

Survival guide



2015/16



Welcome to IPAC!

IPAC, created in 1984, is a group of schools located in the Savoy region of France. Next to famous ski resorts and very close to Geneva in Switzerland, IPAC welcomes around 1700 full-time and part-time students in its different campuses.

IPAC offers students many different national vocational degrees as well as French and European recognised Bachelors and MBAs.

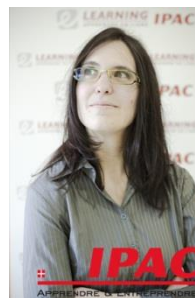
IPAC has very good relationships with a large number of local companies and is continuously developing partnerships abroad.

We are very pleased to welcome you for your next academic year and hope you will have a great time at IPAC!

IPAC International office team



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Course offer

Bachelor degrees in 3 years (French language):

- Bachelor en Management et Gestion des Entreprises – OPEN
- Bachelor en Tourisme
- Bachelor en Affaires Internationales

Bachelor (top-up) degree in 1 year:

- Bachelor en Marketing - Communication (in French)
- **Bachelor in International Business Studies with Marketing in English (courses in English from September until the end of January)**
- Bachelor en Tourism (in French)

Master of Business Administration (MBA) in 2 years (or direct-entry in year 2):

- MBA Développement Commercial (in French/English)
- MBA Ressources Humaines (in French)

French courses

An induction programme is offered free of charge to all direct-entry and Erasmus students within the scope of a bilateral agreement with the home institution of the student.

This Induction programme will take place first week in September and will contain an intensive French course.

In addition, foreign students can also take French courses at IFALPES, our school of French language for foreign students, during the year or during summer (see the international office for more details).

Enrolment

Erasmus and direct-entry students applying for a semester of study at IPAC should get the enrolment form and information from the International Office of their home institution. Erasmus and direct-entry students have until 31st May to apply and will be given an answer to their application in June.

Students applying directly at IPAC for validating a degree can find the programme information and the application form directly on IPAC webpage: www.ipac-france.com / Formations. According to the procedure, applicants will be contacted for a phone interview and a test of language.

Marking system

Marking scheme

Tests and exams are marked strictly according to the official marking scheme employed by French schools, all of which contribute to the final mark. Marks are set over 20 points.

ECTS Grade	IPAC grade	Definition and Appreciation
A	$17 \leq \text{grade} \leq 20$	EXCELLENT – very few errors
B	$14 \leq \text{grade} \leq 16.99$	VERY GOOD – few errors
C	$12 \leq \text{grade} \leq 13.99$	GOOD – some errors
D	$10 < \text{grade} \leq 11.99$	SATISFACTORY – significant errors
E	grade = 10	SUFFICIENT – minimum effort
FX	$06 \leq \text{grade} \leq 09.99$	FAIL – retake session probable
F	grade ≤ 05.99	FAIL – retake session compulsory

Average marks are also calculated by Study Unit, and you need an average mark of at least 10/20 to get the ECTS credits. So be careful when you chose your subjects.

The ECTS credit system

ECTS credits: What is a credit system?

A credit system is a systematic way of describing an educational programme by attaching credits to its components. The definition of credits in higher education systems may be based on different parameters, such as student workload, learning outcomes and contact hours.

What is ECTS?

The European Credit Transfer and Accumulation System is a student-centred system based on the student workload required to achieve the objectives of a programme, objectives preferably specified in terms of learning outcomes and competences to be acquired.

Why introduce ECTS?

ECTS makes study programmes easy to read and compare for all students, local and foreign. ECTS facilitates mobility and academic recognition. ECTS helps universities to organise and revise their study programmes. ECTS can be used across a variety of programmes and modes of delivery. ECTS makes European higher education more attractive for students from other continents.

What are the key documents of ECTS?

The Learning Agreement contains the list of courses to be taken and agreed upon by the student and the responsible academic body of the institution concerned. In case of credit transfer, the Learning Agreement has to be agreed upon by the student and the two institutions concerned before the student's departure and to be updated immediately when changes occur.

