



Handbook for foreign students

Hello and welcome to ICAM – Nantes



The aim of this small handbook is to give you some essential information for a long stay.

1. Arrival at Icam

☞ On arrival at ICAM, please contact one of the following:



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Head of Studies
+33 (0)2 40 52 40 48
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Sylvie PAURAUDEAU
ICAM secretary's office
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sylvie.payraudeau@icam.fr



Geneviève BAINES
Foreign Student Advisor
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Jacky DAVID
Maison des ICAM
+33 (0)2 40 52 40 90
Fax : +33 (0)2 40 52 40 97
residence.nantes@icam.fr

or the student mentor, if you have one, who will look after you at the beginning and help you with settling in. If you do not have a student mentor you will be given one on arrival.

2. Administrative formalities to be completed on arrival

On arrival you are expected to visit the secretary's office in order to fill in a form with personal details. At the same time questions concerning Social Security will be dealt with. Don't forget to bring your original document for social security cover.

You will be issued with a student card as well as a pass card for the self-service canteen.

Please bring with you 2 identity photos.

3. Personal formalities

a. Housing Allowance

APL is a French Public Housing Allowance managed by the CAF (Family Allowance Office). If you want to apply, you should fill in a form available from the CAF web site (see Geneviève BAINES or Jacky DAVID) on your arrival in France.

The documents required are:

- A photocopy of passport or identity card.
- A birth certificate.
- A photocopy of your student card or school registration certificate.
- A photocopy of your residence permit (carte de séjour) except for EEA Nationals.
- A bank identity certificate (relevé d'identité bancaire or RIB) issued by your bank in France. In order to be able to apply for housing allowance (APL) paid by the CAF, you must open a bank account. Many banks have branches in the area and an appointment can be made with one.

NB: you will receive your housing allowance only after three months due to the time it takes to process your file. Therefore, be prepared to pay the first two months full rent and to pay in advance the following months.

b. Health Assurance

Health Insurance is compulsory for all students. When registering, you will have to provide proofs of health insurance coverage, which may vary according to your situation:

If you are a student who comes from and leaves in a country within the European Economic Area (EEA: a European health insurance card form may be delivered by the national health scheme to which you or your parents subscribe. This will entitle you to the same student benefits free of charge as for French students.

If you are a student from another country: if you are under 28 years old, you must adhere to the French student health insurance scheme (which depends on two complementary insurance centres LMDE or VITTA VI).

4. The Student Residence



The three- storey building contains 20 apartments each made up of:

- 15 bedrooms, each 18m², and fitted with a bathroom (shower, sink and WC), slatted bedstead with mattress, desk, telephone (direct line), clothes cupboard, stool, shelves, drawers and roll-down shutters. Each bedroom has got an internet connection.
- A 30 m² shared area including living room and dining room areas, a kitchen area (freezer, fridge, microwave, hotplate, crockery for 15 people) and TV socket.

Further shared areas are available to students:



- a big hall run by students : bar, TV, organised evenings
- TV room with billiard table
- a conference room with kitchen
- club premises
- sports facilities including a sports hall (tennis, badminton, basket ball, volley ball...) and football, rugby pitches
- a wash room with 3 washing machines and dryers
- a chapel
- closed parking space
- closed bicycle garage

Quilts, quilt covers, sheets and pillows can be provided at the Residence.

Opening and closing times

The residence is equipped with an automatic gate, which remains closed from 8pm to 7am during the school period, and permanently during weekends and holidays. Admission is gained by using a security badge. From the gate an intercom allows one to contact each apartment. There is another intercom at the entrance door of the residence. Each student has a personal key and badge in order to enter and leave freely. Try not to arrive during a weekend, or after 8pm. Make sure you have an appointment with Jacky DAVID on your arrival.

External facilities

- Doctor, chemist, hospital nearby
- Shopping complexes (Carrefour, Lidl,... 2 km)
- Bus to town centre: n° 95, bus stop 150 m from ICAM. Direction tram Haluchère (ligne 1) and town centre (25mn)
- Post box: collection at midday.

Rental charge

For 2009-2010 the amount is 378€ each month.

