ESCPAU THE LITTLE BIG SCHOOL

Welcome Guide 2010-2011

Welcome to ESC Pau

EFMD EPAS ACCREDITED

GROUPE ESC PAU CCI PAU BEARN

THE INTERNATIONAL DEPARTMENT TEAM

http://www.esc-pau.com/

THE INTERNATIONAL STUDENT ASSOCIATION

Little BIG WELCOME

http://www.littlebigwelcome.com

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The Little big School

Preliminary note

Dear Student,

Welcome to Groupe ESC Pau!

This guide will help you to cope with the different administrative procedures you will have to settle before your arrival and once you are here.

It will also give you an overview of daily life in France, and moreover in Pau.

The International Relations staff members will provide you with general assistance on all kinds of matters during your stay with us.

On behalf of all the staff, I wish you a pleasant stay in our School.

Jean-Pierre Lahille
Director
Groupe ESC Pau

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1. Pau and its region

Homeland of Henri IV, king of France and Navarre, and Bernadotte, king of Sweden, Pau is today known for its cultural and historic wealth.

For information on the town, go to site: http://www.pau.fr/

• Location

Pau is in the region of Aquitaine, and in the Pays de l'Adour. It is the administrative centre for the department of Pyrénées-Atlantiques.

The town of Pau has around 135,000 habitants. The total population of the surrounding 60km area is 600,000.

ESC Pau is located in the heart of a university campus of around 13 000 students.

Pau and its region are home to numerous companies from different sectors of activity: ELF Aquitaine (chemical), Rhône-Poulenc (petrochemical), Pau-Euralis, 3A, Fromagerie des Chaumes (food processing), Turboméca (aeronautic), Décathlon (sport), Leclerc, Carrefour, Auchan and Intermarché (hypermarkets).

Pau is a centre for culture and sport and has 2 main venues:

- The "Palais des Sports" has 7500 places (the second biggest after Paris-Bercy) and the famous Pau-Orthez basketball team plays here.
- For concerts and other shows, the "Zenith" has 6500 places.

Pau is located about 120 kilometres from the Atlantic coast (Biarritz and the Basque Coast and also the Landes beaches) – it takes about one hour by motorway.
It is also about 140 kilometres from the Spanish coastal border; if you pass over the Pyrénées, Spain is only 65 kilometres away.

Pau is located at the crossroads of the Mediterranean-Atlantic axis which joins Montpellier and Toulouse to Saint Sebastian in Spain. Bordeaux and Toulouse are about 200km from Pau and Saragosse and Bilbao are about 250 km away.

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Pau is well located for trekking, climbing and pot-holing and also has the first 18 hole golf course in Europe, created by the English in the 19th century.

To discover our town, go to: http://www.pau.fr/versionetrangere/english/accueil.htm

Summer is generally hot and dry and temperatures can easily reach 30° C. The average temperature in July is about 19.4° C. The hot weather continues until autumn, sometimes until November. Winters in Pau are generally mild with lots of sunny days. Only occasionally will temperatures drop to -2/-3° C or colder.

Thanks to its southern position, days are 50 minutes longer than in Paris during the winter. The spring is normally rainy. We recommend you to bring a mixture of light and winter clothes.

http://www.meteofrance.com/FR/mameteo/prevDept.jsp?LIEUID=DEPT64
Click on Pau to check the weather for the next 2 days.

http://weather.weatherbug.com/France/Pau-weather/local-forecast/7-day-forecast.html?zcode=z6070 or click here for a longer forecast – 7 days.

1 – Flying from Paris to Pau

Pau is 750 km (450 miles) from Paris. There are 7 daily return flights between Paris and Pau. The trip takes 75 minutes.
Planes leave from Orly Ouest airport or Roissy Charles de Gaulle airport.
See http://www.pau.aeroport.fr

Daily departures from Orly Ouest airport:
7.10 am (except on Sunday); 9.00 am; 1.05 pm; 2.35 pm; 5.20 pm; 9.35 pm

Departures from Roissy Charles de Gaulle airport : http://www.paris-cdg.com/
8.40 am; 6.15 pm (on Saturdays only) and 8.45 pm

If you land at Roissy Charles de Gaulle airport and you need to reach Orly Ouest, we recommend you to take the Air France Shuttle (bus) http://www.shuttle-paris.com/ which leaves every 20 minutes from Roissy Charles de Gaulle airport to Orly from 6.00 am to 11.00 pm. The bus trip normally takes 50 minutes but may be much longer depending on traffic conditions in Paris.