The Transcript of Records documents the performance of a student by showing the list of courses taken, the credits gained as well as the local grades and possibly ECTS grades awarded. In case of credit transfer, the Transcript of Records has to be issued by the home institution for outgoing students before departure and by the host institution for incoming students at the end of their period of study.

Information for non European students

Resident Permit Procedure for non-European students

Students from outside Europe (that is, students from countries other than the **28 countries of the European Economic Zone**, plus Andorra, Monaco, Switzerland, San Marino, and the Vatican) must obtain a long-term visa marked *étudiant* if they intend to study in France for more than 6 months.

As soon as you arrive in France, you'll want to take two important steps to comply with French immigration regulations. The sooner you get these formalities out of the way, the smoother and more pleasant your stay will be. **International students of all nationalities (except European Union nationals) living in France for more than 3 months must obtain a student residency permit (which is distinct from a visa), within two months of their arrival in France.**

1. Important documents for students staying more than 3 months:

Students must register at OFII (Office Français de l'Immigration et de l'Intégration). To do so, the student must go to the "Mairie" (town hall) of the town he/she lives in and give all these documents to the person in charge of immigration procedures:

- ✘ birth certificate translated in French
- ✘ passport + visa
- ✘ health insurance covering health expenses in France
- ✘ enrolment certificate at IPAC
- ✘ bank account in France + proof of sufficient income (ex: academic grant, salary) thanks to bank receipts
- ✘ proof of address (electricity or telephone bill, householder's attestation)
- ✘ if you are married: copy of your family record book

The Mairie in Annecy is located at:

Place de l'Hôtel de ville
74000 Annecy

Telephone: +33 4 50 33 88 88

2. Very important things to notice:

1 - A tourist visa cannot be converted into a student visa in France or in any other country of the European Union.

2 - If you plan to complete two programs (such as a program in French as a foreign language, followed by an academic program), obtain admission to both programs before applying for your visa so that your visa will be valid for the duration of your period of study. French visas cannot be extended.

Coming to Annecy

By plane

The easiest way to reach Annecy is to fly to Geneva and take the coach. There is a coach which regularly departs from Geneva coach station (gare routière) directly to Annecy coach station. In order to get from Geneva airport to the coach station, you must take a train from the airport to Gare Cornavin. You can obtain a free ticket to take you from the airport to Gare Cornavin from the silver ticket machine within the arrivals building. All trains from the airport stop at Gare Cornavin. Once you arrive at Gare Cornavin, cross the main road and go straight ahead on Rue du Mont-Blanc, and continue until you come to a church (English Church of the Holy Trinity). The coach station is located just behind the church. Tickets to Annecy cost 10,50€ one way. Departures vary between 6h00, 11h15, 13h00, 16h00, 19h15, 21h00 for weekdays, and are less frequent at weekends. It is a good idea to plan ahead and check departure times before you fly. Information about departures can be found at www.frossard.eu

You can also fly to Lyon Saint Exupéry. There is a shuttle bus from Lyon which goes directly to Annecy Coach Station for 33€ (www.altibus.com)

Train

Website: www.voyage-sncf.fr

Gare de Lyon station in Paris: 5 direct high-speed trains (TGV) per day (journey 3h35 hours)

Motorway

Geneva	(43km)	A41
Lyon	(140km)	A43
Grenoble	(107km)	A41
Paris	(562km)	A6/A41

Check out www.mappy.com to plan your trip in Europe.

A practical guide for international students

Accommodation

Accommodation in Annecy is quite difficult to find, and it might be expensive.

To book accommodation you can decide to do it on your own (in which case apply directly to a STUDENT RESIDENCE or contact the BIJ BUREAU INFORMATION JEUNESSE, a free service to get information about flats to rent) or you can ask the services of the SERVICE LOGEMENT IFALPES (SLI) who will charge you an agency fee but guarantee an accommodation...

1. Service Logement Ifalpes (SLI)

This is the best solution if you want to book accommodation before your arrival and you want someone to take care of the whole procedure.

Finding accommodation for only one semester in Annecy (from September till January) is not an easy task and most of the time it is very expensive.

