

Welcome Guide For Exchange Students



STRATEGIES & COMMUNICATIONS

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Director's Welcome



Dear international students who are joining us for a semester or more, we are delighted to welcome you to ISTC for a memorable human and intellectual adventure!

For more than twenty years, ISTC has been training communication professionals known for their skills, pragmatism, and creativity. This means you are guaranteed to get top-of-the-range teaching based on the values of Lille's Catholic University, as well as high-quality personal guidance.

Along these pages, you will discover ISTC's rich academic programme and campus life, as well as Lille's cultural and entrepreneurial wealth. You will also get to know our students, their enthusiasm, open-mindedness and solidarity, their creativity and innovation. They will invite you to take part in their various clubs – arts, sports, junior enterprise, where I am sure they will give you a warm, friendly welcome. And so will the entire ISTC team!

Anne-France Malvache
Director of ISTC

○ Who we are

- The reference for communication schools in France

In 2014, ISTC ranked again among the Top 3* of French institutions offering programmes specialised in communication.

- Nearly 500 students, predominantly from North of Paris.

- School philosophy

ISTC is a communication school that has been training operational, adaptable, open-minded communication professionals since 1991. In order to ensure they enter the professional world promptly and that they are well prepared to face its challenges, ISTC offers a broad-based education that combines theory and practice.

- ISTC offers:

- a pragmatic, widely-recognised training
- a family atmosphere
- a dynamic supervision
- a personal guidance
- a stimulating learning environment
- a central location in Lille and in Europe
- an international education

○ Focus on Université Catholique de Lille

ISTC forms part of Université Catholique de Lille (Lille Catholic University, UCL or “la Catho”). It is the largest private university in France with 25,000 students, 2,600 of which are international students coming from 120 different countries. Being a member of UCL gives ISTC students access to the services it provides, though ISTC is a full-fledged school with its own methods, administration and rules.

○ Orientation and Buddy System

Before you arrive at ISTC, you will receive an email from the ISTC International Relations Office, giving you your buddy’s name and contact details. A buddy is a French student who has volunteered to welcome an international student and help with his/her stay in Lille. You are encouraged to contact your buddy as soon as you get his/her contact details.

The day before classes begin, an Orientation is organised. You will meet **Julie Navalkar** (in charge of International Relations) and **Olivier Garnier** (Head of Academic Affairs). Academic aspects and practical details of the exchange will be explained, we will also take you around the campus for a tour, and you will meet your buddies.

*SMBG rating, December 2014.

o **Your contacts at ISTC**

- For any question before, during, and after the exchange: **Julie Navalkar** (in charge of International Relations) - julie.navalkar@istc.fr.
- Questions pertaining to courses (schedule, exams, etc.): **Olivier Garnier** (Head of Academic Affairs) - olivier.garnier@istc.fr or **Ludévine Delbecque** and **Audrey Clauw** (Assistants of Academic Affairs) - ludevine.delbecque@istc.fr, audrey.clauw@istc.fr.
- Questions related to the computer system (Internet access, etc.): **Patrick Delcambre** (in charge of Logistics) - patrick.delcambre@istc.fr.



Academic information

o French school system

In France, the *baccalauréat* (“*le bac*”) is the must-have diploma in order to be admitted into higher education. It is considered as the first academic degree. Three specializations exist in the general baccalaureate (there are also professional and technological baccalaureates): literature, sciences, and economics and social science. *Le bac* is comparable to the German *Abitur*, the Spanish *Bachillerato* or *Selectividad*, the Italian *Maturità*, the Belgian French Community’s *Certificat d’enseignement secondaire supérieur*, or the High school diploma in the US and the Diploma of College Studies in Quebec.

Students can be admitted into ISTC after they pass the *bac*. ISTC offers a three-year bachelor programme (*licence*). Once they have their bachelor’s degree, students can start a two-year master programme (*master*).

o How ECTS works

ECTS is the *European Credits Transfer System*, the point system created by the European Union in order to make it easier to understand and compare study programmes all over Europe.

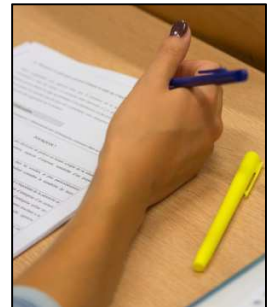
1 ECTS credit = 25-30 work hours.

A bachelor’s degree normally requires 180 to 240 ECTS credits.

A master’s degree normally requires 120 ECTS credits.

How much are course credits from other countries worth?

Canada & United States: 1 credit = 2.5 ECTS credits (in other words, 1 ECTS credit = 0.4 US/Canadian credit).



o Academic calendar



- Fall semester

The semester usually starts in the first week of September and ends just before Christmas. There is a week of exams mid-semester, just before the one-week *Toussaint* vacation (at the end of October). Final exams take place in the end of December, before the Christmas vacation.

- Spring semester

The semester begins right after the New Year and finishes at the end of April (Bachelor courses) or at the end of May (Master courses). Mid-semester exams take place just before the winter vacation, in the end of February. There is another week of vacation in the spring, at the end of April, just before final exams.

- Public holidays (jours fériés)

On these days, ISTC will be closed and there will be no class. Stores may also be closed, all day or at least in the afternoon, and transports will run on a reduced schedule.

Public holidays in 2014	
All Saints' Day (<i>la Toussaint</i>)	November 1 st 2014
WW1 Armistice Day (<i>le onze novembre</i>)	November 11 th 2014
Christmas (<i>Noël</i>)	December 25 th 2014
Labour Day (<i>la Fête du Travail</i> or <i>le premier mai</i>) The whole country is paralysed for a day: no transports, shops closed. Plan accordingly!	May 1 st 2015
WW2 Armistice Day (<i>le huit mai</i>)	May 8 th 2015
Ascension Thursday (<i>jeudi de l'Ascension</i>)	May 14 th 2015
Pentecost Monday (<i>lundi de Pentecôte</i>)	May 25 th 2015
National Day or Bastille Day (<i>la fête nationale</i> or <i>le quatorze juillet</i>)	July 14 th 2015
Assumption (<i>Assomption</i> or <i>le quinze août</i>)	August 15 th 2015

o **Classes**

➤ **Registering for classes**

Students register for classes with **Olivier Garnier** (Head of Academic Affairs) on arrival at ISTC. Only then will you find out about the schedule of the courses you wish to attend.

To find out about the list of courses taught at ISTC, please contact **Julie Navalkar** (in charge of International Relations) - julie.navalkar@istc.fr.

➤ **Teaching language**

Most courses are taught in French, but about fifteen Bachelor- and Master-level courses are taught in English each year.

➤ **Workload**

Courses take up around 25 hours a week. A one-hour class requires an average of two hours of studying outside of class.

➤ **Class schedule**

Classes are taught from Monday to Friday, usually between 8 a.m. and 6:00 p.m. There are no classes on Thursday afternoons, traditionally dedicated to sports and projects (clubs, etc.).

All information pertaining to classes (weekly schedule, exam results, etc.) are posted on the notice boards on the first floor. Each batch (Licence 1, Licence 2, Licence 3, Master 1, and Master 2) has their own notice board, updated daily by the Department of Academic Affairs.

➤ **Class attendance**

Attending classes is mandatory. Teachers call the roll at the beginning of each session. In the event of recurring absences, ISTC will notify the student's home university.

If you are sick or cannot attend a class for some reason, please advise **Julie Navalkar** (julie.navalkar@istc.fr).



o **Class interactions & Assignments**

There are a number of cultural specificities that may differ from how things are done in your home country. Here are a few pointers, but if you need help at any point don't hesitate to ask the International Relations department, your buddy, or any of your teachers or classmates.

"Je ne comprends pas." *	<i>juh nuh kowpraw pah</i>	I don't understand.
"Pouvez-vous répéter ?"	<i>poovay voo raypaytay?</i>	Could you repeat that? (teacher)
"Peux-tu répéter ?"	<i>puh tew raypaytay?</i>	Could you repeat that? (classmate)
"Je suis d'accord."	<i>juh swee dahkor</i>	I agree.
"Je ne suis pas d'accord."	<i>juh nuh swee pah dahkor</i>	I disagree.
"À mon avis..."	<i>ah mow navee</i>	In my opinion...

➤ **Interacting with your teachers**



Teacher-student relationships can be more or less friendly or hierarchical in different countries. In France there is a definite hierarchy in the classroom, but most teachers welcome discussions, questions and suggestions.

The relationship may vary depending on whether the class is a lecture (large group) or a seminar (smaller group).

If you'd like to add something to the discussion or ask a question that concerns your classmates too, raise your hand and wait until the teachers invites you to speak. When teachers ask a question to the class, they may not expect students to raise their hands, but it's always safer to start that way and then stop if you see that others don't wait before speaking. Participation may count as part of the grade in some classes, so try to speak up when you have something to say.

On the other hand, if you have a more personal question, you may come up to the teacher at the end of the class.

In French, always use "vous" and never "tu" with your teachers unless they explicitly instruct you otherwise.

➤ **Interacting with your classmates**

Relationships between classmates are usually friendly and warm. Don't hesitate to say hello and introduce yourself, and make the most of breaks and of the minutes before a class starts to make new friends. You can address to your classmates saying "tu".

Some of your classmates may be interested in studying together, or in improving their language skills in your mother tongue while helping you with your French. Don't hesitate to ask for their email or phone number: you can contact them if you can't come to class or are running late, ask them for their class notes or for information about the exams...



* For basic sentences and pointers about French pronunciation, look up dardel.info/French_pronunciation.html, and wikitravel.org/en/French_phrasebook. Our attempt at phonetic transcription might help, but the best would be to have a French person read these sentences out loud for you.

➤ Group projects

You may be assigned a number of group projects. Depending on the teacher, you might or might not be able to choose your partners. Don't hesitate to actively contribute to the project, giving your opinion, and asking to meet or to set deadlines if you see that your partners aren't in a hurry to do so.

There is most often one grade for all group members, no matter how much each of them worked. If there is any problem with the group, don't hesitate to inform the teacher and ask for help, and if things don't improve, feel free to meet with **Julie Navalkar** (in charge of International Relations).



➤ Written assignments

If you're writing assignments in French on a computer, use spell check, setting the language to French.

Academic writing

There are a number of differences in different cultures' academic writing. Don't hesitate to ask your teachers for specific instructions, and to tell them about any difficulties or questions you might have.

The "French style" has a rigid structure:

- The **introduction** contains an opening sentence, a definition of the topics discussed, the *problématique* (central question that will be answered at the end) and the outline (first we will... then... etc.).
- The **body** is comprised of 2 to 3 sections, each with 2 to 3 subsections.
- The **conclusion** contains a sum-up of the main ideas, an answer to the *problématique* and a sentence to open up the debate (to another topic or discipline, to a concrete case, to additional questions, etc.)

Link words are used a lot (*cela dit, de plus, d'ailleurs, enfin...*).

Plagiarism



Plagiarism is taken very seriously. It is the use of someone else's work or ideas without citing the author, whether it is **deliberate or not**. If you forget to mention the author, or don't do it correctly (using a direct quote without quotation marks, or citing a name only in the *works cited* section when you should have mentioned it in your paper, etc.), it is considered as plagiarism too.

Plagiarism detection software is very efficient and most of your teachers will use it to check your work. Depending on how much you plagiarized, how, and on the importance of the assignment, the consequences may range from having to redo the assignment or getting a 0 out of 20 to more serious problems with the ISTC and/or your home university and you may not get the credits for your exchange.

Don't panic, though. There are very simple steps you can take to avoid these problems.