If you fly with Air France, you can get a free bus ticket at the Air France desk located in the airport.

Please note that Ryanair has a flight from London Stansted to Pau: www.ryanair.com

2- Coming by train

See: http://www.sncf.com.

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If you are under 25, you will get 25% off your tickets. You can also buy a ***Carte 12-25*** (it costs 49 euros) to get up to 60% discounts on all your trips during your stay. You will require a passport sized photo for this card.

If you come by train from Spain also check www.renfe.es If you book online at least 2 weeks in advance, you can get up to 60% off Spanish tickets at the French border.

If your flight arrives in Barcelona, you can also come to Pau by bus via Toulouse and then take a two-hour train from Toulouse Station to Pau.
See: http://www.barcelonanord.com/esp/horarios/pantalla1.asp?TipoPais=Internacional

And how to get to the bus station in Barcelona:
http://maps.google.com/maps?f=q&hl=en&geocode=&time=&date=&ttype=&q=Carrer+d'Al%C3%AD+Bei,+80+08013+barcelona&sll=42.547188,2.389562&sspn=0.123937,0.31929&ie=UTF8&ll=41.394824,2.182438&spn=0.007887,0.019956&z=16&iwloc=addr&om=0

3 – Coming by car

Check your itinerary with:

www.viamichelin.fr
www.voila.fr
www.mappy.fr

Settling down in Pau

1– How to get to Groupe ESC Pau

From Pau Train Station you can take the free funicular to the Boulevard des Pyrénées then, after a short walk, take bus number 4 or 6. Buses leave from the Pole Bosquet, Place d'Espagne and stop a few minutes walk from ESC Pau.
See www.bus-stap.com/carte and you can also go to "*Correspondances*" at the top to see the lay-out of the bus stops at Pole Bosquet.

You may also take a taxi (approximately 20 €).

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If you let us know the date, time and flight number in advance, we may be able to pick you up at the airport or at the Railway Station.

2 - City transport in Pau

This is managed by the S.T.A.P (Société des Transports de l'Agglomération Paloise).
The S.T.A.P office is located at Place d'Espagne in Pau
Tél. : 05 59 27 69 78
Information/subscription
Open from Monday to Friday: 8.30 to 12.00 and 13.30 to 18.30
www.bus-**stap**.com

You can buy individual tickets from the bus driver. Fares cost 1.10 euro.
You may also buy 4 tickets (at the S.T.A.P office or in a tobacco shop – "TABAC") which you can use for 8 trips. These 4 tickets cost 5.60 euros and are valid until you have used both sides.

You may also buy a card called the "Campus card" for students (under 26 years old). To do so, you will have to bring a passport-sized identity photograph as well as an enrolment certificate, or your student identity card.

A weekly card costs 7.40 euros (valid from Monday to Sunday).
A monthly card costs 18.50 euros (valid from the first day to the last day of each month).
A three-monthly card costs 54.00 euros (usable from the first day of each month to the last day of 3 months after – for example from 1st January to 31st March)
We recommend these only if you intend to take the bus everyday.

A city transport map will be given to you when you arrive.

From Pau town centre to ESC Pau take bus number 4 ("Zenith" direction) from *Place d'Espagne - Pôle Bosquet* and stop at "Saint John Perse".

From ESC Pau to Pau town centre, go to the main road (avenue Lucien Fabre) outside ESC Pau, cross the road and take the bus number 4 ("Lons - Pesqué" direction) and stop at "Pôle Bosquet".

3 – Pau-Pyrénées Airport http://www.pau.aeroport.fr

Daily flights from Pau:

Paris: 9 flights
Lyon: 3 flights
London: 1 flight (Ryanair)
Amsterdam: 1 flight (Transavia)

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See also: www.ryanair.com and: www.transavia.com – low cost companies

Traveling in Europe by train: the best option is to purchase the "Interail card" which enables you to travel at a cheap price all over Europe: http://www.interrailnet.com/interrail_home

If you want to go skiing during your stay in Pau, here is some useful information to go to Gourette ski resort in the Pyrenees:

- At the train station, take bus 8 to go to Gourette (Pyrenees)
  - Bus schedule (be careful the bus stop is at the train station):
    - Departure from the bus stop: 7h35, arrives Gourette 9h00
    - Departure from the bus stop: 11h25, arrives Gourette 12h50
    - Departure from the bus stop: 12h50, arrives Gourette 14h15