Therefore if you haven't found accommodation by the 15th of July, we encourage you to make a reservation through SLI. Note that there's an agency fee for this service.

Contact: Mme Veronique TILLIER

Service Logement Ifalpes
42 Chemin de la Prairie
74000 Annecy
Tel : (+33) (0)4 50 45 80 27
Fax : (+33) (0)4 50 32 61 74

e-mail : logements@ifalpes.fr

We can assist you in finding the following accommodation options:

- Host families
- Student residence
- Furnished studios (home insurance necessary, can be bought at Ifalpes for the duration of your stay)

Deposit: 1 month's rent.

This deposit is to cover any damage that could be caused to the furniture or the apartment itself. Any deteriorated, broken, lost items or damage will have to be replaced or refunded. This deposit cannot be regarded as the payment of part of the rent.

The agency rate for finding an apartment varies according to the extent of your stay:

Contract duration	Agency Fees
2 to 6 months	70 €

To make a reservation through the SLI you can fill in the Accommodation form and send it to: logements@ifalpes.fr together with your 270€ down payment (fees included).

50% of the rent for your entire stay will be required 15 days before your arrival and the remaining amount + deposit on the first week of September.

For more information, please visit <http://www.ifalpes.com/en/accommodation>

2. Student residences

Student residences are located in Annecy and Annecy-le-Vieux and they are maintained by private companies, not IPAC. Single rooms are available to rent and prices range from 244€ to 450€ per month. A studio with a kitchenette might cost from 345€ to 457€ a month. Extra services such as electricity and hot water are usually included in the rent. Some residences may prefer if you take out tenants' insurance, and you may have to pay a deposit.

ESTUDINES Résidence Le Pont Neuf
8, rue du Rond Point -74960 CRAN GEVRIER
Tel. : +33 (0)4 50 45 59 52
Fax : +33 (0)4 50 45 93 50
(560 € per month)
annecy.pontneuf@estudines.fr
www.estudines.com

Appart'City (600€/month)
16 Rue du Champ de la Taillée - 74600 SEYNOD
Tel: +33 (0)450 05 87 00
annecy@appartcity.com

You are advised to apply for accommodation in student halls as soon as possible preferably **before 30th June**. Don't wait for your exam results!

3. Renting a room or a flat

There are several other possibilities, ranging from renting a bedroom to living amongst other students in large apartments. Prices vary according to the extent of comfort, the positioning and the size. For example, it is possible to hire a studio apartment from 365€/month. The house owner is entitled to ask for a cheque deposit for security purposes as a guarantee.

The student will be required to cover any costs the insurance cannot.

In any case you must be insured by an insurance company against the risks of civil liability, theft, fire or water damages.

The student must equally pay housing tax (that is if he/she is occupying the accommodation in January) which is sometimes included in the rent. Consult the local free newspapers for renting out rooms: 'Paru Vendu' (www.paruvendu.fr), 'Top Annonces' (www.topannonces.fr) and Le Bon Coin (www.leboncoin.fr).

4. Bureau Information Jeunesse (BIJ)

The file containing the different accommodation available in the town centre will be available on the Internet clicking on this link: www.nwc.fr/bij/recherche.nwc . It is updated at least once a day. Best results are obtained through daily checking starting August 15th. Most owners don't offer their apartments before this date.

Otherwise, once you have arrived in Annecy, you can make an appointment with BIJ (address below) to get assistance with researching housing. You will have to visit and choose the apartment by yourself.

Bureau Information Jeunesse (BIJ)
Centre Bonlieu - 1, rue Jean Jaurès
74000 ANNECY
Tel : +33 (0)4 50 33 87 40
Fax : +33 (0)4 50 33 00 87
infojeunes@ville-annecy.fr
(Monday from 3pm til 6pm, Tuesday from 11am till 6pm,

Friday from 11 am till 5pm and Saturday from 10am till 12pm)

Eating

For those who do not have access to kitchen facilities, there is a student restaurant in Annecy-le-Vieux, opposite the IUT (university). You can eat there self-service for 6.50€. The ticket can be bought there with a student card.

