

Personal Information

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Degree Program at TAU: MBA

Host University: ESSEC Paris

Exchange term (including the duration): Fall term (22/09/25-12/12/25)

Phone number (optional):

Exchange Experience

Please use the outline below to write your report:

- **About the country and city** - I lived in Paris, France, the city combines historical charm with modern infrastructure, offering a vibrant cultural life including museums, theaters, and international cuisine. Public transportation is extensive, with metros, buses, and trains making commuting convenient. Paris's multicultural environment allowed me to meet students from across the globe, providing diverse perspectives both academically and socially.
- **About the host university – campus and school atmosphere, location, staff attention and care** -

Campus and Atmosphere:

The Paris campus is modern and well-equipped, offering dedicated study areas, lecture halls, and common spaces that encourage collaboration.

Location:

The campus is located in the Cergy area, approximately 30-40 minutes from central Paris by train. While slightly outside the city center, the public transportation is very easy to manage.

Staff Attention and Care:

The administrative and academic staff are approachable, responsive, and helpful, assisting international students with everything from registration to adapting to French academic norms.

- **Courses and professors** - I took 4 different courses, one was during an intensive week before the semester started and three during the semester. Professors were very professional and yet approachable, you could ask them anything during class or after.
- **Extra curricula – orientation, social activities, student union, etc** - In essec there was a students club called MELT that had activities and trips planned during the semester but I didn't take part so I can't really say anything else about it.

- **Business and Network Development** - ESSEC's career services are strong, offering workshops, company visits, and networking events. I'm pretty sure these services are less suitable for international students that came for one semester but I didn't try to use them too.
- **Accommodation – dorms and other solutions** - There are dorms near campus in Cergy, I personally rented a studio apartment in the city since I wanted to be in the city all the time and I found it through a facebook group.
- **Visa** - My semester was a little over three months so I had to get a student Visa in the French Embassy, I filled the application online and scheduled an appointment at the Embassy, I went and picked it up 10 days later.
- **Transportation** - I used the metro with a Navigo card, just loaded it every once in a while when I needed too with rides. You can do it in some of the stations and also in the navigo app.
- **Insurance and health services** - I booked myself health insurance through Harel (insurance company) but fortunately I didn't use it during my stay.
- **Living expenses** - I would say around 600-700 euros for a studio apartment in central Paris, groceries can be up to 80 euros per week and the rest depends on how much you eat outside or do shopping, go to attractions so it varies.
- **Food** - I think around 80 euros for a weekly shop of groceries in the local supermarket. Obviously if you eat outside it's more expensive but during the week I would cook for myself and go out to eat on the weekend.
- **Night life** - There are a lot of places to go out, I normally just went out to eat in restaurants/bistro with friends and also went out for drinks in bars.
- **Tips** - just be yourself and don't come with too many expectations as to how this period is going to look and feel. I think coming open minded would be better.
- **How did this exchange experience add value to your studies at Collier?**

I think it's a once in a lifetime experience and it's something not everyone can do so I took this opportunity and I'm very grateful to myself for not giving up and preparing for this journey with all the consequences it had. I got back after three months and really felt happy to be back to my routine at home, my friends and family and realised there is really no place like home.



- **Photos -**



Please note that the Coller School of Management may publish your report on its website.
For any further information, please contact the Global Engagement Lead – Outgoing,
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