- When you're working on an assignment, always try to **write down where your ideas come from** (a book, a TV show, etc.). It will not only enable you to duly cite people, it will also help your thought process and provide you with context and specific examples for your paper.
- Check with your teachers if they have **specific expectations** about citations. You might be able to cite as you are used to in your country – as long as you mention a number of information such as the author's name, the date, the book or article's title, etc. France most often uses the **Harvard style**, citing books like this: "Surname, N. (year) *Title*. Place of publication: publisher." and articles like this: "Surname, N. (year) Article Title, *Journal*, volume (#), pages."*

* For other cases, you can find tutorials here: ilrb.cf.ac.uk/citingreferences/tutorial/faq.html (in English), www.univ-reims.fr/site/bibliotheques/memoires-et-theses/gallery_files/site/1/1697/20119/20141/20145/33422.pdf (in French).

- If you're **quoting someone's exact words**, use quotation marks and cite the author, either within the sentence (*Smith explains that "..."*) or at the end of the quote, between brackets or in a footnote ("*...*" (*Smith*) or "..."¹ where ¹ directs to a footnote with the author's name).
- If you're only changing one or two words in a sentence, consider using the exact quote between quotation marks instead. If you are **rephrasing** completely, don't use quotations marks, but still cite the author as you would for a quote.
- At the end of your work, include a **bibliography** (works cited) with a list of citations for all the works you used – not only the ones you directly quoted, but also anything you've read to get acquainted with the topic, or ideas you later discarded. It will serve as a safeguard in case you inadvertently use an idea from one of these works – sometimes our brains work in funny ways, and you might have an inspiration that actually came from someone else's ideas, and if your words are close enough to theirs or if your teacher is familiar with their work, you might get in trouble for not citing them.
- Sometimes it's not easy to **find the original reference** for an idea or a quote, especially on the Internet with crowdsourcing websites like Wikipedia, where anonymous people write things without always explaining where they got them from. This is actually an opportunity to question your sources: if it's not clear who said something and based on what, then no matter how useful it is to find out about a topic quickly, it might not be reliable enough for an academic paper. Try typing the quote into a search engine, maybe you'll get lucky and find the original quote. If not, you'll have to do more complete research to find reliable sources that give you the same information – and you might even discover that the information was actually wrong!

○ Grades

➤ Weighted average

There are two evaluation methods, both taken into account in the grade average per subject and per semester:

- **Continuous assessment:** home assignments and class tests (including mid-semester exams in the end of October and February). Weight: **40%** of the grade average per subject.

Class tests account for 2/3 of continuous assessment, and home assignments for the remaining 1/3.

- **Final exams** at the end of each semester. Weight: **60%** of the grade average per subject.

Should students fail the exams, resit exams ("*rattrapage*") are organized in July (for both the Fall semester and the Spring semester). Distance exams may be organized at the request of the student's home university (the exam schedule and procedure must be followed to the letter).

➤ French grading system

France uses a 20-point grading scale:



30 ECTS credits per semester are awarded to students who obtain more than 10/20 in global average, even if they have less than 10 in some subjects.

➤ Transcripts of records

Transcripts are sent first to the students by email, and then to the home university by post, within 4 weeks after the end of the exams.

○ Services & Facilities

➤ Break area and cafeteria

On the first floor of building B, there is a break area with drink & snack vending machines.

On the second floor, there is a “cafet” (cafeteria) where you can find refrigerators, microwave ovens and a few tables.



➤ Computers and Internet

Un ordinateur	<i>uh nor-dy-nah-tuhr</i>	A computer
Un ordinateur portable	<i>uh nor-dy-nah-tuhr portahbl</i>	A laptop
Accès à Internet / au wifi	<i>ah-ksay a uh-tayr-nayt / o weefee</i>	Internet / wifi/wireless access
Le clavier - l'écran - la souris	<i>luh kla-vyay - laykraw - lah sooree</i>	The keyboard - the screen - the mouse



All buildings have wireless access. You will be given the connection procedure upon arrival.

All rooms in buildings B and J are equipped with a computer and a video projector.

A few laptops and video projectors are available in the Department of Academic Affairs. Please make a reservation with **Ludévine Delbecque** (Assistant of Academic Affairs) - ludévine.delbecque@istc.fr.

Students also have access to two computer labs located on the second floor:

- Building A: computer lab open outside of class hours and closed at 6:45 p.m.
- Building B: computer room in free access.

➤ Email

On arrival at ISTC, you will receive an ISTC email address with a password to access your mailbox. All communications will be sent to this ISTC address, which means that you have to check your ISTC mailbox every day.



➤ E-learning platform: Moodle

Moodle contains class materials uploaded by the teachers, as well as assignments.

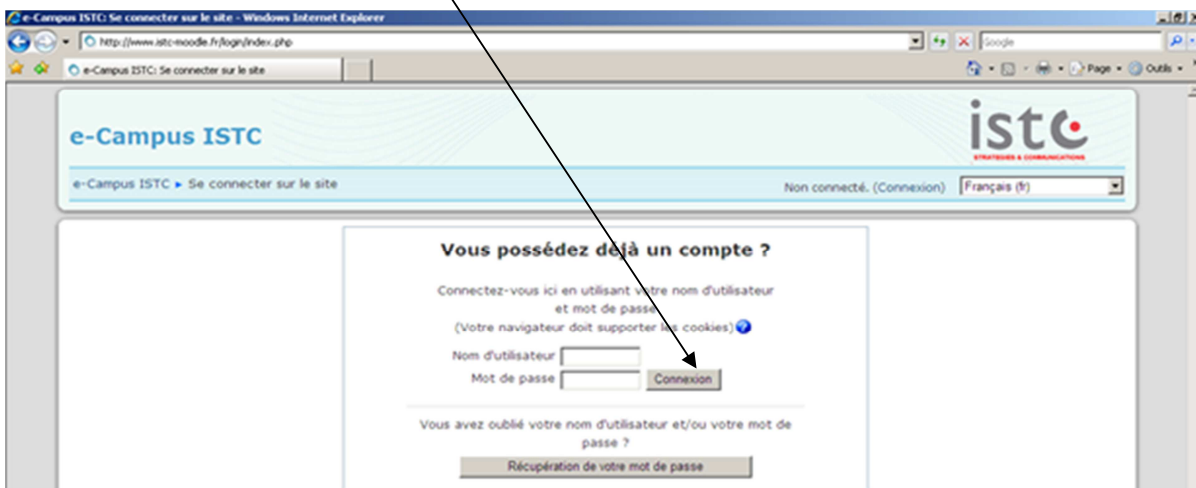
To access the Moodle platform:



Log into the ISTC website: www.istc.fr. On the home page, click on “Moodle formation”.

Type in your login and password (upper and lower case sensitive). If you do not have them, please contact **Julie Navalkar**.

Then click on “Connexion” to confirm.



➤ Library



ISTC students can access the Vauban university library for free, with a library card delivered on arrival. It is located nearby ISTC.

Opening hours: Mon-Fri 9 a.m. – 7:30 p.m., Sat 9 a.m. - 1 p.m.

60 rue du Port. Tel: +33 (0)3 59 56 69 79. Email: contact@bu-vauban.fr.

➤ Digital library

Online catalogue of all documents available in physical libraries (www.bnr.univ-catholille.fr):

- 400,000 books
- 6,000 magazine/journal titles

Access to abundant electronic resources:

- E-books
- 70,000 online magazines/journals
- Lecture contents and class material

Fast and easy connection. 24/7 access, from ISTC or from home. Secure authentication system.

- Login: enclosed in an email sent on arrival at ISTC.
- Password: it will be generated automatically when you register online.

Contact: contact-bnr@univ-catholille.fr

➤ Video labs

- 3 dedicated video editing suites
- 1 green screen room
- 20 computers equipped for video editing group lessons.
- 4 DV shooting units (microphones, lights, tripods)
- 2 cameras



These rooms are reserved for second- and third-year students (Licence 2 & Licence 3), who have to write, produce and edit a film. In order to access the video labs, each member of a group has to deposit €500 in the Department of Academic Affairs, and will get it back at the end of the project. They can get the keys for the video labs in the Department of Academic Affairs during opening hours.

In order to book the video labs for the weekend, please report to the Department of Academic Affairs on Friday before 12 p.m.

Everyday life

○ Emergency numbers

Fire department: **18** (fire, accidents, gas leak, medical emergencies, etc.)

Police secours: **17** (violence, theft, mugging, etc.)

SAMU (emergency ambulance service): **15** (medical emergencies, faint, bleeding, etc.)

Poison control centre: **0 825 812 822** (poisoning, intoxication).

To report a lost or stolen credit card: **0 892 705 705**.



○ Accommodation

Un appartement - un studio	<i>uh napartuhmaw - uh studyo</i>	An apartment/a flat - a studio flat
Une chambre - une pièce	<i>un shawbr - un pyays</i>	A bedroom - a room
Une maison - un immeuble	<i>un mayzow - uh nimuhbl</i>	A house - a building
Le loyer - une caution	<i>luh lwa-yay - un kosyaw</i>	The rent - a security deposit
Se porter garant/caution	<i>suh portay garaw / kosyaw</i>	To act as a guarantor

➤ AEU: Université Catholique de Lille's student accommodation

The campus has 13 halls of residence, of different sizes. 9 other halls are located outside of Lille. The monthly rent for each room depends on its size and on the residence.

In order to book a room, students have to send a booking form on the AEU website, specifying which hall and which type of room they want. Please note that there is a high demand for university housing and that there are a limited number of rooms. Rooms are attributed based on the reception date of the booking request. It is advisable to send the request as soon as possible. Once a room in a hall of residence is attributed, a €150 handling fee is required, as well as a deposit which varies depending on the room's rent. You will get back the deposit on departure (unless the room has been damaged).

Rental agreements begin on August 1st and last for a year. However, you can leave your room whenever you wish, with a one-month notice, so this is an option for you even if you're only here for one semester. All information is available on www.aeu.asso.fr.

➤ Private housing

You can also rent a room or apartment from a private individual or an estate agency. Be aware that estate agencies require an additional fee equivalent to a month's rent. In order to rent an individual apartment or studio, you usually need to provide an application file and to have a guarantor who lives in France.

Sharing an apartment can be more attractive for non-French students financially and procedure-wise. Costs are shared, which makes it less expensive.

The Department of International Relations also passes on messages from ISTC students who wish to rent out their apartment while they are studying abroad themselves or to share their flat with an international student.

Classified ads:
www.seloger.com

www.leboncoin.fr
www.avendrealouer.fr

www.paruvenu.fr
www.apartager.com

➤ Housing aid

The CAF (*Caisse d'allocations familiale*, Family Allowances Fund) gives out financial aids for housing. Not all visas enable you to request housing aid. For more information, please contact the Department of International Relations, or the AEU for university housing.

○ Public transports

There are quite a few transport solutions in Lille and its metropolitan area: metro, tramway, bus, public bicycles (V'Lille).

A metro/tramway/bus ticket costs €1.50. If you only go through 3 stops, you can get a ZAP ticket for €0.80.

If you intend to use public transport on a regular basis, it is strongly recommended that you purchase a Pass Pass card (€4). Public transport in Lille is managed by the society Transpole.

For more information: www.transpole.fr.

If you live close to ISTC, you might be able to get around mostly on foot – there are stores nearby, the Centre and Vieux Lille are only a 20-minute walk away...



○ Shopping for food

“Où est le rayon ...?”	<i>oo ay luh ray-yow ...?</i>	Where is the ... section?
“Où puis-je trouver ...?”	<i>oo pweejh troovay ...?</i>	Where can I find ...?
“Combien coûte ...?”	<i>kow-byuh koot ...?</i>	How much does ... cost?

➤ Where?

- Corner shops: expensive and with limited choices, but handy.
 - 8 à Huit – 298 rue Nationale (Vauban)
 - Casino – 158 Rue Colbert (Vauban)
- Supermarkets: close by, larger, and cheaper.
 - Carrefour Market – 281 rue Léon Gambetta (Wazemmes)
 - Match – 97 rue de Solférino (Lille Centre)
- Hypermarkets: on the outskirts of Lille – you have to drive there or use public transport.
 - Carrefour Euralille (at the Euralille mall).
 - Carrefour Lomme (metro Saint Philibert).

Some of them have an online order and home delivery system: www.auchandirect.fr.

