

Personal Information

Full name: [REDACTED]

Email: [REDACTED]

Degree Program at TAU: MBA

Host University: ESSEC

Exchange term (including the duration): Spring/winter

Exchange Experience

Please use the outline below to write your report:

- **About the country and city-** Paris is, in my opinion, one of the most amazing cities in the world. The city offers incredible food, countless **museums** (a lot of them offer discounts for students), cafés, restaurants, and beautiful places to explore. During the summer, there are also many great destinations outside of Paris to visit, such as Provence. I personally stayed in Paris throughout the exchange because the weather during the winter semester was quite cold and snowy (but beautiful).
- **About the host university – campus and school atmosphere, location, staff attention and care. –**

ESSEC Business School has a very international and welcoming atmosphere. Around 40% of the students are international, which creates a highly diverse environment and gives you the opportunity to meet people from many different countries and cultures. Everyone spoke great English, so communication and integration were very easy even without speaking French. Before arriving, as an Israeli student, I was concerned that the current situation in Israel might lead to hostility or uncomfortable interactions with students or professors. However, my experience was completely the opposite! Everyone I met both students and faculty members, was kind, respectful, supportive, and open-minded. I felt very welcome throughout the semester, and this positive atmosphere made the experience even more meaningful for me personally. The campus itself is modern and well organized, with good modern study spaces and facilities. The staff members were helpful throughout the exchange process, also during.

Although ESSEC is located in Cergy, I personally decided to stay in Paris city center during the semester. I felt it was worth it because Cergy itself is relatively quiet and has fewer activities and social opportunities compared to Paris. Living in Paris allowed me to fully experience the city, travel easily, meet many international students, and enjoy the overall exchange experience much more.

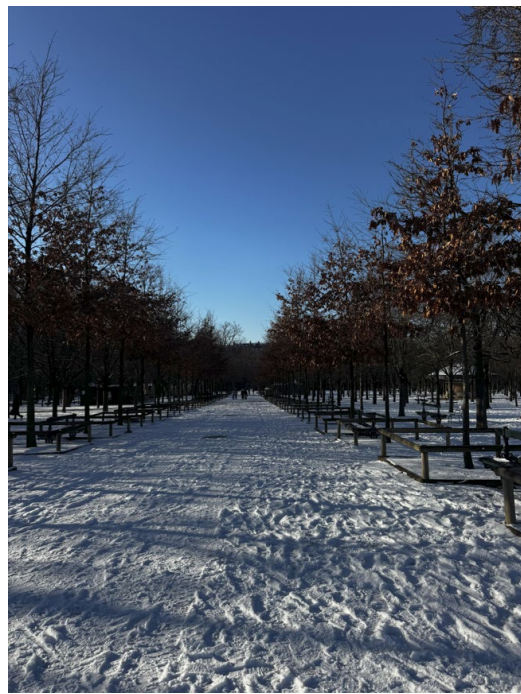
- **Courses and professors**

There is a wide variety of courses offered in English, and I personally took three courses during the semester. One of the main differences compared to TAU was that most classes had a relatively small number of students and required close teamwork throughout the course. This created a more interactive learning environment and allowed students to genuinely get to know one another.

- **Extra curricula(orientation, social activities, student union, etc)** – A few days before the semester begins, ESSEC organizes an orientation program for exchange students, which is a great opportunity to meet other students, tour the campus, and receive useful tips from ESSEC students. In addition, the MELT association organizes social activities throughout the semester, including parties, trips, and other events for international students.
- **Business and Network Development-** As an ESSEC exchange student, you are eligible to join the ESSEC alumni network and gain access to job opportunities and career-related resources. If you are about luxury/fashion/ cosmetics there is a lot of different business opportunities there.
- **Accommodation** – The University is located in Cergy (suburb of Paris) and offers variety of accommodation options. I have decided to take an Airbnb in Paris city center (more expensive). A lot of the students were staying in Paris Le Defense area which is cheaper.
- **Visa-** N/A I have European citizenship
- **Transportation** – The Business School Is located in Cergy (outside Paris) it takes ~1h via metro (RER line). Keep in mind that sometimes due to snow and other disruptions the metro might be late and over occupied. I purchased the Navigo card upon arrival and paid for 1 monthly free pass. If you are staying for longer than 6 months there are students discounts as well for the public transportation.
- **Insurance and health services-** Used passportcard (not the cheapest but always had great experience with them). The university also offers free medical services on site.
- **Living expenses-** Paris is generally an expensive city, especially when it comes to accommodation, restaurants, and entertainment, although I personally felt that in some aspects it was still slightly cheaper than Tel Aviv. Living in central Paris significantly increased my monthly expenses compared to staying in Cergy. However, the campus and nearby restaurants offered affordable student meal options, ranging between 4–13 euro.
- **Food-** The food experience in Paris was excellent. There is huge variety ranging from French bakeries and cafés to international restaurants from almost every cuisine.
- **Night life-** There is an annual party in February that the MELT student club is organizing , there is also pub inside the campus.
- **Tips** – The campus has a large sports center that offers free classes and activities such as yoga, basketball, and more. Registration is done through the ESSEC app. Also don't forget to go to eurodisney!
- **How did this exchange experience add value to your studies at Collier?**

This exchange added significant value both academically and personally. Academically, it exposed me to different teaching methods, international perspectives, and collaborative work with students from many countries. Personally, it improved my independence, adaptability, and communication skills. Living abroad and studying in an international environment helped me grow professionally and personally. The most meaningful part of the experience was building friendships and connections with people from all over the world while experiencing life in amazing Paris.

- **Photos**



Please note that the Collier School of Management may publish your report on its website. For any further information, please contact the Global Engagement Lead – Outgoing, coordinator@tauex.tau.ac.il