    Bus ticket for one trip, one person 6€
    Bus ticket for one trip, five people 27€
    Bus ticket for one trip, ten people 45€

- At Gourette, you can take the BEZOU cable car up to an altitude of 1,600m in 3-4 minutes

  A return cable car ticket costs 6€

- To come back to Pau, take bus 8
  - Bus schedule:
    - Departure from Gourette 9h45, arrives Pau train station 11h10
    - Departure from Gourette 13h15, arrives Pau train station 14h40
    - Departure from Gourette 17h30, arrives Pau train station 18h55

    Bus ticket for one trip, one person 6€
    Bus ticket for one trip, five people 27€
    Bus ticket for one trip, ten people 45€

If you need to rent skis or snowboards you can do it on site at Gourette.

Another option would be the following:

You can enrol for up to 3 sports activities for 20 euros at *La Maison des Etudiants* on the university campus (9h00 – 16h30 mid September to mid October, then 12h00 – 14h00).

Additionally for skiing you pay 20 euros each time you go to the ski resort (Gourette or Luz/Cauterets...) it includes a return trip on the bus, skis, ski boots and lift tickets for the day – Saturdays only)

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Visit the following links for more information about these ski stations
www.gourette.com
www.cauterette.com
http://www.pau.aeroport.fr/information-tourisme/carte-touristique.php in this map you will see where each resort is located.

4 – Accommodation

If you already have accommodation in Pau, please let us know. Otherwise, we suggest the following solutions:

✓ Individual room in the University Dorm / University Residence
From 130 € to 230 € per month depending on the type of accommodation (utility costs included), but you will also need to pay a deposit equivalent to 1 month's rent. Once you leave, we will reimburse your deposit provided you have not caused any damage to the room

Please note that rent is payable by Bank Cheque per semester; monthly rates should therefore be multiplied x 5 for the Spring Semester (Jan-May) and x 4 for the Fall Semester (Sept-Dec).

✓ Private accommodation:
Be aware that a furnished and equipped apartment / studio costs approximately 350 € / 500 € per month. You will be required to provide a deposit which is equivalent to 2 months' rent. Once you leave, the owner will reimburse your deposit as long as you have not caused any damage to the apartment.

Monthly estimated budget: 600 € per month.
Please consult regularly the Internet website of SUBWAY 64 (ESC PAU association)
http://64subway.com/ click on "petites announces" and "offres de location"

✓ Online search for an apartment or roommates, etc.
http://www.seloger.com/recherche_colocation_listing.htm?type=0&metrocode=Pau

✓ Real Estate Agencies:
Atout Immo : 6 rue Adoue : www.fnaim.fr/atout
Tél: 05 59 27 38 00

MCI Immobilier : 48 cours Camou : www.mci-immobilier.fr
Tél : 05 59 92 62 95

Gespi : 35 rue Henri Faisan
Tél : 05 59 27 78 51
Orpi : 8 rue Gambetta : www.orpi.com
Tél : 05 59 11 11 01

✓ Appart Hotel "Victoria Garden" for short stays: www.victoriagarden.com

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5 – Where to eat

● At School

A cafeteria (le Foyer) is open from Monday to Friday. Opening and closing hours: 8.00 am to 6.00 pm. You can have your lunch there for less than 5.00 €

● On Campus

- Brasserie universitaire "La vague"

Located in between the Law and Language Faculties
Open from Monday - Friday, 8.00 am - 3.00 pm
Summer Closure: July 21st

- Cafeteria Arlequin

Faculty of Law
Open from Monday - Friday, 7.30 am - 5.00 pm

- Restaurant Universitaire "Cap SUD"

Open from Monday - Friday, 11h30 - 13h30 and 18h30 - 19h45
You can either pay using meal tickets (2.80 euros each available in books of 5 or 10 tickets) or by cash.
Meal tickets are sold at the entrance of the Restaurant Universitaire.
Summer Closure: June 30th

● Close to the campus

- "Quick" Fast food restaurant: Boulevard Lucien Fabre (if you show your ESC Pau student card for a big complete meal you can get a same second sandwich for free)
- Cafeteria LECLERC shopping centre – 1st floor

● Town Centre / Downtown

There are many traditional and exotic restaurants (Asian, Indian, Greek…):