• “*Les drive*”: if you have a car, you can shop in “drive through” hypermarkets, ordering online and then driving there to pick up your purchases which will be ready for you. It saves time and it’s user-friendly. Auchan and Carrefour have a drive (www.auchandrive.fr, drive.carrefour.fr) and there are also 3 specialized Chronodrive stores around Lille (www.chronodrive.com).

• Markets: local products, from fruit and vegetable to meat, cheese, sometimes clothes or jewellery... Prices vary; you may find products for a cheaper price than in supermarkets, and others much more expensive. Here is a list with all the information, including dates and hours: www.lille.fr/cms/halle-et-marches-de-lille.

- Frozen goods: there are frozen-food sections in a number of stores (Match for instance), but you can also head to Picard (there is one close to Match on rue Solférino: 91 rue Masséna, Lille Centre; and two other ones, rue du Molinel near the train station, and 349 rue Léon Gambetta in Wazemmes).

➤ When?

Most shops are open from 10 a.m. to 7 p.m. from Monday to Saturday (some small shops may close for an hour or two for lunch). They usually are closed on Sundays, and sometimes on Mondays. However, during the holiday season (before Christmas), many shops stay open in the weekend.

Groceries (food stores) often open earlier in the morning and don't close until later at night.

➤ How much does an average shopping basket cost?

Here is an example of an average shopping basket:

Lettuce, tomatoes, 1 French bean can, ham, lardons, saucisson, 2 beefsteaks, pasta, bolognese sauce, carbonara sauce, 8 yoghurts, crème fraîche (sour cream), butter, 1 camembert cheese, 6 eggs, 6 bottles of milk, 1 cereal box, coffee, jam, 1 baguette, 1 bottle of orange juice, 1 pack of mineral water, 1 bottle of white wine, body wash, laundry detergent.

TOTAL: about €50

➤ Allergies and special diets



First, you'll need to learn what to look for on lists of ingredients. Here are a few of the most common food allergens:

- Peanut = **arachide** / *cacahuète*. Peanut oil = *huile d'arachide*. Vegetable oil = *huile végétale*.
- Nuts = **fruits à coque**. Walnut = *noix*. Hazelnut = *noisette*. Almond = *amande*. Cashew = *noix de cajou*. Chestnut = *marron* / *châtaigne*. Pecan = *noix de pécan*. Pistachio = *pistache*.
- Gluten = **gluten**. Gluten-free = *sans gluten*. Gluten intolerant = *intolérant au gluten*. Wheat = *blé*. Barley = *orge*. Rye = *seigle*. Also look out for *dextrose*. Maize (corn) = *mais*. Rice = *riz*. Industrialized products that may contain gluten include: pasta, cookies, cereals, bread, sandwiches, pizza, ham and *charcuterie*, ready meals, fries, sauce (tomato sauce, etc).
- Milk = **lait**. Lactose = **lactose**. Allergic to milk = *allergique au lait*. Lactose intolerant = *intolérant au lactose*. Dairy product = *produit laitier*. Cow's milk = *lait de vache*. Butter = *beurre*. Cream = *crème*. Yogurt = *yaourt*. Cheese = *fromage*. Casein = *caséine*.
- Eggs = **oeufs**. Albumin = *albumin*. Egg white = *blanc d'oeuf*. Egg yolk = *jaune d'oeuf*. Yolk sac = *vitelline*. (Ovo)globulin = *(ovo)globuline*. Mayonnaise = *mayonnaise*.
- Soy / soya / soybean = **soja**. Soybean oil = *huile de soja*. Vegetable oil = *huile végétale*. Lecithin = *lécithine*.
- Shellfish = **fruits de mer** = *crustacés* (crustaceans) + *mollusques* (molluscs). Shrimp / prawn = *crevette*. Crab = *crabe*. Lobster = *homard* / *langouste*. Snail = *escargot*. Mussel = *moule*. Oyster = *huître*. Squid / calamari = *calamar*. Crawfish / crayfish = *écrevisse* / *langoustine*.

If you are very sensitive to an allergen, beware of these phrases:

- **Peut contenir des traces de... Traces de... Fabriqué dans une usine / un atelier qui utilise...** It means that though the allergen is not part of the ingredients, small quantities of it might have found their way into the product because the same equipment is used for different products, etc. So the manufacturer is playing it safe to avoid being sued. And so even products bearing the gluten-free mark... can actually contain *traces* of gluten.

You may also have a specific diet for health, ideological or religious reasons. Here's what you need to check:

- Organic products = *produits biologiques / bio*. Green "AB" label = *agriculture biologique*.
- Fairtrade = **commerce équitable**. Local product = produit **local**. Free range = élevé en **plein air / en liberté**.
- Vegan = **végétalien / vegan**. Vegetarian = **végétarien**. Tested on animals = *testé sur des animaux*. Animal testing = *experimentation animale*. No animal (by)product = *sans produit d'origine animale*.
- Halal = **halal**. Kosher = **casher / kasher**. Kosher meat is halal, but halal meat is not kosher. Pork = *porc*.

In mainstream stores, there are sometimes a few gluten-free products (bread, cookies, pasta etc.), usually in the "health food" section (*rayon diététique*). For instance, *Match* (rue Solférino) has one. Other allergens are more tricky, you pretty much just have to look through every section of the store.

Then your best shot is organic food stores. Most of their products, being less industrial, are less likely to contain allergens, and they often have sections reserved to gluten-free products. For example, *Biocoop Label Vie* (organic grocery store) - 98 Rue de Solférino (between Lille Centre and Wazemmes).

There are also specialized online stores where you can order and have products delivered either at your residence or to a store nearby where you can pick it up (*point relais*).

Rizen (gluten-free, lactose-free) www.rizen-sans-gluten.com

Naturalia (organic) www.naturalia.fr

Be wary of medicine and vitamins, which might contain allergens. Mention your allergy or diet to the pharmacist to make sure.

Restaurants can be tricky. Few of them are really aware of allergies and special diets, so be very clear about what exactly it is that you can't eat (for gluten, say "anything with cereals except for rice and maize"; if you're a vegan, say "no meat, no fish, no eggs, no milk or dairy", etc.)

You can also try *Pulp Kitchen*, a gluten-free and lactose-free restaurant, with vegetarian or meat options) – 106 rue de l'Hôpital Militaire (between Lille Centre and Vieux Lille).

You can find halal restaurants and butchers in the Wazemmes neighbourhood.



○ Banks

You will most likely need a French bank account in your name. An international credit card usually is not enough to live more than three months in France. Exchange students have a "French-style" daily life, they receive housing aid, are protected by student social security, sometimes they also work, etc. You may need a chequebook to pay the rent or electricity bills, though they can also be settled by direct debit or by credit card. If you work, your wages will most likely be paid by cheque or bank transfer (except for jobs like babysitting and sometimes private lessons, which may be paid in cash).

In France, people use predominantly:

- their credit card for shopping, notably grocery shopping;
- cheques or direct debit for gas and electricity bills, etc.;
- cash for small sums.

<i>Un compte en banque</i>	<i>uh kowtaw bawk</i>	A bank account
<i>Une carte de crédit / carte bleue</i>	<i>un kart duh kraydy/kartuh bluh</i>	A credit card
<i>Un chéquier – un chèque</i>	<i>uh shekyay – uh shek</i>	A chequebook – a cheque
<i>Un virement</i>	<i>uh veermaw</i>	A bank transfer / direct debit
<i>Distributeur de billets</i>	<i>distributuh duh by-yay</i>	ATM / cash point / cash machine
<i>Retirer de l'argent</i>	<i>ruh-tee-ray duh lar-jaw</i>	To withdraw / draw money out
<i>Payer par carte/chèque / en liquide</i>	<i>pay-yay par kart/shek/aw likid</i>	To pay by card/cheque / in cash
<i>Découvert</i>	<i>day-koo-vayr</i>	Overdraft
<i>Taux d'intérêt</i>	<i>toh duh-tay-ray</i>	Interest rate
<i>Revenu / dépense</i>	<i>ruh-vuh-nu / day-paws</i>	Income / expense
<i>Gagner / dépenser de l'argent</i>	<i>ga-nyay / day-paw-say duh lar-jaw</i>	To earn / spend money

➤ Opening a bank account

It's very easy. Just go to a bank and make an appointment with an advisor. To open an account, you'll need:

- identification (your passport);
- a residence permit (your visa);
- proof of address: a document with your French address on it, whether it is a rent receipt, a telephone bill, a gas or electricity bill.

When you open the account, you have to deposit at least €15 on it.

Once it is open, you'll receive within about ten days a chequebook (usually free of charge) and a credit card (which costs between €15 and 40). Here's a tip: you might be able to get the credit card for free if you negotiate with the banker – it would be too bad to pay for it for just a couple of months!

Don't forget to close your French bank account before you leave!

Closest from ISTC: Société Générale (75 Boulevard Vauban).

➤ Managing your account: avoid overdrafts!

If you spend more than you have on your account, you will have to pay overdraft fees called "*agios*", usually quite high. If your bank's interest rate for *agios* is 17%, you'll pay 17% more than you owe.

For example, if you spend €100 that you do not have, you will have to pay €117 to the bank.

If that is likely to happen, for example just before you receive your scholarship or housing aid each month, discuss it with your banker and find out if you can agree on an overdraft authorization (*autorisation de découvert*) to limit these fees.

➤ What if I lose my credit card or chequebook? What if it is stolen?

Advise your bank as soon as possible so that they can block spendings. Call the interbank server's dedicated number: 0 892 705 705 (€0.34/min.) It is an interactive voice response number, available 24/7, which directs each call to the relevant "*centre d'opposition*".

Get in touch with the bank the next day to confirm, and send back the document they sent you, signed.

You will also have to report it stolen or lost at the central police station as soon as possible. If you don't, the insurance included in your bank agreement will not be activated.

Lille central police station – 33 avenue Peuple Belge, Lille – Tel: 03 28 36 29 50



o Mobile phone

Un (téléphone) portable	<i>uh (tay-lay-fon) portahbl</i>	A cell(phone) / a mobile (phone)
Téléphoner / appeler	<i>tay-lay-fon-ay / ah-puh-lay</i>	To call / phone
Un appel / un coup de fil	<i>uh nah-payl / uh koo duh fil</i>	A call
Envoyer un texto / SMS	<i>aw-vwa-yay uh texto / SMS</i>	To text / to send a text
Forfait / carte prépayée	<i>for-fay / kart pray-pay-yay</i>	Plan / prepaid card
Buraliste / bar-tabac	<i>bew-rah-lyst / bar tah-bah</i>	Newsagent / pub / cigarette store
“Je vous mets en attente”	<i>juh voo may aw nahtawt</i>	I’m putting you on hold

You may want to buy a mobile phone in France. Just go into a mobile network carrier’s store (Orange, SFR, Bouygues, etc.) and you can choose between affordable phones.

You’ll simply have to choose between:

- a plan (*forfait*) – be aware that plans most often include a one-year commitment at least. There are a few commitment-free plans, for example: www.sosh.fr - www.sfr.fr (RED).

Be sure to mention your specific needs in order to get the best deal possible: more phone calls or texts? How many hours/texts a month? Only inside of France or to/from other countries (travelling, calling home, etc.)?

- a prepaid card (*carte prépayée*) to pay as you go (bought from a newsagent, see below).

