCE STUDIVAL

On the Laval campus - 10 minutes walk
from the train station.

<http://studival-laval.fr/index.html>

PLEASE CHECK THE WEB PAGES
BELOW FOR MORE ACCOMMODATION
OPTIONS.

FINDING FLAT SHARING SOLUTIONS AND ROOMMATES:

<http://www.appartager.com>

<https://fr-fr.roomlala.com/>

<https://uvsq.studapart.com/fr/>

FINDING A HOST FAMILY IN PARIS:

<https://students-francestay.com/fr>

<http://www.chez-l-habitant.com/>



GOOD TO KNOW

CROUS, the French student-housing agency, has signed an agreement with VISALE. Under the agreement, international students may use VISALE as their security deposit when renting a room in a student residence managed by CROUS.

ESSENTIAL STEPS TO RENT AN ACCOMODATION

If you rent a studio or apartment on your own, you will have more paperwork to deal with, like opening an EDF electricity account, taking out housing insurance etc. Please read more about it below.

HOUSE INSURANCE (OR “RENTER’S INSURANCE”)

Once you have found accommodation, you must take out housing insurance. You may apply at your bank together with other types of insurances you still need such as civil liability insurance.

It will protect you and your accommodation and cover your expenses in the event of burglary, fire, water damage, etc. You can only sign your rental contract and get the keys after you have obtained accommodation insurance. The average price of such insurance is €50/ per year.

GUARANTOR

You will often be asked to name a guarantor to prepare your lease application. The guarantor should preferably be a resident of France or the European Union and should be able to provide proof of a monthly income that is at least three times your monthly rent. Certain owners ask for the immediate payment of several months advance rent in the absence of a guarantor.

VISALE SECURITY DEPOSIT

If you do not have a guarantor, you can use VISALE security deposit. To be eligible, students must be between 18 and 30 years. Students who require a visa for study in France must have obtained a long-stay visa with residency permit (VLS-TS) marked «étudiant» or «passeport talent». Students who are EU citizens, need only a student ID card and a valid passport. The VISALE security deposit is the perfect solution for students seeking to rent a room or apartment, furnished or unfurnished, from a private or public property owner. Owners have the option of accepting or rejecting prospective tenants who wish to use VISALE to guarantee their payment of rent and other utilities.

For more information, visit:
<https://www.campusfrance.org/en/tutorials-to-help-international-students-in-their-application-process>
or the VISAL official website:
<https://www.visale.fr/>



INVENTORY

“ÉTAT DES LIEUX”

The inventory is a document signed by both the owner and the tenant, which describes the condition of the accommodation before the resident moves in. It is very important to note everything in detail (the condition of the floor, the ceiling, any humidity, the post-box, the heaters, the taps, all of the equipment, etc.) If you notice any damage after you have completed the inventory, notify the owner using a registered letter with proof of delivery within a period of 21 days after moving into the apartment.

Before leaving your apartment, you will need to do a second inventory (or exit log) to check for any damage in the apartment. If any damage is noted, you may be charged additional fees by a property owner or cover it with your security deposit instead of getting it back. Please note that it may take 1 to 3 months to get back your security deposit after moving out depending on the property owner and final condition of the apartment.

RESIDENCE TAX

“TAXE D’HABITATION” FOR PRIVATE APARTMENTS

As a resident of France, you must pay a residence tax. This tax must be paid the year after you rent the apartment which you occupied on January 1st. After you leave France, you will receive a notice asking you to pay this tax. The amount of tax usually corresponds to about one month of rent.



ELECTRICITY ACCOUNT

EDF

You must open your electricity account (EDF) yourself. On your arrival, you must check the electricity meter number in your apartment and call the electricity company (EDF) at 01 42 23 30 10 (in French only) or 09 69 36 63 83 (in English only). Here is the English website for more information:

<https://particulier.edf.fr/en/home.html>



CONTRACT DATES

Please note that your “rental agreement” dates are fixed and cannot be changed. Once the contract is signed, the full duration of the rental contract must be respected and paid.

One month before leaving the appartement you should notice the landlord by sending a registered mail. The exact «prior notice» period is indicated in the contrat.