- La Cantina – 20 rue du Hédas,
- Les Acacias – 27 rue E. Garet,
- La Bodega – 1 bis rue des Orphelines
- La Chota – 55 rue Montpezat
- Pappadum – 9 impasse Honset
- Au Bureau – place Clemenceau
- Au Berry – place Clemenceau

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6- Where to have a drink

- Au Bureau – place Clemenceau
- Le Black Bear – 1 boulevard de l'Aragon
- Le Cotton Pub – 2 rue du Château
- Saint Patrick – 8 rue Arribes
- West Side – 3 rue Saint Jacques
- Le Garage - 49, Rue Emile Garet
- Boulevard des Pyrenees, you will find many bars there and a beautiful view of the mountains.

See the following link to find out a little more about attractions, etc in Pau
http://www.frommers.com/destinations/pau/0657010001.html

If you wish to visit ***Le Château de Pau***, bear in mind that entrance is free on the first Sunday of each month, including a tour guide in French and written guides in different languages (English, Spanish, etc).

7 – Useful telephone numbers

Airport	05 59 33 33 00
SNCF (railway station)	08 36 35 35 35
Taxis	05 59 02 22 22
Tourist Office	05 59 27 27 08
Fire brigade	"18"
Hospital Emergencies	"15 "(ambulance)
Hospital (Pau)	05 59 92 48 48
Medical Emergencies	05 59 62 44 44
Police Station	05 59 98 22 22 or "17"

8- Useful addresses in Pau

- Doctor : Dr. Payan (English speaking)
  48 cours Camou
  Tel: 05 59 32 54 98

- Dentist : Dr. Alain Reboah (English speaking)
  198 av. Jean Mermoz
  Tel: 05 59 32 15 51

- Dentist : Dr Barbut Oscaby (English speaking)
  6 rue Gachet
  Tel: 05 59 98 00 00

  Dentist: Mrs. Dang (English-Speaking)
  41 ter avenue du Loup
  64000 Pau

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Tel : 05 59 30 30 69

- Prefecture (for your residence permit)
  http://www.pyrenees-atlantiques.pref.gouv.fr/index.htm
  2 rue Maréchal Foch
  Tel: 05 59 27 60 00
  Opening hours from Monday to Friday: 9h - 12h and 13h30 – 16h

- Caisse d'Allocations Familiales (CAF) (for the accommodation allowance)
  www.caf.fr (Pau postal code: 64000)
  5 rue Louis Barthou
  Tel: 05 59 98 55 00

- LMDE La Mutuelle des Etudiants www.lmde.com
  53 rue Carnot
  Tel: 05 59 02 26 29
  Opening Hours: Monday to Friday 9h30 - 12h30 and 13h30 - 16h30

- Mutuelle VITTAVI www.vittavi.fr
  4 rue Pasteur
  Tel: 05 59 84 74 61
  Opening Hours: Monday 13h - 18h
  Tuesday, Wednesday and Friday 10h - 12h30 and 14h - 18h
- Police Station
  5 rue O'Quinn
  Tel: 05 59 98 22 22

- Air France
  Rue Maréchal Foch
  Tel: 0802 802 802
  Fax: 05 59 27 71 78

- Hospital (Pau)
  4 Boulevard Hauterive
  Tel: 05 59 92 48 48

- Student Medical Center
  2 rue Audrey Bengozi (close to the Halls of Residence – Clé des Champs)
  Tel: 05 59 92 32 30

- Launderettes
  Cité Gaston Phoebus (Building B) (around 3 euros for washing and drying)
  6 rue du Colonel Gloxin
  3 rue Bordeu
  27 avenue du Loup

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6 rue Gambetta
11 rue Castetnau
35 rue du 14 Juillet
Centre Champion – rue Lavoisier (close to the campus)

- Fitness : Amazonia Club
  Rue Lavoisier, centre commercial Kennedy (close to ESC PAU)
  www.amazonia.tm.fr
  Tel: 05 59 84 31 06

9 – Cost of living

This is an estimated break down of costs:

Food: approximately 200 € / month
Accommodation: from 130 to 500 € / month + maintenance charges
Transport: 20 € / month
Personal expenses:
- movies : (student rate) : 3,50 €
- restaurant : from 9,20 to 22 €
- a coffee in a bar costs 1,30 € and a glass of beer costs from 2,50 to 4,00 €

10 - Internet connection

All students have unlimited access to the internet as well as a personal e-mail address provided by Groupe ESC Pau.