List of newsagents close to ISTC – they have one or both of these signs outside the shop:

- Le Solférino – 158 rue de Solférino – 03 20 57 03 43.
- Bar-tabac La Traviata – at the angle of rue de Solférino and rue d’Armentières – 03 20 30 11 80.
- Le Vauban bar-tabac – 200 rue Colbert – 03 20 78 75 88.
- Bar-tabac Le Rallye – 41 rue Léon Gambetta – 09 71 55 44 90.



o Medical care

<i>Malade – blessé</i>	<i>Mah-lad – blay-say</i>	Sick / ill – hurt / wounded
<i>Vomir / avoir envie de vomir</i>	<i>vomyr / avwahr awvy duh vomyr</i>	To vomit / to feel sick/nauseous
<i>Tousser / éternuer</i>	<i>toosay / ay-tayr-nuay</i>	To cough / sneeze
<i>“Mon nez coule.”</i>	<i>mow nay kool</i>	My nose runs.
<i>“J’ai le nez bouché.”</i>	<i>jay luh nay boo-shay</i>	I have a blocked/stuffed up nose.
<i>“J’ai mal au ventre / à la tête / à la gorge / au dos / aux jambes, etc.”</i>	<i>jay mahl o vawtr / ah lah tet / ah lah gorj / o doh / o jawb</i>	My belly / head / throat / back / legs (etc.) hurt(s).
<i>Entorse / bleu / brûlure / coupure</i>	<i>awtors / bluh / brulur / koopur</i>	Sprain / bruise / burn / cut
<i>Diabète / asthme / allergique à...</i>	<i>dyah-bet / asm / ah-layr-jik ah...</i>	Diabetes / asthma / allergic to...
<i>Un rhume / la grippe / la gastro</i>	<i>uh rewm / lah gryp / lah gastro</i>	A cold / the flu / stomach flu
<i>Aspirine / paracétamol</i>	<i>aspyryn / pah-rah-say-tah-mol</i>	Aspirin / paracetamol
<i>Antibiotique</i>	<i>awty-byo-tik</i>	Antibiotic
<i>Analgésique/antalgique/antidouleur</i>	<i>ahnahljayzik/awtahljik/awtydooluhr</i>	Painkiller

➤ Doctors

The CPSU is made out of the C.U.P.S. (University Centre for the Promotion of Health) and the AEU's Care Centre (Centre de Soins) and regroups various services, from doctor's consultations (without appointments) to counselling.

The AEU's social service more specifically offers counselling to students in the event of a sudden change in social situation, financial difficulties, etc.

Address: 67 bd Vauban, Lille.

CPSU Doctors : Tel: +33 (0)3 28 04 02 40. Website: www.docvadis.fr/cpsu.

CPSU Social service : Tel: +33 (0)3 20 15 97 70.

If you get sick:

- Look up on the Internet a doctor close to your home (on www.pagesjaunes.fr for instance) or get in touch with the CPSU. You should call between 8 and 10 a.m. to get an appointment later that day. If you go to a doctor's, you will pay €23 if the doctor is *conventionné* (which means he/she has signed an agreement with the Social Security), otherwise it might go up to €45. Check it out and ask! The doctor will give you a prescription to buy medicine in a pharmacy.
- If you are unable to get in touch with a doctor (late at night or if you can't get around), you can call SOS Médecins: 3624 (€0.12/min.) You will be connected with a doctor who can help through the phone or come to you if necessary.

➤ In case of emergency

Go to a hospital with emergency services:

- CHRU, 2 Avenue Oscar Lambret, Lille. Tel: 03 20 44 59 62.
- Hôpital Saint Vincent de Paul, Boulevard de Belfort, Lille. Tel: 03 20 87 48 48.

If you are unable to do so, call one of the emergency numbers listed above (**15, 18**).

➤ Pharmacies

Outside French pharmacies, there is a green cross that can be seen from far away, usually illuminated when the pharmacy is open.

Around ISTC:

- Pharmacie Colbert – 269 rue Nationale – 03 20 54 09 00.
- Pharmacie Flament – 102 rue Colbert.
- Pharmacie Vauban – 167 rue Colbert – 03 20 57 28 06.
- La Pharmacie des Halles – 99 rue Masséna – 03 20 54 02 74.
Open **24/7**.
- Pharmacie du Marché – 364 rue Léon Gambetta – 03 20 57 39 95.



○ **Postal services: sending & receiving mail & packages**

<i>Envoyer/recevoir une lettre</i>	<i>aw-vwa-yay/ruh-suh-vwar un letr</i>	To send/receive a letter
<i>Envoyer un colis/paquet</i>	<i>aw-vwa-yay uh koly/pah-kay</i>	To send a package
<i>Un timbre</i>	<i>uh tuhbr</i>	A stamp
<i>Une carte postale</i>	<i>un kart pawstahl</i>	A postcard



La Poste is the French postal service.

If you simply want to send a letter and you already have stamps, you can use one of the yellow mailboxes in the street.

To send a package, you'll need to go to the post office – they are recognizable by their yellow sign. The closest to ISTC is the **Lille Vauban** office (129 rue Colbert). Check their opening hours online: www.laposte.fr/Particulier/Utiliser-nos-outils-pratiques/Services-de-localisation/Un-bureau-de-poste. There can be long queues, plan accordingly.



You can buy stamps at the post office (or from most newsagents), order them online and have them delivered at your address, or even print them online (timbres.laposte.fr). You can also frank your packages online and then drop them at the post office (www.laposte.fr/Particulier/Profiter-de-nos-services-en-ligne/Affranchir-vos-colis-en-ligne).

You'll find stamp prices here: www.laposte.fr/Particulier/Consulter-nos-tarifs/Tarifs-Courrier, or let the website do the math for you: www.laposte.fr/Particulier/Utiliser-nos-outils-pratiques/Outils-et-documents/Calculez-le-tarif-de-vos-envois.

French addresses are written this way:
(M./Mme/Melle) Name Surname
Number Street
Zip code - City

For instance:
Camille Dupont
10 rue de la République
00000 Ville-sur-Cher

To send a letter to another country, write the address as you usually would, with the French name of the country at the bottom (*États-Unis* and *USA* both work, but it's better to write *Biélorussie* and not *Belarus*, etc.). No need to adapt city names though.



○ **Laundry services**

If there is no washing machine where you live, there are laundry services near ISTC:

- **Best value for money: Éco Laverie** – 97 rue Meurein (Vauban).
 Mon-Sun 7:00 a.m. - 9:30 p.m.
 Good atmosphere, safe, effective. Takes coins and €5 to €20 notes.
Washer €3.80. Big 21-kg washer €7.60. Dryer €0.90. Detergent and softener €0.50 to 0.70.
- **Lavotec** – not recommended (ineffective, seedy clientele).
- **La Lavandière** – 5 rue Colbert (Wazemmes).
 Mon-Sun 7:00 a.m. - 8:00 p.m.

o Student clubs

ISTC has a number of clubs, managed by third-year students.

➤ BDE (Bureau des Étudiants)

The BDE team reflects the school's student life and also represents all ISTC students within Université Catholique. Throughout the year, these students create a family atmosphere that is unique to ISTC. They organize a number of activities within ISTC, such as the Christmas Gala (Gala de Noël), an ISTC clothing line, ISTC skiing, the end-of-year trip, and student parties in association with several Catho BDEs.

The BDE has a Facebook page where you can find out about organized events and get involved (<https://fr-fr.facebook.com/comicstrip.bde.istc>).



➤ BDI (Bureau des Internationaux – International Students Association)

The BDI Atlas was founded in September 2014 in order to facilitate the life of international students at ISTC. The team members will organise a tour of Lille on the orientation day and will help international students to settle down (opening of bank accounts for example). They will also organise cultural events for and with international students throughout the year.

Email: bdi.atlas@gmail.com. Facebook page: <https://www.facebook.com/bdi.atlas>.



➤ TICS & TICS News

TICS & TICS is the ISTC student newspaper. It comprises a bi-annual magazine, a bi-monthly newsletter, and a Facebook page, all with the goal of livening up the school and passing on information. The student team manages the newspaper's elaboration in real professional conditions, from writing, shooting and reporting to printing.



➤ BDA (Bureau des Arts)

This club aims to promote arts and culture to ISTC students. It has several goals: promoting local culture, putting forward events relating to arts and culture, informing ISTC students about cultural events in their neighbourhood and the Lille metropolitan area, and uniting students around culture.



➤ BDS (Bureau des Sports)

The BDS was created so that ISTC students could practice sports weekly at a lower cost. There are a number of activities: indoor football, dance, badminton, etc. Beyond health and well-being, sports also promote values that ISTC holds dear: team spirit, commitment, respect for others and self.



For more information about ISTC student clubs: istc.fr (L'école > Vie étudiante)



○ Sports

<i>Faire du sport</i>	<i>fayr du spor</i>	To do sport(s) / to exercise
<i>Courir / faire du footing/jogging</i>	<i>kooryr / fayr du foo-tyng / djog-yng</i>	To run / to jog
<i>Randonnée / faire de la rando</i>	<i>rawdounay / fayr duh lah rawdo</i>	Hiking / to hike
<i>Nager / faire de la natation</i>	<i>nah-jay / fayr duh lah nahtahsyaw</i>	To swim
<i>Piscine</i>	<i>py-sin</i>	Swimming pool
<i>Salle de sport</i>	<i>sahl duh spor</i>	Gym / sport club

If you like running or biking, you can head to the Vauban gardens, to the Citadel Park or along the Deûle canal near the Champ de Mars; or, further from the Centre, around the Lac du Héron in Villeneuve d'Ascq (east of Lille).

There are a number of hiking routes in and around Lille: www.tourisme-nord.fr (Loisirs > Tous les circuits de randonnée)

Lille also has 3 swimming pools:

- Marx Dormoy (Bois-Blancs), the closest to ISTC – 36 avenue Marx Dormoy – Tel: 03 20 92 53 30.
- Fives – rue François Coppée – Tel: 03 20 96 12 58.
- Lille-Sud – rue du Long Pot - Tel: 03 20 56 38 62.

For more information about hours and activities: www.lille.fr/cms/accueil/sport-loisirs/piscines-lille.



Ping-pong tables on the ISTC campus

You can also join one of the ISTC sport sections (get in touch with ISTC Bureau des Sports – BDS – for more information).

In clubs and gyms, sport membership is paid for at least a month, ten at most.

- Gyms - fitness (step aerobics, dance etc.) and bodybuilding.
Contact: Service des Sports (UCL), 125 rue Meurein (basement level). Tel: 03 20 15 98 46.
- Salle Omnisports Norbert Segard: multipurpose sport facilities, 10 rue Colson.
Contact: Arnaud Basuyau, 47 bd Vauban, 2nd floor.
- Complexe sportif St-Martin d'Ennetières-en-Weppes.
This sport complex stretches over more than 70 000 m² and offers a number of sports: rugby, football (soccer), volleyball, tennis, *pétanque* (boules-type game)... There are also two rooms for indoor sports: badminton, table tennis, basketball...
Contact: 03 20 07 24 46, or 06 72 95 92 75.

More sport clubs in Lille: www.lille.fr/cms/clubs-sports-a-lille.

Legally, sport practice in a club requires a doctor's certificate saying that it doesn't present a risk to your health (*certificat d'aptitude sportive*). Any doctor can give it to you after a check-up.

In order to make it possible for as many students as possible to obtain this certificate, AEU has put in place a special consultation in the CPSU facilities, with adequate equipment.

Days of consultations in sports medicine are available to students on Thursdays.



o Religion

La / une religion	<i>lah / un ruh-ly-jyow</i>	Religion / a religion
Chrétien / christianisme	<i>kray-tyuh / kry-s-tya-nysm</i>	Christian / Christianity
Musulman / islam	<i>mu-zul-maw / is-lahm</i>	Muslim / Islam
Juif / judaïsme	<i>jweef / jew-dah-ysm</i>	Jew / Judaism

The Université Catholique's chaplaincy is open to all students, whatever their religion or philosophy and their ethnic, social, and educational background. The only requisite is that they enjoy sharing and exchanging with new people. Events are organized throughout the week: masses, but also morning runs, lectures, meals, etc.

Aumônerie, 2 rue Norbert Segard (facing the university restaurant RU Meurein). Tel: 03 59 30 25 97.

Email: aumonerie@univ-catholille.fr. Website: www.aumoneriedelacatho.net.