INFORMATION ON HOUSING SUBSIDY, GOVERNMENT AID (CAF)

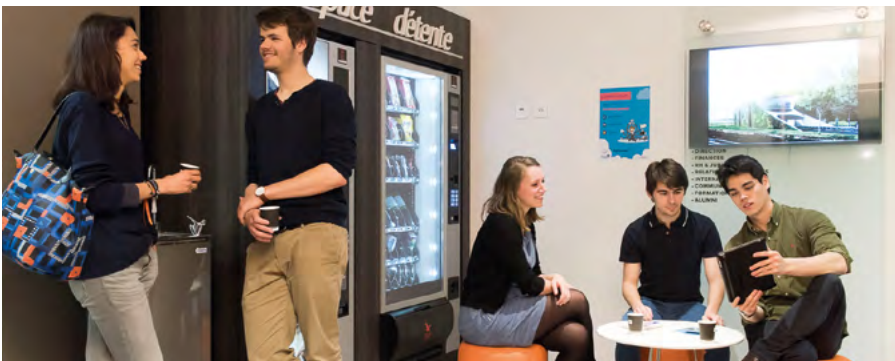
Government financial aid for accommodation is called “aide au logement” and is paid by the “Caisse d’Allocations Familiales” or simply CAF. The French government allows International students or other EU students who are studying in France and holding a Long-term student visa VLS-TS or a residence permit (titre de séjour) to apply for a housing subsidy.

Here is how to apply for the CAF housing subsidy:

- Make sure you have your housing contract
- Do the simulation online www.caf.fr
- Submit your request by filling in all the necessary information and uploading all the required documents
- Wait to receive the special code by post to create your CAF account online
- Get reimbursed a certain amount of your monthly rent directly on your bank card

Please note that you need apply online <http://www.caf.fr/> and that the whole **procedure may take from 1 to 3 months.**

THE AMOUNT OF THE CAF FINANCIAL AID FOR HOUSING ALWAYS VARIES FOR ALL STUDENTS AND DEPENDS ON MANY FACTORS INCLUDING THE TYPE OF ACCOMMODATION YOU RENT. THE CAF IS ALSO NOT GUARANTEED AND MAY BE REFUSED IN CERTAIN CASES.



PLEASE NOTE: Subsidy is not guaranteed



LIVING IN FRANCE

OPENING A FRENCH BANK ACCOUNT



One of the first things you should do when you arrive in France is open a French bank account. Without it, you will not be able to deal with other administration procedures required.

Procedures for opening a French bank account:

- Make an appointment with the bank or ask your international coordinator at ESTACA to put you in contact with the bank counselor;
- Prepare your documents for the appointment (Identity Card, student visa or residence permit, the document proving that you are an Estaca student: School Certificate/Student card/Inscription certificate, proof of residence: Accommodation contract/accommodation proof, 20-40 Euros of deposit to be put on your card (depends on the bank);
- Meet your adviser and receive your card around 2 weeks after the appointment.

NEAR ESTACA PARIS-SACLAY

Société Générale

Agence de St Quentin Florestan
2 Passage des Lombards
78180 Montigny le Bretonneux
<http://www.societegenerale.fr/>
(this bank is available for students staying for a period longer than a year)

Banque Populaire

Agence Pas Du Lac - 9, Avenue Newton
78180 Montigny Le Bretonneux (Tél: 09 88 98 90 93) ou Agence de Montigny Theatre - 56, Avenue du Centre (Centre Commercial) (Tél: 09 84 98 93 39)
<http://www.banquepopulaire.fr>

Caisse d'épargne

4 Passage Georges Méliès
78885 Saint-Quentin-en-Yvelines
<https://www.caisse-epargne.fr/particuliers/accueil.aspx>

NEAR ESTACA LAVAL

Société Générale

8 Bis Rue de Strasbourg
53006 Laval
<http://www.societegenerale.fr/>

Caisse d'épargne

44 Allée de Cambrai
53006 Laval
<https://www.caisse-epargne.fr/particuliers/accueil.aspx>



MEDICAL CARE SERVICES



If you need to consult a doctor there are several options.

ESTACA PARIS-SACLAY

Student Medical Center of Paris-Saclay University

(Centre de Santé Universitaire Maison de l'Etudiant-Guyancourt). You can make an appointment by visiting the center at the address: 1 Allée de l'Astronomie, 78280 Guyancourt.

Or on the following websites:

<https://www.doctolib.fr/centre-de-sante/guyancourt/centre-de-sante-mde-uvsq>

Henri Mondor Medical Center

Medical center offering a full range of care with 9 different specialties including dental surgery, general medicine, physiotherapy, osteopathy, nursing and others.