Your personal e-mail address and your password will be given to you a few days after your arrival.

To get a private internet connection at your accommodation you should see NEUF www.neuf.fr, or ORANGE www.orange.fr etc. Most of the internet offers include wi-fi internet connection (you can share it between other students who live with you), telephone and TV.
If you want to have a personal cable internet connection only, check the Student Offers (25 euros per month at NEUF, but you will have to sign at least a 9 month contract).

11 – 'The Little Big Welcome' Association

This new association is in charge of welcoming, aiding and integrating international students of the ESC Pau to the French students. Created in January 2010, its members are currently students in Master 1 at school.
The various missions of the association are:
to help the foreign students to equip their room in the University Dorm/Residence at their arrival; to manage all your administrative

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process for opening a bank account; to broadcast the event planning of the school; to translate posters in English for events organized by other associations; to organize some activities, visits and parties.
Via our website www.littlebigwelcome.com you can have an idea of what is waiting for you here thanks to the association.
If you want to contact us, send an email to esc.welcome@gmail.com or join the Facebook group 'The Little Big Welcome'!

12 – Other Student Associations at Groupe ESC Pau

There are several student associations covering various areas of interest. We recommend you become a member of one or more of them in order to facilitate your integration and to meet French students.

Association des Anciens Diplômés: network of former college graduates;
BDA (Bureau Des Arts = Art Office): theatre, photography, movies, dance, musical;
BDD (Bureau Du Développement Durable = Sustainable Office) : recycling promotion at school, organisation of French Cooking Lessons ;
BDE (Bureau Des Elèves = Students Office): information, welcoming of new French students and entertainment;
BDS (Bureau Des Sports = Sports Office): organizes various sports events (basketball, soccer, rugby…);
Conseil Des Associations: chairs all the student associations in the Groupe ESC Pau;
Dionysos: if you like good wine and want to taste new ones and to visit wine cellars;
Epaupée: for students who enjoy adventure in Asia!
ESC Pau Etudes-Conseil: junior venture conducting surveys for local firms;
ESC'Taca: association promoting the Catalan culture;
Gala Association: organizes the annual Gala party for all students and teachers of the College;
Job Service: helps students to find a job during their studies;
Juste un Sourire (= Just a smile): humanitarian assistance to African under-developed countries;
Pau'dium: association promoting mode, fashion shows and organizing parties;
Pau'taquet: motor racing , 4L Trophy race;
Radio Escapade: student radio campus on 99.8 FM every days;
Snow Cup: annual ski competition by the Teahu'Pau association (extreme sports);
64 Subway: website informing about the student life in the campus.

13 – Useful links

1/ The **Library Website** is available in English:

http://services.esc-pau.fr/eCampus/eCampus_v23.asp?virtualPath=%2FeCampus%2Fdocuments%2FActivit%E9s+support%2FCDI+Library

2/ the **Library Rules** and **Library Staff:**

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http://services.esc-pau.fr/eCampus/documents/Activités%20support/CDI%20Library/1%20-%20CDI%20Space/Who%20are%20we.htm

3/ The **Databases** available:

http://services.esc-pau.fr/eCampus/eCampus_v23.asp?virtualPath=%2FeCampus%2Fdocuments%2FActivit%E9s+support%2FCDI+Library%2F3+%2D+Databases

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Before and after your arrival

1- Certificate of enrollment and student identity card

A few days after your arrival, the Groupe ESC Pau Admin Office will provide you with a certificate of enrollment and a student identity card. You should send us a good quality passport photo by email before your arrival.

2- Student Residence Permit <u>for non European citizens only</u>

Unless your visa says "**exempté de Carte de séjour**", the second step you must take within 3 months of arrival in France is to get your temporary student residence permit.

This is a compulsory document you will have to keep with you during your stay in France.
The validity of this permit cannot extend beyond the duration of your studies in France.
Here is the list of documents you must submit to the Prefecture to obtain a residence permit ***(please make sure that you obtain them before your departure for Pau)***:

- **your passport** containing a **long-term visa** as well as a photocopy of each page which has been written on or stamped

- **3 identity photographs** (we recommend you to obtain them here because of the special size requested)

- **An original birth certificate** (this needs to be translated into French) as well as a photocopy of it. If your birth certificate is written in English you will have to submit a French version translated and stamped by an expert translator, such as the Alliance Française (this may cost you 15 to 30 euros).

