



Information Guide for International Students

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ESCEM - Tours campus

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WELCOME TO ESCEM

400 students currently studying on the Tours Campus creating a dynamic environment full of opportunities.

130 teachers and professionals who are highly educated and experienced to support our students individually throughout the year.

50 partner universities around the world.



STUDENT LIFE

ALOHA Organizes activities and visits to integrate the international students with the French students and the French culture. These activities will help you to connect with the French way of living, which you will experience during your time abroad.

STUDENTS OFFICE (BDE) Participates in the organization of student life on campus: gala reception, integration week-ends and parties. You can attend to all of these events if you wish to do so.

OFFICE OF NEWS (BDI) Makes the school's newspaper and publishes news on their online blog and on social media so all the students are updated.

SPORTS OFFICE (BDS) Organizes sports events with other universities.

CHARITY OFFICE (BDH) Organizes activities for social and humanitarian purposes.

ACCEDE ENTREPRENDRE Consulting association and entrepreneurship. Students are actors of the regional economy and use their skills and knowledges in profit of local companies .

ARTS OFFICE (BDA) Organizes shows where students have the opportunity to present their artistic talents (dance, music, drama).

K'FET Serves lunch and breakfast on the campus for cheap prices with different menus offered each week.



Walking tour in Tours – Fall 2018

AROUND OUR CAMPUS

5-minute walk from school:

- Carrefour Market (small grocery store)
- Bakery & pizza restaurant
- Bank

10-minute walk from school:

- Swimming pool “Piscine du Lac” <https://centre-aquatique-du-lac.fr/>
- Bergeonnerie Lake – Perfect to go for a walk, a run or to picnic there

INTERNATIONAL OFFICE

PREPARING YOUR LIFE IN FRANCE

At ESCEM's International Office, we are dedicated to help all international students to prepare their stay in France. We will assist you, along with the student association Aloha, during your daily life in ESCEM. We want you to feel welcome and integrated!

To check our international student's interviews, go to:

<https://www.youtube.com/channel/UCf39SIQgMIEY04e1JSDta-Q>

CROUS HOUSING We accompany you during the entire process of application to state-owned residences. This is the cheapest option for student accommodation. You can choose from a range of prices (from 224 euros to 355 euros per month*) depending on the residence you wish to live in. *Prices valid until June 2020

CAF BENEFITS Housing benefits provided by the French state. As a student in France, you can obtain up to half of the amount of your rent depending on the price of your accommodation. We will help you throughout this process. Eligibility for housing benefits is set by CAF administration and depends on the type of visa.

FRENCH OFFICE FOR IMMIGRATION AND INTEGRATION (OFII) We will help you go through the immigration procedure on arrival.

FRENCH HEALTH INSURANCE If you are a non-European student, you can enroll in French Health Insurance for free. You will be refunded 70% of medical expenses in case of sickness.

ALOHA ASSOCIATION We work along with this student association to organize activities for you. Examples of activities we organize: a tour of the city, a boat ride on the Loire river, immersion dinner in a French family, French picnic, farewell party, etc.

BANK ACCOUNT We will help you to arrange a meeting with our partner bank if you wish to open a French bank account (mandatory to get CAF housing benefits).



Boat ride on the Loire River – Fall 2019

4 REASONS TO CHOOSE ESCEM

THE QUALITY OF ESCEM FACULTY ESCEM's professors graduated from the best French and international schools. They are PhD holders, former professionals and professionals still working in their field. As a student, you will benefit from the knowledge and experience these professors have to offer and you will have the chance to learn about different experiences and methodologies.

A PREMIUM WELCOME ESCEM is dedicated to accompanying all international students. Our international office will guide you prior to departure from your home country and will assist you with all the procedures once in France.

THE SERENITY OF A BIG PROVINCIAL CITY Classes are set on a modestly-sized campus with spacious classrooms only few minutes away from the city center. Tours offers a variety of sports and cultural activities and is known for being « The city where living is an art ». The city is strategically located in the Center of France and gives the possibility to easily visit many regions.

SUPERVISION ESCEM's pedagogy is based on tutorship and supervision to help you gain autonomy and a high academic level. Professors at ESCEM will know your name and your ambitions. They are dedicated to make you succeed thanks to small size classes. ESCEM's staff and professors have all studied or worked abroad. They are all used to manage cross-cultural classes and to make courses an enriching experience.