Located 10 min by foot from ESTACA at the address: 9 Place Arthur Honegger, 78180 Montigny-le-Bretonneux

For more information:

<https://www.centre-medical-henri-mondor.fr/>

ESTACA LAVAL

Student Medical Center on laval campus

You can get an appointment with a doctor, a nurse, a psychologist in the campus medical center.
Rue des Docteurs Calmette et Guérin, 53000 Laval - +33 2 43 83 39 20 / sec-medecine@univ-lemans.fr

Medical Center Henri Dunant

Medical center for newcomers in Laval who do not have a doctor.
48 rue Marcel Cerdan, 53000 Laval

For more information:

<https://pdl.vyv3.fr/smp-henri-dunant>

Polyclinique du Maine : accueil de soins non programmés

You can visit the clinic (UNIT : accueil de soins non-programmés) without appointment if you need a medical consultation from Monday to Saturday, from 8:30am to 8pm: 4 avenue des Français Libres, 53000 Laval





DOCTOLIB

Doctolib is an online appointment-booking service for patients where you can easily search for health professionals according to your place of residence or location. This application is a very easy and accessible way to make an appointment with any health professional at any time. You will also find English-speaking doctors as the consultation languages are mentioned on the profile of each health professional.

For more information:
<https://www.doctolib.fr/>

HEALTH & PSYCHOLOGICAL SUPPORT

In case you have health concerns or need psychological support you can take contact with the international department coordinators who will guide you and put you in contact with the concerning specialist.

PUBLIC TRANSPORT

TRANSPORTATION IN PARIS

METRO IN PARIS

All Metro and RER lines are color-coded and to download a Metro Map, please visit the following website:

<http://www.ratp.fr>

(English version available)



TICKETS ORIGIN-DESTINATION

The origin-destination ticket allows you to travel between two stations in the region “Île-de-France” on the RER lines.

It is used in one way or another, for example: Paris – SQY and SQY – Paris.

For more information visit:

<https://www.ratp.fr/en>

NAVIGO PASS

The other option is to get a Navigo Pass. It is available immediately at the counter in metro stations and in authorized shops without having to complete an application, it costs 5€.

It is open to all (no obligation to reside or work in Ile de France). It goes along with a name card with photo (25x30mm format). To get more information about the transportation passes, please visit the following website:

<https://www.ratp.fr/en>

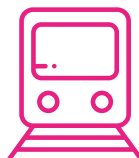
IMAGINE'R CARD

Imagine R is a student travel card valid for one year for students under 26 and for all 5 zones of the Paris area and all methods of transport (Metro, bus, RER, TER and Transilien). This card offers discounts of up to 50% compared to the Carte Navigo.

How to get the Imagine R card?

- Remember that the contract for the card is for 1 year and your monthly fee will be taken from your French bank account automatically
- Make sure you are under 26 to qualify for the 50% reduction (around 40 euros instead of 80 per month)
- Make sure you have opened your French bank account to enter your bank details when registering online
- Collect your school certificate or student ID and upload these and other required documents online at:

<https://www.imagine-r.com/>



Please be advised that most Metro stations do not have elevators or escalators. If you have heavy luggage to carry, you have to carry them up the stairs. And all costs are subject to change in July and in January.



VELIB METROPOLE IN PARIS

Velib Métropole is a large-scale bicycle-sharing program. All types of sign-up can also be attached to a Navigo pass. The RFID card and Navigo pass allow direct use of the card readers at Vélib stations.

For more information: https://www.velib-metropole.fr/en_GB



TRANSPORTATION IN LAVAL

If you are under 26 years old, the monthly bus fare is only 16.25€ (instead of 25.40€). Since 2021, transportation is free on weekends on all TUL network.

BUS

In Laval you have a bus network that connects the different places in the city but also connects the towns nearby. You can subscribe to a special fare for students which is 16€/month.

More information on <https://www.tul-laval.com/>



VÉLITUL IN LAVAL

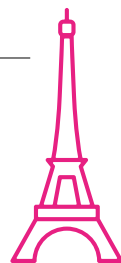
Free on weekends and public holidays! Vélitul is a bicycle sharing program. In order to use the system, users need to take out a subscription, which allows the subscriber to an unlimited number of rentals.