- **Proof of your financial resources** equivalent to at least 500 euros per month. This document can be a parental agreement (see annex 1) or a certificate from your bank showing that your bank account has sufficient funds to cover all expenses during your stay in France.

- **Proof that you have health insurance.** You will automatically be affiliated to the French medical insurance scheme (Social Security) if you have never subscribed. Be aware that the cost for 1 year is around 192 euros payable in one installment. It is also recommended that you subscribe

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to a complementary social security scheme (monthly payments) called a "Mutuelle". For details, go to www.lmde.com or www.vittavi.fr

- **Proof of residency** in the Pau area (this document will provided by ESC Pau upon your arrival)

- Groupe ESC Pau **certificate of enrollment** (provided by ESC Pau upon your arrival)

- **An envelope** with your name and address in Pau, bearing a 1st class stamp.

Please note that a medical visit is compulsory for non European citizens. The Prefecture will arrange an appointment for you to meet a doctor and will notify you by post.

You will first get a receipt which proves that you are a "regular" foreign student. The final card will be issued approximately 3 months later.

Please note that the renewal of your residence permit has to be done at least 2 months before the expiry date of your card.

For non European students who would normally require a Schengen Visa to travel around Europe, please bear in mind that a French Student Visa is VALID ONLY IN FRANCE and you won't be able to travel out of the country. For travel around Europe for non European students who won't require a residence permit: If you require a Schengen Visa for traveling around Europe because of your nationality, be aware that a French Student Visa is VALID ONLY IN FRANCE, and you won't be able to travel out of the country. If you want to travel around Europe, we strongly recommend you get a Schengen Visa before your departure (you can apply for it in any European country embassy in your country).

For all students applying for the residence permit, once you have obtained it you will be able to travel around EU during the validity of this document.

3 – Medical insurance

Affiliation to the French Social Security system is compulsory for non European citizens unless they are already affiliated to a medical insurance company in their home country.
If you need insurance, we recommend you either subscribe through our agent Herve.Petit-Brisson@gan.fr before leaving your country or contact him once you arrive. Note that we can plan an appointment with him for you.

If necessary, the Central Administration of Groupe ESC Pau will give you a certificate of enrollment upon your arrival.

4 – Accommodation allowance (strictly reserved to students who stay a full year in PAU)

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The French *Caisse d'Allocations Familiales* (CAF) offers financial aid to students and low income earners in order to reduce their accommodation costs. This is only valid for students who hold the Residence Permit (*Carte de Séjour*)

Here is the list of documents which required by the CAF in order to be eligible for such an allowance:

- Photocopy of your resident's permit
- Proof of residence in the area of Pau (rental bill, utility bill…)
- Financial resources of the previous year (special form from the CAF to be filled in)
- Copy of your birth certificate translated in French (or an international one)
- Your French bank account number
- Copy of your visa

If you share an apartment with other students of the same sex as you, each of you should fill in an individual application.
If you share an apartment with a student of different sex, you should fill in only one application, because you will be considered as a couple by the administration.
Please note that considering the huge number of applications, you may get your allowance after the end of your stay in Pau.

5- Opening a bank account in France

Here is the list of documents requested to open a bank account with HSBC:

- a passport,
- a certificate of enrollment at Groupe ESC Pau,
- proof of residence in Pau

Depending on the bank, you may also be required to provide the following:

- a bank certificate or letter which indicates that your bank account in your country of residence is funded **(to be obtained before your departure),**
- a parental agreement if your parents intend to make a monthly bank transfer (see annex 1 - **(to be obtained before your departure)**,

6- Getting a telephone line

If you want to get a telephone line during your stay, we recommend you get a pre-paid mobile phone:

You can get one in different stores like "Telephonie E.Leclerc" near to the school where you will be able to choose from different operators (Orange, Bouygues, SFR, etc)

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Note that if you want to make a call abroad (from France) you need to dial "00" followed by the national and regional number of your correspondent.
For instance: 00 (+ country code + regional and local number)

If you want to receive a telephone call in France from abroad, your correspondent will need to dial the following numbers:
00 33 (followed by your mobile telephone number, minus the first 0)

Other useful information:

- Power electricity in France
  It is 220v. and the plugs probably will be a little bit different from what you use in your home country, we suggest you bring some adaptors to be able you to use your computer or other electronic equipment properly (European plugs are not flat).