Restaurant universitaire

3 Chemin de Bellevue
74940 Annecy-le-Vieux
Tel : +33 (0)4 50 66 39 44
Fax : +33 (0)4 50 66 53 79
Bus : 1, 2, or 4

Besides the student restaurant, there is a multitude of places where you can buy food, sandwiches, takeaways, traditional or international food. The guide TOUTYEST offers a range of restaurants which give student discounts.

Health insurance

You must ensure that you have health coverage during your stay in France.

European students who meet the following to be entitled to FREE Social Security:

- ✚ Be in possession of the European Health Card (you get it through your Social Security) or of E106, E109, E111, E121 or E128
- ✚ Be registered as a student in a higher education institution

Non-European students, who have a residency permit in France are entitled to FREE Social Security.

Non-European students, younger than 20 years old are entitled to Social Security after paying a fee (about 200 €). We organise your registration to Social Security.

Non-European students, older than 20 years old have to come with their own health insurance which covers health expenses, accident expenses, liability insurance and repatriation.

In any case students can also take out a complementary insurance, either in France or in their home country, as the Social Security doesn't pay for all medical expenses. We remind you that every year, foreign students often end up in hospital after skiing or mountain biking accidents. Hospital fees, medicine, visits to the nurse and physical therapy are very expensive and without complementary insurance, about 30% of the costs are personally yours.

Doctors and dentists

In order to find a doctor or dentist, consult the 'yellow pages' or the telephone directory (www.pagesjaunes.fr). In case of an emergency, dial 15 to reach SAMU from any landline phone or 112 from a mobile phone.

Other emergency numbers:

- ✚ Ambulance 15
- ✚ Police 17
- ✚ Firemen 18
- ✚ Hospital (emergency) 04 50 63 63 63

General practitioner: Dr Jacques Baumhauer (speaks English), 18 Avenue de Chambéry, 04 50 45 50 40

Pharmacies

In France, medication, whether prescribed or over the counter, is sold exclusively in pharmacies. Most pharmacies are open between 8h30 to 12h30 and 14h to 40h, Monday to Saturday. There is always an open

pharmacy during public holidays, nights and Sundays, and their address is specified in the local newspaper. In order to contact the night pharmacy, call the police service on 17.

Telephone

Phone boxes can be found in just about every part of town. These phones work with phone cards or bank cards. There are many different types of phone cards available depending the country you wish to call. You can buy them in any newsagent or tobacco shop.

For mobile phones, SIM cards can be purchased in phone shops for 30.00€ with different amounts of credit already on them. Credit can then be bought in all newsagents and some supermarkets for 10.00, 20.00 and 30.00 €. (It's recommended to buy the highest credit you can afford seeing as 10 € credit only lasts 15 days whereas 20 € credit lasts 2 months). There are several mobile phone operators in France; the main of them being Orange, SFR and Bouygues telecom. We recommend you to come with your own mobile phone and buy a French SIM card here.

Prepaid phone cards from 5 to 60€. You can buy a SIM card for less than 10€. Possibility to buy a phone for around 20€.

If you intend to use your mobile phone to keep in contact with your French friends as well as with people from your home country, a good company to buy a SIM card from is Lebara. They are an international phone company offering good rates for international and local calls and messages. You can buy a Lebara SIM card by creating a Lebara account online (<http://www.lebara.com/>) and they will send you your SIM card by post. You can then activate your SIM, find your new number (which will be a French number) and top-up your account online.

The post

There are several post offices in Annecy, easily recognised by their blue and yellow logo. Post offices are usually open Monday to Friday from 8am through to 7pm, and from 8am-12pm on Saturdays (close on Saturday afternoon and all day Sunday). Stamps are also sold by newsagents.

Banks

Most of the leading banks in France have established branches in Annecy. Opening hours vary from one bank to another, some of them even open on Saturday mornings. Besides cash, cheques and bank cards are the most commonly used forms of payment in France. Banks charge commission on certain transactions (exchanging currencies or travellers' cheques, bank transfers). The commission charge varies from one bank to the next.