Subscriptions can be purchased on <https://portail.cykleo.fr/velitul/>



EMERGENCY NUMBERS IN FRANCE

SERVICE	NUMBER	WHEN TO CALL THIS NUMBER
European Emergency Number	112	For any situation that requires fire rescue, an ambulance, or the police
Hearing Assisted European Emergency Number	114	For any situations requiring fire/rescue, an ambulance, or the police
Fire	18	For situations requiring rapid interventions/rescue, such as: <ul style="list-style-type: none"> - Fire/extreme burns - Gas leak - Risk of collapse/burial - Electrocutation - Road accident
Police	17	To report a crime that requires an immediate police response, such as: <ul style="list-style-type: none"> - Violence/Assault - Burglary - Snatching/Pickpocketing/Mugging
SAMU (Service d'aide médicale urgente - Emergency medical service)	15	Call the SAMU for a response to critical health and medical situations, which may include: <ul style="list-style-type: none"> - Urgent medical emergencies - Coma - Haemorrhage - Severe chest pain - Respiratory difficulties/When somebody is no longer breathing - Extreme burns - Intoxication
Emergency Shelter/SAMU Social	115	Call 115 if you risk homelessness. You can also call 115 to report anyone who appears to be in social distress
Terror/Kidnapping Hotline	197	Created in August, 2015, this number is for reporting events of terrorism or hostage-taking





ESTACA SERVICES ON CAMPUS

CORPORATE RELATIONSHIPS DEPARTMENT

At ESTACA, business is associated with all important decisions in the school life and the students'. They are directly in touch with those working in the transportation sector throughout their courses.

Representatives from the industry are present in the school's governing staff (Board of Directors, Strategic Committee and Development Committee).

The majority of teachers are working as engineers at EADS, Dassault, Alstom, CNES, ONERA, PSA Peugeot Citroën, RATP, Renault, SNCF, SNECMA, etc. They develop their courses according to the developments they experience in their activities and enable students to create professional networks.

Numerous events are organized jointly with industrial partners. The ESTACA

Forum gives opportunities for students to find work-experience courses or first jobs. Conferences, visits to manufacturing sites, etc., are regularly organized.

Over the last few years, ESTACA has been actively working with manufacturers on competitiveness clusters, which aim to bring together companies, research laboratories and higher-education institutions to develop R&D projects to improve the competitiveness of companies and regions.

Internship agreements should be signed by the home university of exchange students. No ECTS credits will be given by ESTACA for internships.

INTERNSHIP

Internships may either take place in France or abroad and are covered by an agreement between the student, the school and the company.

Please note that exchange students do not have to complete an internship. For more information concerning the internships please contact:

ESTACA Paris-Saclay / Bordeaux:

Virginia FOCKEDEY - virginia.fockedey@estaca.fr - Tel: +33 1 76 52 11 76

ESTACA Laval / Bordeaux:

Claire ONAMBELE - claire.onambele@estaca.fr - Tél: +33 1 76 52 09 46

IT INFORMATION

All students have access to all the computer labs at ESTACA. You can also use the Internet in “Salle Internet”.

In order to use computers at ESTACA, the students need to have a username and ESTACA email address. They will be given during the orientation week.

All ESTACA campuses got WIFI connection. Computer rooms (apart from those reserved for classes) are equipped with scanners and printers for your use.

To access to our intranet space : E-sphère and Open School, an ID and a password will be created for you.

You can e-mail the hotline support.informatique@estaca.fr or call the +33 1 76 52 11 22 in case you have any connection issues with your ESTACA account.

ADMINISTRATIVE AND ACADEMIC DEPARTMENTS

At ESTACA the Administrative Staff will be available to accompany you in your registration to courses, schedules, preparation of student cards and other important administrative procedures. Also, you'll be assigned an Academic Advisor in charge of the course, program and academic year you are enrolled.



STUDENT CLUBS



BDEI – INTERNATIONAL STUDENT CLUB

The French students will be pleased to welcome international students. They will also help you with the administrative procedures, and to discover the great French places.



Engaging in associative actions or projects at ESTACA gives students the opportunity for personal and academic growth.

STUDENT CLUBS

Student clubs & societies enhance the student experience at ESTACA and enable them to interact around common interest and aspirations. Engaging in associative actions or projects gives students the opportunity for personal and academic growth.

All students can join any of the 40 clubs & societies according to their interests: technology, sports, humanitarian activities, or culture.

One of the most active clubs is «Bureau des Elèves» (BDE). They organize various events and parties throughout the academic year.

All the student clubs at ESTACA can be found through the following link:
<https://www.estaca.fr/en/campus-life/student-life/>



Discover all the student clubs and societies in the leaflet « Carnet des Associations ».



BUDDY PROGRAM



In order to help international students settle in when they arrive in France or even before their departure, the International Department at ESTACA has developed a **Buddy Program** with the student government and other associations.

A Buddy is a local French student **who volunteers to help a foreign student when they arrive in France**. He or she may in particular help you complete your first administrative procedures. With this person, you will also be able to quickly meet other students, become a member of the associations at ESTACA and become familiar with French culture.