Facebook: www.facebook.com/AumonerieUniversiteCatholiqueDeLille

Places of worship (non-exhaustive list):

- Catholic churches
 - Cathédrale Notre-Dame-de-la-Treille – Parvis Gilleson (Vieux Lille)
 - Chapelle Notre-Dame-de-Réconciliation – 10 place de l'Arbonnoise (Lille, Vauban-Esquermes)
 - Église Saint-Pierre Saint-Paul – 23 rue du Marché (Lille, Wazemmes)
 - Église Notre-Dame-de-Pentecôte - 2 rue des Pyramides (Lille Centre)
- Protestant churches
 - Christ Church (open English-speaking Anglican church) – angle of rue Lydéric and rue Watteau (Lille Centre)
 - Temple de l'Église Réformée de France – Place du Temple (Lille Centre)
 - Église adventiste du septième jour de Lille – 11 rue des Débris Saint-Étienne (Lille Centre, near Grand'Place)
 - Église baptiste La Réconciliation – 116 rue d'Arras (Lille, Moulins)
- Orthodox churches
 - Église Saint-Nicolas (Byzantine rite, Russian) – 3 bis rue Necker (Lille Fives)
 - Chapelle Saint-Paul (Byzantine rite, Greek) – 108 rue Princesse (Vieux Lille)
 - Paroisse Saint-Jean-le-Baptiste (Byzantine rite, Romanian) in Église Saint-Éloi – Place de la République (Lézennes)
- Synagogues
 - Synagogue de Lille (Ashkenazic rite) – 5 rue Auguste Angelier (Lille Centre)
- Mosques
 - Mosquée Al Imane – 59 rue de Marquillies (Lille Sud)
 - Mosquée Et-Taqwa – 20 rue de Lannoy (Lille Fives)
 - Mosquée Es-Sunna - 8 rue Jean de Solier (Lille, Wazemmes)
 - Centre islamique de Villeneuve d'Ascq - rue Baudouin (Villeneuve d'Ascq)
- Buddhist temples
 - Dojo Zen de Lille (Buddhist meditation centre, open to all) – 69 rue Coustou (Lille Fives)
 - Institut Bouddhiste Tibétain de La Madeleine (Kagyü Rinchen Djoungné Ling) – 4 rue Thiers (La Madeleine)



o Eating out

Entrée – plat – dessert	<i>awtray - plah - day-sayr</i>	Starter – main course – dessert
Une carafe d'eau	<i>un kahrahf do</i>	A water jug (<i>you have to <u>ask</u> one</i>)
La carte / le menu	<i>la kart / luh muh-nu</i>	The menu
"Y a-t-il ... dans...?"	<i>yatyl ... daw ...</i>	Is there ... in ...?
"Puis-je avoir ... sans ...?"	<i>pweejh avwahr... saw...</i>	Could I have ... without ...?
"L'addition, s'il vous plait?"	<i>lahdeesyow, sil voo play</i>	Could I have the check/bill, please?

Note: though some places stay open pretty much all day (snack bars and fast food restaurants mostly), most restaurants only open for lunch (**from 12:00 or 1:00 p.m. to 2:00 or 2:30**) and dinner (**from 7:00 p.m. to 11:00 or midnight**). Cafés that are open all day may also only serve food around these times.

➤ University restaurants (RU)

The AEU manages 8 university restaurants all across the campus. Each restaurant has its own menu, from sandwiches to hot meals. All restaurants are open during the week for lunch; some of them also offer dinner. They are closed during the weekend.

A meal costs €3.15 if you have the AEU Services Card. Meals may also be paid in cash for a higher price.

More information can be found on www.asso-aeu.fr.

➤ Around ISTC

- If you want to stay close to ISTC, **Dog Sandwich** is cheap and fast. At the angle of Boulevard Vauban and Rue Colson (43 boulevard Vauban), it offers a wide choice of mouth-watering sandwiches. It's the cheapest snack bar on the Catho campus. There can be long queues at rush hour for lunch, but you can order your sandwich in the morning to avoid the queue.

Mon-Thu 7:30 a.m. - 8:30 p.m., Fri 7:30 a.m. - 5:30 p.m., Sat 10:00 a.m. - 4:00 p.m. Menus from €3.50 to €5.50.

- Another sandwich bar close-by (and often less crowded) is **Green Food**, 63 boulevard Vauban, just across the street from Université Catholique. It offers an even larger choice of sandwiches with original recipes such as shrimps/avocado, chicken/pineapple, or *maroilles* cheese.

Mon-Sat 9:30 a.m. - 5:00 p.m. Menus are expensive but simple sandwiches range from €1 (small) to €3 (large).

Other ideas: **La Boîte à Sandwich** (45 boulevard Vauban), **Pizza Factory** (69 boulevard Vauban), **Speed Burger** (219 rue Gambetta, Wazemmes).

➤ Lille Centre

- **Made in France** on Place Rihour. This snack bar serves French-style sandwiches and salads, with typical French ingredients. Their smoothies are very good too. Note that there are no tables inside, only outside.

- **Le pain quotidien** on Place Rihour. This small restaurant with quick service offers organic products in partnership with small farmers. There you can eat big *tartines* (slices of bread) covered with a choice of ingredients (cheese, lettuce, tomatoes, charcuterie, etc.). They also have delicious pastries.

Prices are rather high, though.

Other ideas: **Boulangerie Paul** (Grand'Place), **La Brioche Dorée** (13 rue de Béthune).

➤ Cuisine du terroir

Produits du terroir are local specialties from French regions. In Lille, you can find a number of restaurants which serve typical regional meals.

- Flanders specialties

Flanders comprise the whole *département du Nord* and a part of *Pas-de-Calais*. Flanders cuisine is very diverse and inspired from the neighbouring Belgian cuisine.

Here are a few restaurants where you can taste it:

- **L'orange bleue** (30 rue Lepelletier, Vieux Lille). Your wallet might suffer, but you will get your money's worth.
- **Les P'tits Lous** (4 place Nouvelle Aventure, Lille, Wazemmes)
- **Au Vieux de la Vieille** (2 rue des Vieux Murs, Vieux Lille) and **Chez la vieille** (60 rue de Gand, Lille) These *estaminets* are also old-style cafés and serve home-cooked regional meals. Delicious!

- Crêperies

Enjoy a wide variety of typically French sweet crêpes and salty buckwheat crêpes, best eaten drinking cider (an apple wine with 2 to 8% of alcohol). They can be filled with *maroilles* cheese, mushrooms, ham and cheese, and many other options – you're sure to find one to your liking.

- **Beaurepaire I** (1 rue Saint-Étienne, Vieux Lille) and **II** (25 place de Béthune, Lille Centre) – affordable, tasty.
- **Le Repaire du Lion** (6 Place du Lion d'Or, Vieux Lille) – affordable with good service and original crêpes.
- **La Petite Flambée** (4 rue du Curé St Etienne, Vieux Lille)
- **La Crêperie de Lille** (64 rue de Gand, Vieux Lille)

- Savoy cuisine

Savoy is located in the Alps, close to Italy and Switzerland. Its cuisine is based on charcuterie (prepared meat products like ham), cheese and oven-baked potatoes.

- **Le Broc** (32 Place Louise de Bettignies, Vieux Lille; and 17 place de Béthune, Lille Centre) with cheese-based specialties such as *raclette*, *tartiflette* and *fondue*.

- Auvergne cuisine

Auvergne is a region in the centre of France, with a strong cultural identity and a variety of cheese (*Cantal*, *Saint Nectaire*, *Bleu d'Auvergne*, etc.) – it is the top cheese producer in France.

- **Le Carnot** (7 boulevard Carnot, Vieux Lille) with homemade *pounti* (a sweet and salty parsley cake), *petit salé aux lentilles* (pork with lentils), or *truffade* (crusty mashed potatoes cooked with cheese).

➤ World cuisine

You can also find international restaurants, from Italy to India, Japan or Latin America. Here are a few examples:

- Italian: **La bottega** (7 bis rue au Péterynck, Vieux Lille).
- Indian: **Aux Indes** (38 rue Thiers, Vieux Lille).
- Japanese: **Jomon** (4 rue de la rapine, Vieux Lille) – **Le Yokohama** (60 rue Léon Gambetta, Lille Centre).
- Chinese: **Le Dragon d'Or** (192 rue de Solférino, between Lille Centre and Wazemmes).
- Tunisian and Moroccan: **Le Nassim** (175 rue de Paris, Centre) – **Soleil d'Agadir** (5 rue Princesse, Vieux Lille).
- African: **La Patate Douce** (36 rue Saint-Sébastien, Vieux Lille).
- Russian & Ukrainian: **Baba Yaga** (261 rue de Solférino, Lille Centre).
- Mexican: **La Salsa Posada** (9 rue Saint André, Vieux Lille).
- Spanish: **Pica Tapas** (117 rue de Solférino, between Lille Centre and Wazemmes).



○ Night life

In Lille, Thursday night is THE night when students go out and party. Rue Solférino and its intersecting streets are very popular. You'll find a number of bars and nightclubs where you can have fun all night... but do remember that the next morning is Friday and that you might have class.

➤ Bars

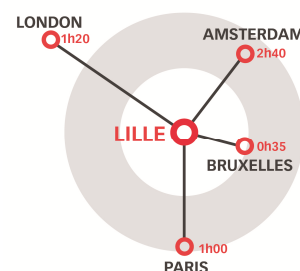
- Brasserie La Chicorée (15 place Rihour, Lille Centre). This bar/restaurant is on Place Rihour, where many students meet up for a beer, coffee or hot chocolate on heated terraces. It is famous for being open almost 24/7 – from 11:30 a.m. to 4:30 a.m. Mon-Thur, and to 6:00 a.m. Fri-Sun. At any time of day or night, you can eat *moules marinières* (mussels cooked in an onion and white wine sauce) or *carbonade flamande* (sweet-sour beef and onion stew made with beer).
- Café Oz Australian Bar (33 place Louise de Bettignies, Vieux Lille) with an exotic, warm atmosphere.
- La Plage (122 B rue de Solférino, Lille Centre). There are a lot of bars around rue Solférino. La Plage is one of the most famous for its scenery (with real sand) and its mythic cocktails. However the prices are higher than elsewhere and the bathrooms are not reputed for their cleanliness.
- Le Zeppelin (121 rue de Solférino, Lille Centre). Another must-go in this street, it is famous for its low-cost cocktails decorated with candy. Contrary to a lot of bars with techno music, the Zeppelin plays rock.

➤ Clubs

- Le Network (15 rue du Faisan, Lille Centre) – commercial / electronic / house music.
- Smile Club (3 rue Ernest Deconynck, Lille Centre). Three different rooms with their own bar and atmosphere: on the ground floor, commercial / electro / house music; on the first floor, music from the 70s to the 2000s; and on the second floor, a lounge. No selection at the entrance, which sadly means that there are a lot of underage or very drunk people.
- Magazine Club (84 rue de Trévisse, Moulins, Lille). Further away from Lille Centre (bus ride), it has a more specific music style (house/tech house) and renowned DJs. You have to pay to get in (from €5 to €20 depending on the DJ playing). Incidents with drugs and violence have been reported, so stay close to your friends.

General information about Lille and its region

Located at the crossroads of Europe, Lille is a vibrant, dynamic, young city with 36% of its population aged under 25, and 100,000 students. It has a lot to offer, from cultural activities to sports and shopping. You can easily go from one side of the city to the other using thanks to good public transports, and you can reach Paris in an hour, Brussels in half an hour, London in an hour and a half, and Amsterdam in less than three hours.



○ Weather & Clothing



Lille has a maritime climate, humid, with changing temperatures.

Winter: -5°C to 6°C (23° to 43° Fahrenheit) on average. Bring a warm coat, and don't forget gloves and a scarf.

Summer: 15°C to 25°C (59° to 77° Fahrenheit). The weather can be quite hot and sunny (up to 30°C = 85°F).

Don't forget an umbrella and/or a raincoat: even on a sunny day, there might be a few showers. For more information and weather forecasts: www.meteofrance.com.