Reminder: within the Euro zone, withdrawing money from an ATM and bank transfers between two countries are free of charge. We only recommend to students coming from countries outside the Euro zone to open a bank account in France (withdrawal and transfer charges).

Opening a bank account is easy. Before coming, ask your own bank if they have commercial links with any banks overseas, as this may cut down charges.

If you decide not to open an account in France and wish to use your bank card in France, make sure you notify your bank you will be using your card in a different country.

Transports

Walking/cycling

As Annecy is a small town, it is easy to go from one place to the other by cycling or walking. A large network of bicycle paths is available around and in the town. Main student residences are not located near the town centre and near IPAC, and it takes between half an hour to forty-five minutes to walk. The town centre is only 15min walk from IPAC.

It is quite easy to rent a bicycle in the Annecy area, especially for students. "VeloNecy", located next to the train station has a yearly rental offer for students for 7€/ month with a deposit. To benefit from this offer, you need your student ID, you identity card or passport, bank details and insurance. A security lock is included in the price.

Bus

Annecy has a well-established network of bus lines which run quite frequently. Annecy's bus service provider is called Sibra,



and they have a main office which you will find in front of the train station. Their services run between 6.30 and 20.00 from Monday to Friday. A specific bus schedule is set for Saturdays, Sundays, nights and holidays. Timetables are posted at all bus stops. For information consult Sibra office, open seven days a week, from 9.00 to 19.00.

ESPACE SIBRA

21 rue de la Gare

BP 202

74005 Annecy Cedex

Tel. : +33 (0)4 50 10 04 04

www.sibra.fr

sibra@sibra.fr

A ticket for one bus journey costs 1.30 €, regardless of the length. You can buy a ticket by presenting the correct amount of money to the driver, who will then give you your ticket. You must validate your ticket using the machines located in the vehicle. A cheaper solution is to buy a 'carnet' ticket book (10 student tickets for 6.80€) or a monthly pass (44€ for 3 months), available at Sibra Office (Bus stop: Gare). IPAC bus stop is on line number 4, look out for the buses that display "Campus" or "Seynod Neigeos".

Coaches

Coach station (Gare routière) is located next to the train station. Just like trains, coaches travel from Annecy to close towns and cities such as Chambéry, Geneva, Aix-les-Bains, Cluse, Bonneville, Thonon-les-Bains, and Evian. Some coaches even go the closest ski resorts. Eurolines coaches also pass by Annecy and reach Warsaw, Barcelona or Amsterdam several times a week. For information on the coach network, contact:

La Gare Routière

Place de la Gare

74000 Annecy

Tel.: +33 (0)4 50 45 08 12

N.B. several coach companies operate out of the bus station, so check with each individual company for their specific timetables and routes.

Train (SNCF)

Surrounding towns and cities are all easily accessed by train. The TGV (Train à Grande Vitesse) also runs through Annecy and allows you to travel to and from Paris in just 3h35. It is also possible to buy a yearly card (Carte 12/25 ans) to travel for up to 50% less. This card costs 50 €. For information on schedules, rates, reservations and discounts, you can visit the SNCF website: www.voyage-sncf.com

Plane

Annecy is only two hours from the major European cities, thanks to the two international airports at Geneva (45 minutes from Annecy) and Lyon (1 hour).

Car

Driver's licenses issued within the EU are valid in France. However, driving licenses issued internationally are only valid for one year. Both the driver and passengers are required by law to wear seat belts, and there are measures in place to deal with offenders. Additionally, drunk driving is a transgression severely dealt with by French law. Of course, you can drive to Annecy with your own car but you will have to check before with your insurance company to see if you have overseas coverage. Car parks in town are not free and you will have to pay in most places.

For further information on Annecy region or on Haute Savoie, contact:

L'office du Tourisme

Centre Bonlieu

56 rue Sommeiller

74000 ANNECY

Tel. : +33 (0)4 50 45 00 33

Shopping

All types of shops can be found within 'la Vieille Ville' (the old town center). Chain shops and supermarkets tend to be open all day long and usually close at 19.30. Most boutiques are located in the town centre and la Vieille Ville but the biggest shopping center is found in Epagny, north of Annecy, which is within easy reach with the Sibra bus network. Shops are usually closed on Sundays and public holidays.