YOUR LIFE IN TOURS

We host our international students on the Tours campus. Meet our charming, historic, lively and gastronomic city! Tours is located in the heart of the Loire Valley, region classified as a World Heritage site by UNESCO, which is surrounded by beautiful castles and vineyards. "Les Châteaux de la Loire" is the name given to the numerous castles of the region. The city combines the wonders of an authentic French city with today's modern lifestyle. The old neighborhood of the city is full of buildings of traditional architecture with Medieval and Renaissance significance. You can find trendy boutiques, restaurants and bars all located a step away from a very contemporary tramway. Place Plumereau is a pedestrian square encircled by half-timbered houses and paved streets. It is one of the most beautiful squares in France.

CITY OF TOURS

- **30 000** students
- **135 000** residents
- **Our campus:** 10 minutes from city center by bus
- **Airport:** Flights to London, Portugal, Morocco, Ireland
- **Paris:** 1 hour away by train



You can travel from and to Tours by:

- Plane <https://www.ryanair.com/fr/fr/>
- Train <https://www.oui.sncf/>
- Bus <https://fr.ouibus.com/>; <https://www.flixbus.fr/>; <https://www.eurolines.fr/>
- Car sharing (“covoiturage” in French) <https://www.blablacar.fr/>

Monthly budget to live in Tours (approximate):

- Accommodation (depending on the location and the type of apartment): 224€ – 550€
- City bus and tram pass for students under 26 years old: 23 euros/month
- City bus and tram pass for students from 26 years old: 45 euros/month
- City bus and tram ticket for 1 time (1-hour maximum): 1,4 euros
- Meals (if you cook): between 200 euros and 300 euros
- Dinner out: around 6 euros/person for a kebab restaurant, between 10 and 15 euros/person for a creperie (crêpes restaurant) or a pizza restaurant, from 16 euros/person for a cheese-based dishes restaurant
- Communication (phone plan): From 3 to 30 euros/month

Important: In France, shops and administrations are usually closed on Sundays. Some bakeries and supermarkets are open on Sundays morning. Banks are closed on Sundays and Mondays.

You should bring along with you:

- Passport/ ID card
- Visa that allows you to reside in France during the time of your studies
- Birth certificate translated into French, especially for languages that don't use Latin alphabet. CAF administration (housing benefits) sometimes asks for it.
- ESCEM certificate of enrollment (acceptance letter)
- Some cash in euros for your initial spending on arrival
- A power supply adaptor for French outlets/sockets

Once you are in France, we recommend you to have two copies of your ID documents (passport, visa, etc), to leave one copy at home and to keep one copy with you, just in case you lose them.

Emergency phone numbers:

- European emergency services 112
- SAMU (Emergency Medical Help Service) 15
- Fire Brigade 18
- Police 17

In case of emergency (fire, police, medical problem), you should call 112 (free of charge) because they are normally able to speak English.

List of public and private hospitals in Tours:

- Hôpital Bretonneau
Address: 2 boulevard Tonnellé 37000 Tours (city center)
Phone number: 02 47 47 47 47
- Hôpital Trousseau
Address: avenue de la République 37170 Chambray-lès-Tours (South of Tours)
Phone number: 02 47 47 47 47
- Clinique Saint-Gatien
Address: 8 place de la Cathédrale 37000 Tours (city center)
Phone number: 02 47 21 15 15
- Clinique de l'Alliance boulevard
Address: Alfred-Nobel 37540 Saint-Cyr-sur-Loire (North of Tours)
Phone number: 02 47 88 37 37
- Pôle Santé Léonard de Vinci

Address: 1 avenue Prof Alexandre-Minkowski 37170 Chambray-lès-Tours (South of Tours)

Phone number: 02 47 22 21 11

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USEFUL WEBSITES

City of Tours <https://www.tours.fr/>

Office of Tourism Tours Val de Loire <http://www.tours-tourisme.fr/>

Loire Valley Cycling route <https://www.loirebybike.co.uk/>

Information about the Loire Valley Castles <https://www.touraineloirevalley.co.uk/>