○ Sales tax & tips



In France, prices are shown TTC (all tax included): you will pay the sum on the price tag.

Tips are optional. If you are very happy with the service in a restaurant or in a bar, you may leave a tip. It typically ranges from a few cents to one or two euros.

○ Non-smoking policy



Smoking is strictly forbidden in restaurants, bars, and other public places. Smokers may have access to restaurant and bar terraces, which are sometimes heated in winter.

The ban includes public transports. Plan your trips accordingly: not only can you not smoke on a train, it is also forbidden on covered platforms, sometimes even on open platforms. Moreover, in some stations the train may only stop for a minute or two.

○ Time zone

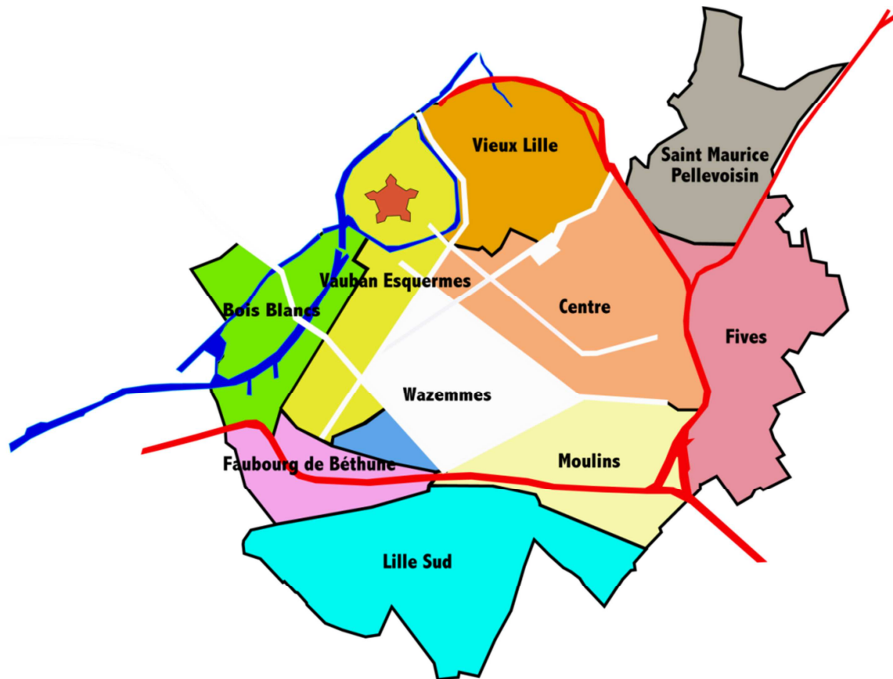
France is in the UTC+1 time zone (Coordinated Universal Time). To know what time it is in different time zones at any given time, you can use this website: www.fuseau-horaire.com.



Important: France makes a distinction between *l'heure d'été*, "summer time" (daylight saving time) and *l'heure d'hiver* "winter time" ("normal" time). On the last weekend of March (night from Saturday to Sunday), clocks are put forward (at 3:00 a.m. it will be 4:00), and on the last weekend of October, clocks are put back (at 9:00 a.m. it will be 8:00 a.m.). You'll be "losing" an hour of sleep in October and "gaining" one in March. We commonly call it *le changement d'heure*. Even if there is daylight savings in your country, the dates might not be the same, so be sure to check.

A bit of history: daylight saving time was introduced in France after the 1973 oil crisis (*choc pétrolier*) in order to save energy and has been controversial ever since. Does it really save energy? Is it dangerous for our health? "Longer" days benefit certain activities (restaurants, sports, tourism) whereas farmers have trouble accustoming their animals to schedule changes.

- Neighbourhoods



- Vauban-Esquermes (Vauban)

Lille's student neighbourhood, with a number of schools including Université Catholique and ISTC. It includes green spaces (the Vauban gardens, the park of the Citadel and its zoo). In Vauban you'll find snack bars for lunch, halls of residence, and student bars to keep warm during cold winter evenings.

- Vieux Lille

It is Lille's historical centre, a posh neighbourhood, more expensive but cosy, quiet and lovely. A great place to shop and stroll. At night, themed bars and restaurant create a festive atmosphere.

- Lille Centre

The Centre is the most populated neighbourhood with 23,000 inhabitants. It's a trendy shopping area (Galeries Lafayette, Printemps, little shops around place Rihour and rue de Paris...). It also attracts tourists (Grand'Place, Palais des Beaux Arts, Porte de Paris...)

- Euralille

Euralille is Lille's business district and most recent neighbourhood (built since the 1990s). It is a dynamic area with a shopping mall (also named Euralille), a casino, and expansion plans. It is located at the northeast end of Lille Centre and comprises both of Lille's train stations (Lille Flandres, built in the 19th century, and Lille Europe, open in 1994).

➤ **Wazemmes**

Wazemmes is a working-class, cosmopolitan area, with a lot of shops and a lively atmosphere. It used to have factories (spinning mills, breweries) but has recently attracted a middle-class population. It hosts the *marché de Wazemmes* (see page 29*).

➤ **Bois blancs**

This young neighbourhood with many corner shops is surrounded by two arms of the Deûle river, which explains why people often call it “*l’île de Lille*” (Lille’s island) and gives it a quiet feel.

➤ **Lille-Sud**

Lille-Sud is a residential neighbourhood, one of the most populated of Lille with 20,000 inhabitants. Though it has a seedy reputation, its atmosphere actually varies from one place to another. It is cut off from the rest of Lille by the highway, railway and the elevated metro line.

➤ **Faubourg de Béthune**

It is an underprivileged residential area between Moulins and Lille-Sud. It has a high unemployment rate and is considered as a dangerous neighbourhood. It is divided by the belt highway that goes around Lille.

➤ **Moulins**

It is a working-class area with a large immigrant population, and ever since the factories closed, it has suffered from a high unemployment rate. It is also a student neighbourhood and hosts the Law Faculty (Lille 2) and the Optical School. It is close to Lille Centre, with good public transport and easy access to the highway.

➤ **Fives**

Fives is a former industrial park converted into a working-class and increasingly middle-class area, undergoing urban renewal. Fives has good public transport and easy access to shops and supermarkets. It is a quiet neighbourhood, but some parts are still disreputable, especially at night.

➤ **Saint-Maurice Pellevoisin**

This residential neighbourhood is located near Lille Centre and Euralille (with the Lille Flandres and Lille Europe train stations). Recently office buildings were built close to Euralille at its southwest end. It has a high number of religious buildings as well as green spaces and parks.

○ **Cultural activities**

➤ **Within UCL**

Université Catholique de Lille offers numerous cultural activities. Its year-long cultural line-up is aimed at everyone: students, personnel, general public. The schedule is available on www.univ-catholille.fr/culture/centre-culturel-vauban.asp. It comprises:

- General knowledge lectures
- Debates about societal issues
- Exceptional events and meets
- Exhibitions to promote heritage

➤ **In and around Lille**

The tourist information centre (*office du tourisme*) is located on place Rihour. You can go there to find information about the city, good deals and events organized in Lille. Their website: www.lilletourism.com.

➤ Museums



Palais des Beaux Arts de Lille (place de la République): www.pba-lille.fr. A permanent exhibition from Ancient Egypt, Greece and Rome to the Middle Ages and the Renaissance, Dutch and Flemish painting, as well as a few impressionist and contemporary art, complemented by thematic temporary exhibitions.



LaM (Lille Metropolitan Museum of modern art, contemporary art and outsider art): www.musee-lam.fr. With over 4,500 pieces, the LaM is the only museum in Europe that presents the three main aspects of 20th and 21st-century art. The permanent exhibition takes you from modern art through contemporary art to outsider art, with a thematic progression. There are 3 to 4 temporary exhibitions every year. It is located in Villeneuve d'Ascq, near Lille. You'll have to take first the metro then a bus.



La Piscine de Roubaix (Museum of Art and Industry): www.roubaix-lapiscine.com. The building used to be a swimming pool and its architecture was preserved. The setting is magical and well worth the trip! But there are also a number of paintings and sculptures, as well as items made in Roubaix back when there was a spinning mill. It is located in Roubaix, close to Lille - you can take the metro (30 minutes from Cormontaigne in Vauban to Grand Place in Roubaix) or the train (10 minutes from Lille Flandres to the Roubaix station). The museum is only five to ten minutes' walk away.



Louvre Lens: www.louvre-lens.fr. A semi-permanent exhibition, currently *la Galerie du Temps* (Gallery of Time) until the end of 2017, temporary exhibitions, but also a resource centre and a park surrounding the museum. From Lille, you can get there by train in 40 to 50 minutes. There is a free shuttle from the Lens train station to the museum (every 20 minutes), as well as a pedestrian path (20-minute walk).

If you plan on visiting museums often, you should purchase the **C'Art**. For €30, it gives you unlimited access to both permanent and temporary exhibitions in 5 museums: le Palais des Beaux Arts, la Piscine, le LaM, le Fresnoy (National studio of contemporary arts, in Roubaix) and the MUba (Musée des Beaux Arts de Tourcoing, 15-20 minutes away in train). More information here: www.lacart.fr.

➤ Events

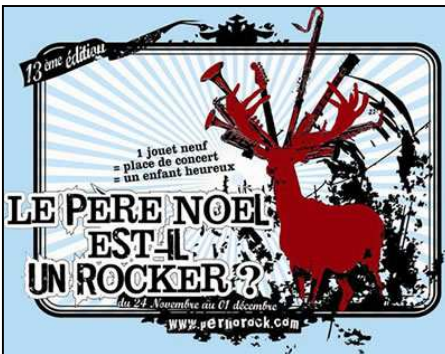


The **Wazemmes market**: a large market on Tuesday, Thursday and Sunday mornings (larger on Sundays), on the *place du marché de Wazemmes* (official name: place de la Nouvelle Aventure) near the intersection of rue Colbert and rue Léon Gambetta.



La Braderie de Lille, the first weekend of September. It is the largest bric-a-brac sale or flea market in Europe. More than 10,000 sellers and two to three million people attend every year, some of them coming from across France or from abroad. Entire streets are converted to a market and no one can use their car in the centre of Lille. One can buy and sell furniture, clothes, books, etc., in all sorts of price range.

www.braderie-de-lille.fr



“Le Père Noël est-il un rocker?” music festival (“Is Santa a rocker?”, or “Perno”).

At the beginning of the holiday season, come and enjoy good music with the rising bands of the region. This event’s distinctive feature is that every night of the festival, each member of the audience brings a toy that the organisers collect in order to give them to children who are not fortunate enough to receive Christmas presents. From rock to *chanson française* or electronic music, this festival will appeal to everybody’s musical tastes.

www.pernorock.com



Le Carnaval de Dunkerque (Dunkirk Carnival) is a series of parades (*bandes*) and dances (*bals*) from the end of January and on for two months and a half. Different events happen in different towns around Dunkirk. Celebrations intensify around *Mardi Gras* (Fat Tuesday). Coming up with creative costumes and partying in the street are part of the fun of the Carnival.

www.ville-dunkerque.fr/carnaval/le-carnaval-de-dunkerque

o Travelling

Voyager – un voyage	<i>vwa-ya-jay – uh vwa-yaj</i>	To travel – a trip
Partir en vacances	<i>pahr-tyr aw vah-kaws</i>	To go on vacation
Prendre l’avion / le train / le car / le bus etc.	<i>prawdr lah-vyow / luh truh / luh kahr / luh bew-s</i>	To fly / to take the train / the coach / the bus etc.
Conduire / aller en voiture	<i>kow-dweer / ah-lay aw vwa-tewr</i>	To drive / to drive somewhere



➤ Train

The SNCF (the French national railway company) manages the entire French train network. Train is the simplest way to travel in and around France for students.

You can get to most towns in the region by train directly from one of Lille’s two train stations (Lille Flandres and Lille Europe, which are both located in Euralille, northeast of Centre Lille). You can also take the TGV (high-speed rail) to several large cities:

Lille-Paris: 1 hour.