Hotels

Many private or chain hotels are located in or around the town from 75€/night.

Religion

France is predominantly Catholic, though there are growing numbers of Muslims found all over the country. There are numerous churches in the town as well as a synagogue, a mosque and Kingdom Hall. For telephone numbers and addresses, check the Yellow Pages under *Eglises* and *Cultes Divers* (www.pagesjaunes.fr).

Electricity

Household electric current is 220v. An adapter may be necessary to plug your electric devices. Check your electrical devices before coming or you can find adapters in hardware stores.

Local time

Local time is GMT + 1 hour. France uses daylight savings summer time and winter time.

Climate



Defined seasons are very characteristic of an Alpine climate. Temperatures are most pleasant during summer time, with an average of 20°C, reaching 30°C in July and August. However, temperatures tend to be a low during the winter months, with rain and snowfall.

Public holidays

The following dates are recognized as public holidays in France:

- ✚ 1st January (New Year's Day)
- ✚ Easter Sunday and Monday (dates vary from year to year)
- ✚ 1st May (Bank Holiday)
- ✚ 8th May (Liberation Day)
- ✚ Ascension Day (always a Thursday)
- ✚ 14th July (National Holiday)
- ✚ 15th August (Assumption)
- ✚ 1st November (All Saints' Day)
- ✚ 11th November (Armistice Day)
- ✚ 25th December (Christmas)

Christmas holidays will start on Friday 19th December 2014 after class.

More about Annecy

The capital of Haute Savoie region is Annecy, a picturesque town located in the northern Alps, constituting the north-east region of the Rhone Alpes. The Haute Savoie is favourably situated in what is considered to be an excellent location for entrepreneurship. With borders close to Switzerland and Italy, a well-developed communications network and deep roots in artisan historical tradition, the region has had strong growth and development. The region is also well known in Europe for successful businesses.

The diversity of landscape, both mountainous and rustic, is an exceptionally welcoming place in both winter and summer. It is also highly beneficial for the region's tourism. Consequently, the region is one of the leading tourist destinations in France.

Annecy: the town and its centre



Annecy offers its residents an exceptional environment due to its location next to one of Europe's purest lake surrounded by mountains, which boast spectacular views. The region's history dates as far back as 4000 years, confirmed by archaeological remains found in some of the lakeside villages.

The town of Annecy gets its name from the Gallo-Roman civilization whose economic activity took off from the Middle Ages. Over the years, Annecy has become the region's capital.

Economic activity

Today, the town of Annecy is bordered by several smaller towns of which the principal ones are Annecy-le-Vieux, Cran-Gevrier, Meythet and Seynod. Greater Annecy accounts for roughly 140,000 inhabitants.

Many nationally and internationally renowned companies are well established in the Annecy region, which as a location, can prove to be rather valuable for up and coming businesses. Economic activity is varied, ranging from arts and crafts to scientific research.

Cultural activities and relaxation

Annecy offers much in the way of culture: music, cinema and theatre productions or concerts can be both seen and heard in various locations such as cultural centre, concert halls and theatres. The Italian Cinema Festival, the International Cinema festival of Animation and the Lake Festival are among the most famous. Carnivals held throughout the year animate and revive the cobbled streets of the old town. You will also be spoilt for choice when it comes to choose from the numerous restaurants, pubs, cafés and clubs.

Sports and leisure



For those who would like to pursue a sport, there are numerous sports clubs and ample opportunity to practise sport in summer and winter. You can find a list of helpful addresses in the TOUTYEST or



Annecy Sports information
Bonlieu
Tel.: +33 (0)4 50 33 88 31

If you plan on doing any sport which is considered dangerous (i.e. skiing, snowboarding, white water rafting), then don't forget to take out extra insurance to cover medical costs if anything should happen.