When you arrive in France, you can ask the CAF (Caisse d'Allocation Familiale) for a grant. The sum is about 160€/month depending on your income.

Security deposit

A cheque for 153€ is needed for both reservation and guarantee. The amount will be reimbursed at the end of the year if the apartment has not incurred any damaged. An inventory of fixtures is done at the beginning and at the end of the rental period.

Insurance

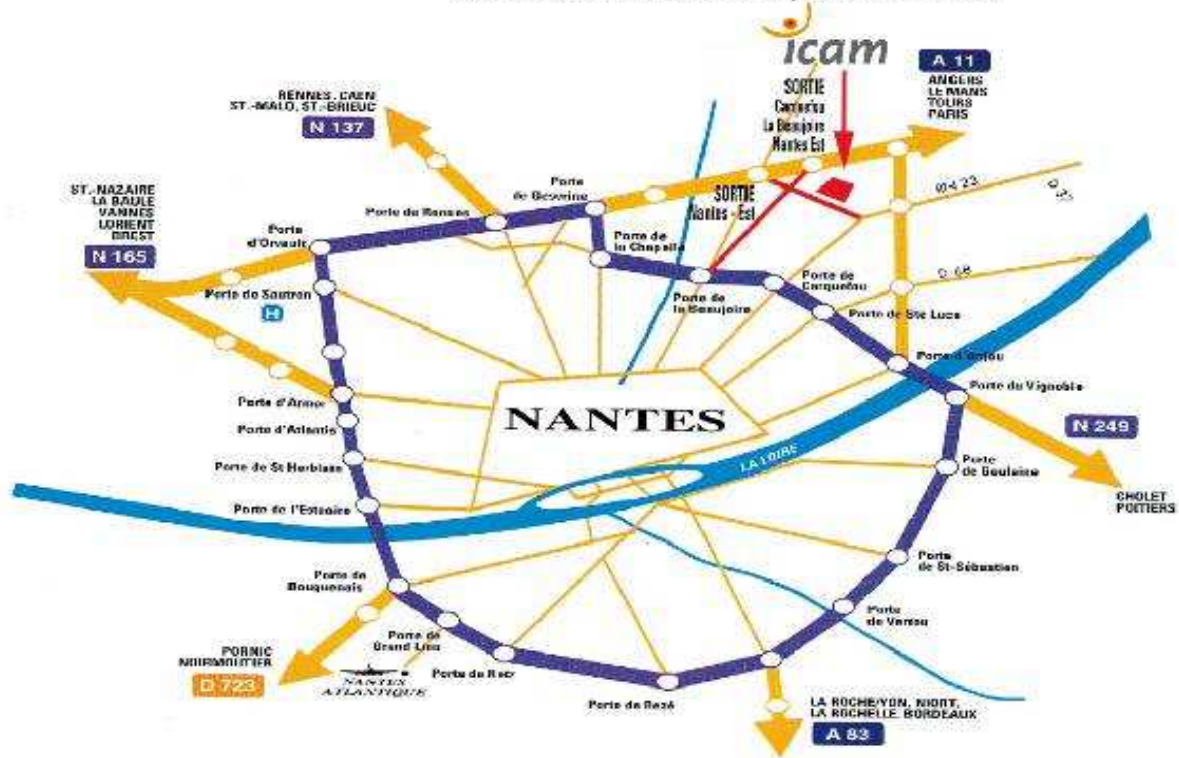
At your arrival in the room, you will be asked to pay 17€ for an insurance "multi-risques habitation"

How to get to the Student Residence

- By train :
 - ⇒ At the railway station - North access (Accès Nord) take tramway in direction of La Beaujoire
 - ⇒ Get off at the tram station "Haluchère"
 - ⇒ Take the bus 95 "Souchais"
 - ⇒ Get off at bus stop "Icam"
- By road :

With a GPS navigator: N 47°16.531' - W 1°30.358'

Accès : ligne 1 du tramway : arrêt Haluchère puis Bus N°95 : arrêt ICAM



4. The City of Nantes

Cote atlantique



La Beaujoire



Le tramway



Cours des 50 otages



Soirées étudiantes



Passage Pommeraye

More information about Nantes city: www.nantes.fr

5. Culture and Life

Transport

Bus / Tramway

It will cost you 1.50€ for a bus/tramway ticket for a one- hour journey.