- Buying a Bike in Pau
  If you would like to buy a bike in Pau, you have two choices, get a brand new bike or a 2nd hand one in Decathlon or EMAUS at Lescar. To go to Lescar from Pau take the bus line 8 until the stop at Quartier Libre.

- You are in France…. You should visit PARIS!!!!

  Below, please find some useful information for a nice and cheap trip to the City of Light!

  Cheap hotels in Paris: Cost of Hostels (backpackers) from 18 to 30 euros per night.

  http://www.cheaphostel.com/
  http://www.hostelworld.com/hostels/Paris

  Metro in Paris: the Metro is the most common, easiest and cheapest way to get around, find the metro map here:
  http://www.ratp.info/orienter/cv/carteparis.php
  For rates and more information click here: http://www.ratp.fr/

  Tourist Information:
  Louvre http://www.louvre.fr/llv/commun/home.jsp#
  Château Versailles http://www.chateauversailles.fr/
  La Tour Eiffel http://www.tour-eiffel.fr/index.html

  More information about Paris:
  http://www.paris.fr/portail/english/Portal.lut?page_id=8118

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Annexe 1

For parents who intend to send a monthly grant (by bank transfer or check)

AGREEMENT

I undersigned, Mrs., Mr. (name and surname) intend to pay a monthly grant of 500 € (Euros) to my son / my daughter (name and surname of the student) during his / her study period in France.

Date and signature

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Annexe 2

IMPORTANT INFORMATION REGARDING VISAS

MINISTRY OF FOREIGN AFFAIRS
HOW TO READ A SCHENGEN VISA STAMP

Wording FR / ENG		General Remarks
Valable pour:	Valid for:	This is this territorial validity of the visa. If **"ETATS SCHENGEN"** is written, the visa allows you to enter the Schengen zone (France, Germany, Austria, Belgium, Denmark, Spain, Finland, Greece, Iceland, Italy, Luxembourg, Norway, Holland, Portugal, Sweden). If **"FRANCE + 1 TRANSIT SCHENGEN"** is written, this visa allows you just one passage through a Schengen state on your way to France. If **"FRANCE"** is written, this visa only allows you to enter French territory.
Du: Au:	From: To:	Date from which you are allowed to enter the Schengen zone. Date on which you must leave the Schengen zone.
Type de visa:	Type of visa:	Type **"A"**: an airport transit visa (this visa does not allow you to leave the international or customs zone of the airport). Type **"B"**: a transit visa allowing you to enter the Schengen zone. Type **"C"**: a short-stay visa. Type **"D"**: a long-stay visa (length of stay in France more than 3 months.
Nombre d'entrées	Number of passages	Type **"MULT"**, which means that you may enter the Schengen zone as many times as you like. Type **"1"**, which means that you may enter the Schengen zone only once. Type **"2"**, which means that you may enter the Schengen zone twice.
Durée du séjour	Duration of stay	If the consulate has delivered you a **"Visa de circulation"** (validity one year), the number indicated is "90 days", because you are authorized to stay in the Schengen zone for a maximum of 90 days per 6 month period.
Délivré à	Delivered in	Place where visa was delivered
Le	On	Date when visa was delivered
Numéro de passeport	Passport number	Your passport number
Nom, prénom	Last name, first name	The name and first name of the visa holder

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Remarques	Remarks	**<u>A few examples of the most frequently used remarks on a Visa</u>** « **TRANSIT AEROPORTUAIRE** »: this visa does not allow you to leave the international or customs zone of the airport. « **VOYAGE D'AFFAIRES COURT SEJOUR** » and « **CIRCULATION** »: this visa authorizes the holder to stay an unlimited number of times in the Schengen zone during its validity. However, the sum total of days spent in other Schengen countries must not be more than 90 days for a 6 month period. « **Départements français d'Amérique** », «**Guadeloupe** », « **Guyane** », « **Martinique** », «**Mayotte** », « **Nouvelle Calédonie** », « **Polynésie française** », « **Réunion** », « **Saint-Pierre et Miquelon** », « **TAAF** » or « **Wallis et Futuna** »: this visa is valid for the Schengen zone and for the territory mentioned. « **CARTE DE SEJOUR A SOLLICITER DES L'ARRIVEE** »: you are required to go to your local Préfecture within 2 months of your arrival in France in order to request a temporary residence card. « **APT A SOLLICITER DES L'ARRIVEE** »: you are required to request a residence card as soon as you arrive in France, before starting work.

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