Tourism



Annecy is known worldwide as a famous tourist destination. Its unique setting attracts visitors all year round, especially in summer. The main points of attraction include the old town, known for its castle, the promenade that extends along the lake and into the town centre; the lake and surrounding mountains provide for a wide range of sport and leisure activities, whether it be water sports, hiking, rock climbing, air gliding or simply relaxing by one of the many beaches. And during the ski season, all of the ski resorts can be reached within 30 minutes from the town itself.

The cost of living in Annecy (January 2014)

Accommodation

- ✦ Living in a residence costs from 430€ (Foyer de Novel)
- ✦ Living with a host family costs around 605€ a month (including breakfast, evening meals and all meals during the weekends; with breakfast only: 445€). Families (approved by Ifalpes, IPAC language school) are most often used for short stays.
- ✦ Hotels for when friends/family visit cost on average 75€ per person per night (based on two people sharing a double room).

Eating out

- ✦ Set menu in a restaurant – from around 20€ for two/three courses.
- ✦ Panini/ sandwich – around 4.20€ but some shops offer student deals of 4€ for a sandwich, drink and patisserie.
- ✦ Beer/lager – These tend to be very expensive. A pint in Finn Kelly's (the Irish bar) costs 6€! So it is much cheaper to buy in the shops (around 3€ for a pack of Heineken or Kronenbourg).
- ✦ Wine – varies from 3.20€ in the shops to 15€ for a bottle in a restaurant
- ✦ Coffee/hot chocolate/tea in a café – around 2.50 – 3€.
- ✦ *Advice from Carlos, ERASMUS student from Tenerife:* eating out: highly recommended: KEBAB!!! between 3.50€ and 4.50€, tasty and energetic!!
- ✦ Shopping: my advice is to try E.Leclerc and buy its white brand "Eco +". For fresh goods go to the markets in town and for the best prices the best idea is to compare and choose (try also Aldi and Lidl, both near IPAC).

Entertainment

- ✦ Cinema – 9,20€ (unfortunately no student discount).
- ✦ Bowling – between 5 and 6€ during the week and 7€ at the weekend
- ✦ Club alpin français, recommended for mountaineers and nature lovers. 61€ subscription for the year, opportunity to paraglide, climb, etc... as for martial arts or gyms: too expensive!! The gym in Seynod (neighbouring town of Annecy costs 80€ for a 3-month membership, but apparently isn't very modern). There are plenty of fitness centers around the town.
- ✦ Swimming – costs 3.20€ for student and 4.20€ for an adult at the Jean Régis swimming pool. Similar tariffs at L'isle bleu swimming pool in Seynod.
- ✦ Ice-skating – 6€ which includes ice-skates hire. Ice rink is located in the same building as the Jean Régis swimming pool
- ✦ Laser Quest – costs 8€ for a student (9€ for an adult) for a 30-minute game and 13€ for a student (15€ for an adult) for an hour's game.
- ✦ Speed boat – 24€ for 30 minutes and 39€ for an hour's rental.
- ✦ The Arcadium is Annecy's concert hall, with plenty of concerts and shows all year round.

Transport

- ✦ 1,30€ for a bus ticket, which can be used twice within 1 hour, it is much cheaper however to buy a 'carnet' ticket pack (billets jeunes) from the bus station or most "tabacs". It costs 6.80€ for 10 tickets.
- ✦ Return train journey from Annecy to Chambéry costs around 15€.
- ✦ 'Frossard' coach to Geneva costs 11€

Bankcards are accepted by most businesses. In any case, we recommend you to come in Annecy with some cash, so that you have enough to get you started (food, transport, etc.). N.B. the prices given above are just a rough approximation. It is not advisable to plan a budget based on these prices as you will find both lower and higher prices all around the town.