Lille-Brussels: 35 minutes.

Lille-London: 1 hour 20.

Lille-Amsterdam: 2 hours 30 to 3 hours.

Students and people under 28 can get discounts. They can purchase the SNCF’s “carte jeune” (12-17 or 18-27 years-old) for €50 (valid for a year). With it, you can get discounts on train tickets, up to 60% for trips in France. It pays off quickly if you travel regularly.

In France, in order for a train ticket to be valid, it has to be validated before you get on board the train. To print a validation stamp, insert your ticket in one of the yellow machines located all around train stations, for example at the beginning of train platforms.

For all details about ticket reservations, schedules, and discounts, look up the SNCF website: www.voyages-sncf.com.



➤ Plane

The Lille-Lesquin airport is 7 km away from the city centre, connected to Lille through a regular shuttle. It offers flight to most cities in France as well as a number of cities in Europe, Turkey and Northwest Africa.

For more information: www.lille.aeroport.fr.

To fly to other destinations, you can take the TGV directly to Charles de Gaulle Airport (Roissy) in Paris (about an hour from Lille). Getting to Orly, Paris’ other airport, is a little bit longer, with first a TGV to Gare du Nord (about an hour) and then the RER B (express train) to the airport (about 40 minutes more). From these two airports, you can reach pretty much any city in France, Europe – or the world.

Keep in mind that the earlier you book, the cheaper you’ll pay, and that as a general rule, you should always try to book a two-way trip, it is much cheaper! Sometimes a one-way ticket costs as much as the same flight with the return trip.



➤ Bus services

Eurolines (www.eurolines.fr) is a low-cost coach travel company with over 600 destinations in France and Europe and has discounts for people under 25.

For instance, you can ride a bus from Lille to Torino (Italy) overnight (16 hours), and back, for €60 to €130 depending on the date. All trips are not always cheapest with Eurolines than with the SNCF, be sure to check: for a trip to Torino, you might find TGVs that take half the time to get there and cost €110 or €115 with the return trip. And occasionally even planes can be cheaper than both buses and trains: you might be able to fly from Brussels to Torino and back with Ryanair for as little as €80 (add €30 for the bus ride to and from Brussels with Eurolines). Or if you decide go to Venice instead, you can fly directly from Lille and back with Transavia for €70 to €155.

Also compare with the SNCF bus service, iDBUS (bus.voyages-sncf.com): for example, it offers a ride to Amsterdam in 3 ½ hours for €25 to €30, (the same trip with Eurolines costs €50 to €60 and lasts over 5 hours).

As a general rule, booking your ticket either long before your trip or just before will get you the best prices. Of course, with the second method you have to be very flexible about dates and destinations, as some may be fully booked, especially on national holidays.



➤ Carpooling

Another way to travel for a low price, and meet new people, is sharing a ride (in French *covoiturage*). A number of websites connect people who don't have a car with car owners who want to share the price of their trip.

You have to be flexible about dates and hours, which are set by the car owner, who may or may not pick you up and drop you off exactly where you want. Be sure that you will be able to get back to Lille – if the car owner doesn't return at the same time as you do, you will have to find another ride, or buy a bus/train/plane ticket.

Prices vary, usually your share of the tank of petrol (normally prices go down when there are more people sharing the car). For instance, a trip to Amsterdam may cost from €15 to €20.

Some websites check their members' background or at least have a rating system (people give a grade to their driver/passenger(s) after the trip is done), which will give you an idea of whose car you're getting into. Either way, when you get in touch with the car owner, you can ask to meet them first if you're uncomfortable with travelling with a perfect stranger.

Carpooling can also be a great idea if you own or rent a car while you're in France, to make your trips cheaper.

Carpooling websites:
www.covoiturage.fr

www.karzoo.eu
easycovoiturage.com



➤ Car rental (carsharing)

If you have a French or European driving licence, you can rent a car for short periods through Lilas Autopartage (www.lilas-autopartage.fr). They have 31 locations, close to public transports, in 12 towns of the Lille metropolitan area, and several close to ISTC. You'll find the car you booked parked outside, and you'll use an access card to open it. Then when you're done with the car, you'll return it to the same location.

First you have to subscribe: €5 per month for a three-month trial period, or €72 for a year. If you have a Pass Pass transport card, you'll get 50% off. There is also a security deposit that will be cashed if you cause an accident. You can subscribe online or at the Lilas office (55 boulevard de la Liberté, Lille Centre).

Booking a car costs €1,50, then you'll pay between €2,30 and €2,80 per hour and between €0,34 and €0,42 per kilometre (depending on the type of vehicle). Fuel is included. You can book a car for an hour to three days (for longer periods, you'll have to contact Lilas to check whether it is possible and how much it will cost), and you can drive it anywhere in France, or even abroad as long as you notify Lilas – but you will have to return the car to its original location at the end of the booked period.

During the day, after 9 consecutive hours, the next hours are free. At night, hours from 11:00 p.m. to 5:00 a.m. are free. And if you drive more than 100 kilometres, each kilometre will cost 25% less.



➤ Travel accommodations

When travelling, we recommend you know where you will sleep before you leave; it is safer, and also cheaper as you will be able to compare a number of options.

- Hotels (*hôtels*)

+: comfort and privacy.

-: less social interaction, price (from about €30 a room a night, but it can easily go up to €80) though you can find budget hotels a little bit further away from city centres, and share a room with friends.

Beware of online hotel booking websites, they don't always give you the cheapest options available, and they take huge commissions. You may benefit from booking your room directly from a hotel managers' group: www.fairbooking.com. There are registered hotels all over France and even in a few neighbouring countries, in all price ranges, and offer advantages such as free breakfasts and price discounts to FairBooking members.

- Youth hostels (*auberges de jeunesse*)

+: cheap price, meeting lots of people from all over the world.

-: little privacy, potentially noisy atmosphere (earplugs and eye-mask recommended to sleep).

Make sure there is a locker to keep your valuables.

You can find hostels through www.hostelbookers.com or www.aubergesdejeunesse.com.

- Bed & breakfasts and guesthouses (*chambres d'hôtes & maisons d'hôtes*)

+: authenticity, less impersonal than a hotel, more privacy than in a hostel. Plus they are pretty much everywhere, even in small towns and the country, whereas budget hotels and hostels tend to be around cities.

-: none really, as long as you check the owner's reputation online.

There are a lot of different options, breakfast might or might not be included, you might or might not have a private bathroom, etc. They range from family-like to luxurious. You can find some at €30 or €35 a night, though most are around €40 to €50, and prices can go up to over €120.

You can find bed & breakfasts and guesthouses on www.gites-de-france.com, www.maison-hote.fr, and also www.airbnb.fr, which is used by professionals but also by people who rent one of their rooms occasionally, or their whole apartment when they're away. It's particularly attractive if you want to be in the centre of a city without paying an expensive hotel (prices from €15 to €30 a night for a shared room or a couch, from about €40 to €80 for a private room, and from €50 to €120 for an apartment).

- Couchsurfing

+: completely free, meeting new people.

-: you have to be particularly careful about whom you're staying with. Read Couchsurfing's safety tips.

Website: www.couchsurfing.org. The concept is simple: people all around the world who let you stay at their home (on a couch, in a spare bedroom, etc.) for free, because they're interested in meeting new people, learning about other cultures, etc. They might even show you around their city, or at least give you pointers.

Be sure to read through a person's profile and what other users say about them before you contact them. In most cases, both hosts and couchsurfers are very nice and respectful, but don't take unnecessary risks. Women travelling alone should be particularly careful and Couchsurfing recommends that they only stay with other women, families or couples. Same goes, by the way, if you want to return the favour and host couchsurfers yourself (don't forget to make sure that your landlord/landlady doesn't mind if you have "friends" stay over!).

- Camping

+: relatively cheap, best for rural areas or to visit several places in the same area.

-: tents are less comfortable than a hotel room, and other options are a bit more expensive.

Camping can be an attractive option, more particularly in the summer. However, contrary to other countries, France has very few spaces where you can camp for free: there are private campsites with sanitary facilities.

The cheapest option is to rent a spot for a tent. But you can also rent a trailer (*mobile home*) or even a cabin, which is equipped much like a budget hotel room would be, and sometimes even has a small kitchen area. It's a great option if you want to visit different things in the same area, though it'll be easier if you have a car or at least a bicycle. Prices range from €10 to 30 a night for a tent spot (for as many as 6 people), from €45 to 100 for a trailer, from €60 to 110 for a cabin.

Some campsites only open in the summer or half of the year, but you can find sites open all year in almost every region of France. www.camping-municipal.org, www.campingfrance.com, www.toocamp.com.

You can also camp in other European countries. Not all of them have a strong camping tradition, so the number may vary. This website references 9800 campsites across 34 countries (regularly inspected to verify their standards): www.eurocampings.fr.

➤ Weekend ideas

So much to do and so little time... Here are a few suggestions of what you could do and see in Europe during your stay. These are very dense weekends; you can also choose to do fewer things in order to just lay back and watch the landscape or cityscape, or make them into one-week vacations in order to do more.

Before you plan travels outside France, please make sure that your visa allows you to leave the country and... come back!

Total prices include transport, accommodations, food, and entry prices to museums or monuments (subject to change). Do check if you'll need public transport at your destination, and whether it is cheaper to buy single tickets or a pass.

- [Paris, France](#)



Paris is the most obvious and the easiest of all. Only an hour away from Lille, one of the world top destinations for tourists and one of the most romantic cities in the world, it has much more to offer than just one weekend's worth of sightseeing.

- **How to get there?** TGV from Lille (1 hour) – one to two per hour. Price: **€50-70** for a two-way ticket.
- **Where to sleep?** Cheapest = Couchsurfing (**€0**) or Airbnb (**€15-40** per night). **Food budget: €20 to 100.**
- **What to see?** Eiffel Tower, Arc de Triomphe, Champs Élysées, Concorde, Tuileries Gardens, Louvre, Notre Dame, Panthéon, Île Saint Louis, Marais neighbourhood. Montmartre, Buttes Chaumont park.

Total price per person: €80 to 300.

- [Lyon, France](#)



The second most-visited city in France, Lyon has a rich history, reflected in its cultural heritage and architecture, and is renowned for its gastronomy and dynamism.

- **How to get there?** TGV from Lille to Lyon (3 hours). Price: **€80-180** for a two-way ticket.
- **Where to sleep?** Cheapest = Couchsurfing (**€0**) or Airbnb (**€25-80**). **Food budget: €20 to 100.**
- **What to see?** Place Bellecour, Textile & Decorative Arts Museum, Silk Workshop, Place des Terreaux, Fine Arts Museum, Traboules de la Croix Rousse. Place Fourvière, Notre-Dame-de-Fourvière, Tour métallique, Amphithéâtre gallo-romain, Musée Miniature et Cinéma, Parc de la Tête d'Or and its zoo.

Total price per person: €120 to 400.

- [Châteaux de la Loire, France](#)



Among France's historical sites, one of the most famous is the Loire Valley, with its numerous castles. Most of them were built or remodelled during the Renaissance (15th-16th century) by Kings or lords close to the royal family. There are more than you could likely visit in a month, but you can definitely enjoy a few of them.

- **How to get there?** Train or bus to Blois, Angers, or Nantes (€100-200 for a two-way ticket). The best is to drive.
- **Where to sleep?** Couchsurfing, B&B, camping. **Food budget: €20 to 100.**
- **What to see?** Near Blois: Blois Castle, Chambord Castle, Cheverny Castle, Beauval zoo. Near Nantes or Angers: Castle of the Dukes of Brittany, Angers castle, Brissac Castle, Saumur Castle.

Total price per person: €140 to 300.

- [London, UK](#)



One of the most expensive cities to visit, London offers legendary sights and exciting attractions, between history and modernity.