The International department assigns Buddies to international students

before their arrival so that they can get additional answers about school life and integration in France in general from local ESTACA students.

Buddies are constantly present in the life of our international students to help and support them. They also eagerly participate in various events organised for International Students like Integration Days, Cultural Visits, Ice Breaker Activities and others.

Additionally, if you want to get to know and meet even more people at any time, the Erasmus Student Network - ESN (Réseau d'Associations Etudiantes) can **put you in touch with more Buddies** via their Buddy System platform.

For more information:
<https://buddysystem.eu/en/>



CAFETERIA AND FOOD TRUCK – LUNCH ONLY

We have a cafeteria and a food truck for you to enjoy your lunch on campus. You can use the cafeterias from Mondays to Fridays on campus.



LAVAL CAMPUS

The University Restaurant located at 2 minutes from ESTACA offers lunch every day from Monday to Friday (3.25€ / meal).

To access it you need to:

- Be a student
- Have a student ID card

A meal (to stay or takeaway) costs 3.50€.

You have “Restaurants Universitaires” next to the campus Laval:
<http://www.crous-nantes.fr/restauration/carte-des-restaurants/>

You can have an important discount in the CROUS restaurants by activating your IZLY account through your mobile phone <https://mon-espace.izly.fr/>

The international department will explain you the steps at your arrival.

PARIS – SACLAY CAMPUS

A cafeteria within the UVSQ (University of Versailles-Saint Quentin) offers meals for students every day with a student special fare. Students can also find different restaurants nearby ESTACA (10 minutes walk).

To access it you need to:

- Be a student
- Have a student ID card

A meal (to stay or to takeaway) costs between 3.50€ and 10€.

You have 9 “Restaurants Universitaires” in the Yvelines:

<https://www.crous-versailles.fr/se-restaurer/ou-manger/>



CONTACT: INTERNATIONAL RELATIONS OFFICE



The International Relations Office at ESTACA is the primary contact for International Students. We are here to help you whatever doubts and questions you have regarding our campus or our programs.

International Office

international@estaca.fr

Incoming Mobility – Any queries in regard to your stay at ESTACA

estaca_incoming@estaca.fr

Henna MERTANEN – Head of International Relations

henna.mertanen@estaca.fr - Tel: +33 (0)2 43 59 53 91

Laval - International Relations Office

Mathilde PATEYRON – International Relations Officer for Europe / Incoming Mobility Officer (Laval)

mathilde.pateyron@estaca.fr - Tel: +33 (0)2 43 59 47 01

Laval - International Relations Office

Cynthia POTISK – International Relations Officer for North, Central and South America / Incoming Mobility Officer (SQY)

cynthia.potisk@estaca.fr - Tel: +33 (0)1 76 52 11 36

SQY - Office S211

Yanping LIU-CHU – International Development and Partnership Manager (Asia)

yanping.chu@estaca.fr - Tel: +33 (0)1 76 52 11 24

SQY - Office S211



PRACTICAL INFORMATION



INTERNATIONAL STUDENT IDENTITY CARD – ISIC

ISIC has been giving access to more than 28,000 discounts and benefits worldwide, providing multi-lingual medical emergency help line, and offering safe travel services for students at low costs.

How to apply: www.isic.org

USEFUL INFORMATION

THE FRENCH ELECTRICAL SYSTEM – VOLTAGE DIFFERENCE

The French electrical system, like most European countries is 220 volts at 50 cycles. Plugs take a standardized two or three round-pin format. Hair dryers, battery chargers, electric shavers and all other electrical devices will require an adapter and a voltage converter.








Most of them can be adapted with relative ease, but ask for advice and make sure you purchase an adapter and converter before leaving your home country especially for expensive equipment. The Residence or the school does not have any adapters or voltage converters.

CELL PHONE CONNECTION

If you would like to have a cell phone connection while you are in Paris, you have several options. You can get an international connection from your home country or buy a “pay as you go” card in France. Make sure your phone accepts international Sim cards. You can also take a contract for few months, but you need to have a French bank account for this.

The country code for France is +33 and you take off the first 0 when you are calling from abroad.



-  [ecole_estaca](#)
-  [EcoleESTACA](#)
-  [ESTACA-Ecole d'ingénieurs](#)
-  [ESTACA](#)
-  [EcoleESTACA](#)
-  [Estaca_twit](#)
-  [estaca_ecole_ingenieurs](#)



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