Some helpful advice

- ✦ Try to avoid speaking your native language as much as possible. This may be hard to do, especially if you live or go to class with students from your home country, but give it your best shot. It will definitely pay off in the end, as you will see your improvement in French.
- ✦ Don't be depressed about not knowing anyone. Give it time, and before you leave, you're bound to have at least five new friends.
- ✦ Speak the language. Make mistakes. Once people understand that you're learning, they'll appreciate your effort and will be willing to correct you when necessary. A useful idea might be to set up a knowledge exchange: chat with a French student who wants to learn your native language both in French and your own language. IPAC students run a Language Corner during the academic year, which is useful for meeting French students learning foreign languages.
- ✦ Don't be afraid to ask for help. Yes, it might be embarrassing not knowing where you're going or what you're doing, but people are usually more than willing to help.
- ✦ Remember that you have support network, made up of other students from your university, who are also on exchange programmes in different regions, your lecturers, your contact person at your university or college (in this case Géraldine Hussenot or Audrey Abbonen), and even your country's Embassy or High Commission. Help is never far away.
- ✦ Just relax and enjoy it. This is going to be an experience you'll never forget, and hopefully one that will help you grow and learn, so take it for what it's worth.

Before going abroad

- Make academic agreements with your home co-ordinator if you have not already done this (about courses, credit transfer, etc.) and send it to IPAC international Office before May 31st.
- Non-EU/EEA citizens: Apply for visa
- Contract insurance (health, theft, liability, and travel/luggage insurance)
- EU/EEA citizens bring along the blue European health insurance card
- Apply for accommodation via IFALPES Accommodation office and pay booking fees.
- Inform your bank to expect foreign transactions

On Arrival

- If you are a non EU/EEA citizen, register with the OFFI office.
- Pay deposit and rent for the first month
- Sign your tenancy agreement and hand it in

Before Going Home

- Close your French bank account
- Give notice to your current accommodation (3 months before departure).

At Departure

- Diploma/grade transcript: Inform the International Office about your email and home address so that you can receive your diploma or grade transcript. IPAC will send the transcript to your home university.

- **Students' opinion**

I came to Annecy with the goal of improving my French. Not only have my listening and oral skills improved, I also had the chance to do all sorts of things I would never have done in England or somewhere like Nice or Toulouse. I went snowboarding for the first time, and it was great! It was definitely worth it.

Henry Jefferies; student from Bristol, England

I'd never even heard of Annecy before I came here, but now I'm glad I did. The town is really pretty. One of the best things was going down by the lake to chill out. It's gorgeous in the summer. There are so many things to do here. We used to go snowboarding on weekends, or do a tour of the lake by boat or even rent roller blades. I'm really going to miss it.

Desmond Farrelly; student from Dublin, Ireland

I spent the first half of my year abroad in Spain, and I had a fantastic time. But Annecy was a whole new experience. The town is beautiful, and the proximity to Geneva meant that I was able to pop over for weekend visits or shopping trips.

Esita Charles; student from Trinidad and Tobago

Coming to Annecy changed our outlook on life. We've broadened our horizons and made cemented everlasting friendships. Annecy has it all; a famous lake, picturesque mountains, an old town and a thriving student community that helps keep it young at heart. We've not only had the chance to experience French culture, but we were privileged enough to sample other cultures, as Annecy is a drop of point for students from all over the world. We lived in Marquisats halls of residence, and definitely enjoyed it. There is a subsidised restaurant on the premises, and an open air pool just opposite. It is also just a ten minute walk into town. IPAC has not just been about going to classes, we also went to conferences in Switzerland, outings to adventure parks, and spent a week in Spain. We will definitely be very sorry to say goodbye.

Grainne & Lisa; students from Ireland

I decided to come to Annecy because of the location. Being only 40 minutes from Switzerland, close to Italy, and not far from ski resorts, it is very easy to travel and see new places. I have enjoyed living in Annecy; it is a large town with a small-town feel. It's a safe and friendly place to live, with plenty of shops and facilities, and everything is within walking distance. Annecy has also been a nice place to improve my French, because people are very understanding when you tell them that you're learning. The classes within my program of Bachelor Affaires Internationales were varied and diverse, and we were given a lot of information which will be useful in workplace situations. I also had the opportunity to study Chinese and German (in French!) as part of my course – a fantastic opportunity that I would gladly do again!

Rebecca Ingle; student from Preston, England