- **How to get there?** Eurostar from Lille (1 hour ½) – almost one per hour. Price: €125-180 for a two-way ticket.
- **Where to sleep?** Cheapest = Couchsurfing (€0) or Airbnb (€30-100). **Food budget: €20 to 100.**
- **What to see?** National Gallery, Trafalgar Square, Big Ben, Millennium Wheel, Tower of London, Tower Bridge. Madame Tussauds, Regent's Park, Sherlock Holmes Museum, Hyde Park, Buckingham Palace.

Total price per person: €275-650.

- [Bruges, Belgium](#)



The “little Venice of the North”, with swans in its canals, boasts a well-preserved medieval heritage, an authentic gastronomy and a tradition of chocolate craft, as well as a high-quality cultural life.

- **How to get there?** Train from Lille (1 hour $\frac{3}{4}$, with at least one connection): **€60-110** for a two-way ticket.
- **Where to sleep?** Couchsurfing (**€0**), a hostel (**€20-35**) or Airbnb (**€40-90**). **Food budget: €30 to 100.**
- **What to see?** Grote Markt, Belfry, Basilica of the Holy Blood, Stadhuis City Hall, Blinde-Ezelstraat (Blind Donkey Alley), Rozenhoedkaai (iconic picture spot), Groeninge Museum. Church of Our Lady Bruges, Begijnhof, Minnewater (Lake of Love), windmills: Bonne Chieremolen, Koeleweimolen, Sint-Janshuismolen.

Total price per person: €115-400.

- [Amsterdam, Netherlands](#)



Dubbed “the Venice of the North” and the “greatest small city” in the world, this canal-side city is famous for its “coffee shops” where soft drugs can be bought, but also for its diversity and tolerance, and its colourful architecture.

- **How to get there?** Train (2 hours $\frac{1}{2}$): **€55-140**, or iDBUS (3 hours $\frac{1}{2}$): **€50-80**, for a two-way ticket.
- **Where to sleep?** Couchsurfing (**€0**), Airbnb (**€30-100**), or a hostel (**€25-45**). **Food budget: €20 to 100.**
- **What to see?** Westerkerk church, Anne Frank House, “De 9 Straatjes” route. Begijnhof, Civil Guards Gallery, floating Flower Market, Gouden Bocht canal, bridge at Reguliersgracht & Herengracht, Magere Brug. De Wallen neighbourhood, Oude Kerk church, National Maritime Museum, Rijksmuseum, Van Gogh Museum.

Total price per person: €140-340.

- [Barcelona, Spain](#)



The most visited city in Spain, located by the sea, Barcelona is cosmopolitan and full of surprises, from Gaudi's iconic buildings to its rich history and modern culture or its gastronomy and wine.

- **How to get there?** Direct flight from Lille (2 hours; not available every day): **€130-250** for a two-way ticket.
- **Where to sleep?** Couchsurfing (**€0**) or Airbnb (**€30-80**). **Food budget: €20 to 100** (don't forget to try *tapas!*)
- **What to see?** La Sagrada Familia church, Parc Güell, Casa Milà, Casa Batlló, Casa Amatller, Palau Güell. Museo Picasso, Parc de la Ciutadella, Montjuïc Castle, Poble Espanyol, Font Màgica.

Total price per person: €210-620.

- [Porto, Portugal](#)



Porto, divided between the river Douro and the Atlantic ocean, boasts numerous gardens and an attractive riverside, as well as port wine and tasty cuisine.

- **How to get there?** Direct flight from Lille (2 hours ½, not available every day): **€55-400** for a two-way ticket.
- **Where to sleep?** Couchsurfing (**€0**) or Airbnb (**€20-60**). **Food budget: €20 to 100.**
- **What to see?** Cais de Gaia & da Ribeira, Luís I bridge. São Francisco Church, la Sé, São Bento station, Pérola do Bolhão (delicatessen), Capela das Almas. Torre dos Clérigos, A Vida Portuguesa (retro store), Livraria Lello & Irmão, Museu Nacional, Jardins do Palácio de Cristal, Museu Serralves, Foz do Douro area.

Total price per person: €90-575.

- [Venice, Italy](#)



The most romantic city in the world, the City of Canals offers breathtaking sights and entertainments. Note that the Carnival happens in February, with more to see and do – but also more crowds and higher prices.

- **How to get there?** Direct flight from Lille (1 hour ½; not available every day): **€70-250** for a two-way ticket.
- **Where to sleep?** Couchsurfing (**€0**) or Airbnb (**€50-100**). **Food budget: €30 to 120** (try the local seafood).
- **What to see?** Piazza San Marco, Basilica di San Marco and its Campanile, Torre dell’Orologio, Palazzo Ducale. Gondola ride and/or Grand Canal tour on a *vaporetto*. Gallerie dell’Accademia, Peggy Guggenheim Collection. Stroll on a few of Venice’s 435 bridges. Concert at the theatre, opera or church (e.g. Pietà Church).

Total price per person: €150-800.

➤ [Travelling outside of France](#)

Always bring your passport with you when you leave France to travel around Europe during your stay. You can be asked to show it at any time during on a train or on a plane. If you have a residence permit, bring it with you too, you can be asked to show it during a visa control.



Administrative procedures

o Visa

All students coming from non-EU countries need a student visa for their stay in France. The type of visa depends on how long your stay is. Administrative procedures to obtain a French visa can be very different and take more or less time depending on your home country. However, the French diplomacy website gives general information about student visas: www.diplomatie.gouv.fr.



To find out in detail about the procedures required for your particular situation, please contact the French embassy in your country. Visa procedures must be completed before your arrival in France.

o Residence permit (*titre de séjour*)

All students coming from non-EU countries need a student visa AND a residence permit to stay more than six months in France. Get in touch with **Julie Navalkar** as soon as you arrive in order to start the procedure.

o Work permit (*permis de travail*)

Obtaining a work permit is very long and complicated, but there are solutions for students. If you have a student residence permit, you don't need to obtain a work permit as long as your job takes up less than 964 hours per year. Your employer has to inform the Préfecture before you start working (details on www.crous-lille.fr/p/etudiants/jobs#etrangere).

Another way to earn money is to babysit (€6 to €8 an hour) or give language classes (€10 an hour, more if you have some teaching experience or if your language is rare). Parents may hire you to babysit their children and speak to them in a foreign language – in this case, be sure to ask more money than for regular babysitting. You will probably be paid in cash, “off the books”, which is a common practice among students.

These jobs are found through word of mouth, classified ads, specialized websites, or flyers left in local stores or schools. The French Ministry of Education has a dedicated website: www.jobaviz.fr.

No matter what job you take, never accept to be paid less than €5 per hour, even if that seems like a lot when converted into your home country's currency. Life in France is expensive, and your work deserves a fair reward.

Emploi/job étudiant / petit boulot	<i>aw-plwah/djob aytudyaw / puh-ty boolo</i>	Student job / small job.
À temps partiel	<i>ah taw par-syayl</i>	Part-time.
Faire du babysitting	<i>fayr du baybysytyng</i>	To babysit.
Donner des cours de langue	<i>donay day koor duh lawg</i>	To give language classes.
Cinq/six/sept/huit/neuf/dix € de l'heure	<i>sank/sis/set/weet/nuhf/dis uh-ro duh luhr</i>	5/6/7/8/9/10 euros per hour

○ Health insurance

- [EU students](#): you will have to show your European health card upon arrival.
- [Non-EU students](#) : even if you come to France with your own health insurance, the French Government requires non-EU students* under 28 years old and spending more than 3 months in France (starting from October) to purchase the French health insurance, called “Sécurité Sociale”. Cost: about 210€ per academic year. The annual premium is to be paid for the entire academic year, no matter when students arrive in France. Valid from October 1, 2014 to September 30, 2015. It refunds about 70 % of medical costs.

* Unless a special agreement exists between France and the exchange student’s home country.

○ Driving licence



If you are not a European or Quebec citizen and you want to drive in France, you will need an international driving licence. Procedures to obtain it vary depending on the country, but they are relatively cheap and easy. Do check it out in advance to avoid delays or bad surprises.

ISTC International Relations Office

SPECIAL THANKS TO

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Marianne Siréta (translation, additions & cultural adaptation of this guide)

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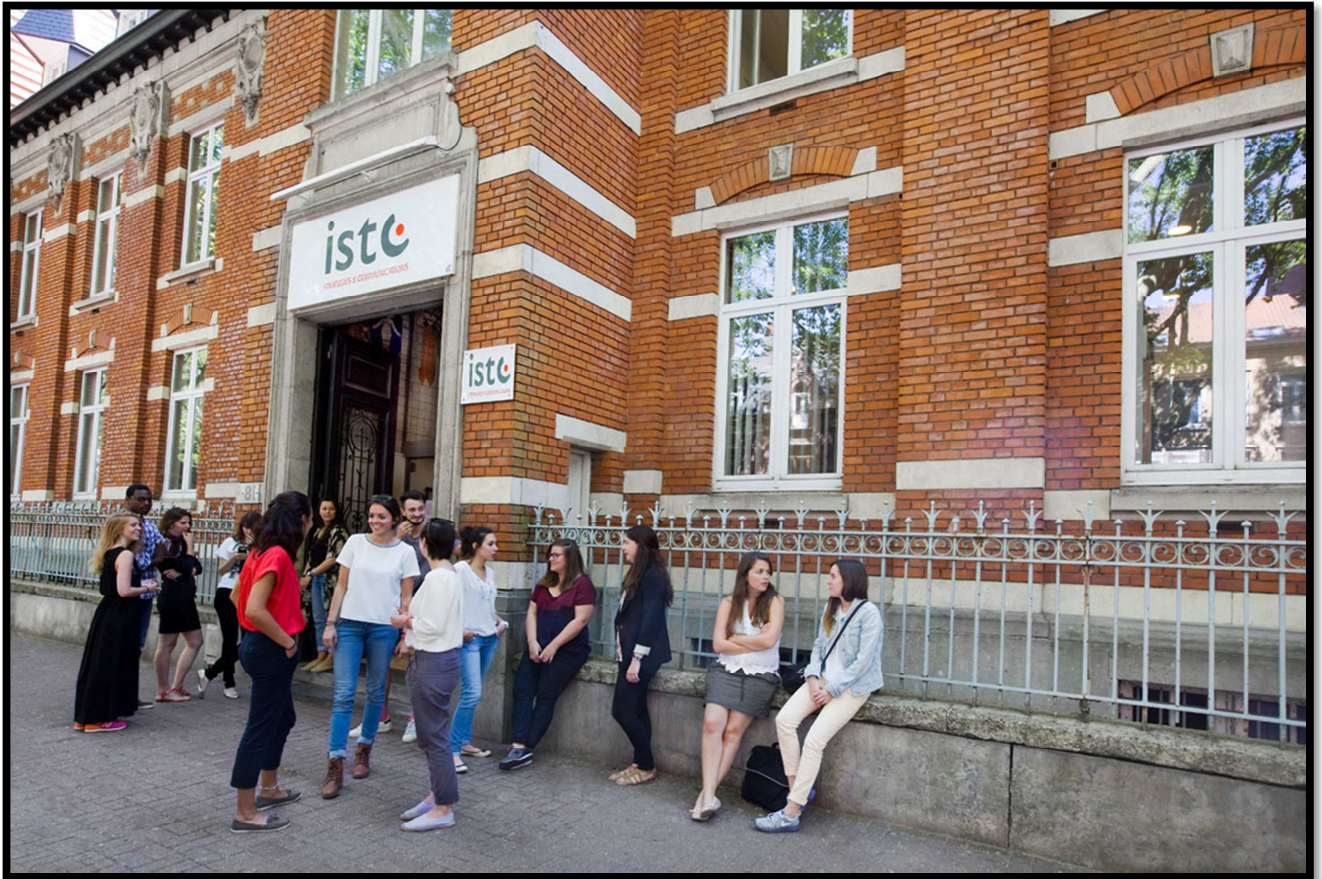
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*ENJOY YOUR STAY
WITH US!!!!*



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