If you buy 10 tickets together, it will cost you 12€.

You will find all the information concerning prices and time table on the internet site: www.tan.fr

Car

Nationals of European Economic Area require a valid driving licence. Nationals of non EEA countries should obtain an international driving licence from the motoring authority of their country. For the vehicle it is necessary to have the registration and insurance papers (log-book) and a nationality plate of the approved size.

Train

There are some special reductions which can be obtained on train tickets Information, reservations, tickets.

Tel. 36 35 or www.sncf.com

Coach

The coach station (« Gare routière ») is situated Quai Baco. You will be able to take a coach to travel through the country or go abroad.

You also have the possibility of using the Lila buses which cover most towns in Loire-Atlantique at a very competitive cost. http://www.loire-atlantique.fr/cg44/jcms/c_5032/lila

Plane

Airport: Aéroport de Nantes Atlantique - www.nantes.aeroport.fr

- Nantes-Airport shuttle bus: Allotan 0810 444 444

There is a bus roughly every hour from the first flight to the last flight and it will take you about 30mn from the city centre to the airport or vice versa. Consult their site on www.tan.fr

Price: 7€; you can buy your ticket online or in the bus.

- You can also use a taxi, which will cost you between 25 and 35€.

- the bus line 37 + tramway line 3 can also take you back and from the airport to the city centre from Monday to Saturday, every 20 mn. This will cost you the price of a bus ticket (1.50€).

Cost of living

Some foreign students arriving in France find a noticeable difference in the cost of living compared to their home country. It is therefore important to be financially prepared for your stay.

Here are some price guidelines (special student prices):

Food

Bread (200g) (baguette) 0,95 €

Eggs (1/2 dozen) 2,00 €

Milk (1 litre) 0,90 €

Cheese (150 g) 2,30 €

Potatoes (1kg) 1,00 €

Rice (1kg) 2,00 €

Meat (1st grade)(1kg) 14,50 €

Sunflower oil (1l) 2,80 €

Sugar (1kg) 1,82 €

Ground coffee (250g) 2,30 €

Tea (100g) 2,30 €

Jam (250g) 1,22 €

Pasta (500g) 1,55 €

Transports

10 journey bus/metro card 12 €

Return train ticket Nantes-Paris 100€

One day car rental 39,70 €

1 litre of petrol 1,45 €

Leisure

Cinema (special student rates) 7,00€

Restaurant in the centre 12,20€

Drink in a café 2,30 to 3,80€

Shopping

Opening hours

Shops and supermarkets are open Monday to Saturday, 9 am to 7 pm. Smaller shops may close at lunch time. Food stores (grocers and bakers) are open from 6.30 am to 7.30 pm. Some open on Sunday mornings. Many food stores close between noon and 2 pm. Hypermarkets are usually open until 9 pm, except on Sundays and bank holidays.

Markets

Talensac every morning, except on Monday, Place de la Petite Hollande, Bouffay are situated in the city centre. You can find a list of the different markets on

http://www.nantes-tourisme.com/44230314/0/fiche_pagelibre/&RH=DEC_SHOP-en

Going out

Nantes has many good places to eat out or to have a drink. There are also numerous cinemas in the centre, as well as theatres and concert halls.

Nantes has some beautiful sights, such as the Cathedral, the Château des Ducs, the medieval streets of Nantes, the “Machines de Nantes”, Trentemoult and many more.

For more information :

Office de tourisme de Nantes Métropole

Place de la cathédrale
Rue Olivier de Clisson
44000 NANTES

<http://www.nantes-tourisme.com/>

Official site of the Regional Tourism Committee:

<http://www.enpaysdelaloire.com/>

Ask for a free guide on Nantes and information about the region.

We hope that your settling in will be as easy and comfortable as possible and that you will put to good advantage your stay at ICAM.

Geneviève BAINES

Foreign Student Advisor

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