

Personal Information

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Degree Program at TAU: Master of Business Administration (MBA)

Host University: HEC Paris

Exchange term (including the duration): Winter Semester Module 2, 23/2/2026-27/3/2026

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Exchange Experience

I was happy to be selected to the HEC Paris MBA exchange program during February-March 2026, when the Global rankings by The Financial Times and QS marked the MBA program in HEC to be #5 in the world.

During the time of the exchange, I was renting an apartment in the center of Paris, where the HEC campus is just outside the city in Jouy-en-Josas. Transport to and from the campus was very simple through the Paris Metro lines, especially line 9 that goes all the way to Pont-de-Severs, and from there, HEC shuttle buses are available for the students.

The courses in HEC were concentrated elective courses, such that every course would be held during 3-4 consecutive days, leaving the rest of the week for your own personal time, therefore, I decided to live in the city of Paris, and not closer to campus. The courses were custom-made for the exchange program; therefore, all students were from different places in the world: The Americas, Asia, and other countries in Europe.

The professors and staff in HEC were incredibly professional, all coming from various positions in the business world, providing not just course related knowledge but real-life experience. At a single day, you can have a quick chat with your professor who was a CEO of a successful start-up company, and in the next class, have a guest lecture by the VP of Marketing of the firm that is responsible for all Disney content in France.

The elective courses I took were on different subjects: from AI and Ethics to content marketing and managing family businesses. The classwork varied from professor to professor, but the main focus was the discussions – we all learn by sharing, raising important questions and developing critical thinking – one of the most important features of a manager to be.

Since the exchange program was less than 90 days, I did not require any visa or a special authorization, so arriving in Paris was very simple and did not require any special preparation.

Renting in Paris as a student, although a little more bureaucratic, has its perks. True to my stay in Paris (2026), renting in Paris for more than 10 days is not allowed, however students can opt to lease via a contract called “Bail Mobilité”, a type of contract that is only allowed to students of France, and employees in France. Under this contract, signed with a student authorization made by HEC, the owners must present you with a full status of the apartment (electrics, insurance, etc.), and the rent-price is supervised, lowering the costs significantly. However, finding an apartment in Paris is up to the student, therefore one should do it promptly upon getting the authorization from HEC. There are no dorms provided for exchange students in HEC campus, as they are reserved for full-time students (both local and international).

Upon acceptance to HEC, the staff will alert the student to the specific type of health insurance you are required to acquire, and their most common company. It is in your interest not to go into the tiny details (as there are 3 types of different insurances a student is required), the staff's recommendation is best, and not expansive as well.

Living in Paris is a dream come true. I was renting a place along with my husband (who joined me during the exchange and worked remotely) in a nice building just next to the 'Galleries Lafayette', and 5 minutes from the 'Palais Garnier' opera house – this was definitely the place to be: shops, restaurants, culture, and almost every metro-line and RER train-line available.

As expected, living in Paris can still be quite costly, though with enough research and preparation, we were able to find the best supermarkets and deals almost everywhere we went. Even still, this was a lifetime opportunity, which we took full advantage of. After all, this is Paris.

In conclusion, this experience was everything I expected and more: I got to meet amazing fellow students from all over the world, learn from the leading people in the business world, enjoy the French cuisine daily (a fresh croissant every day!), and visit all the museums and palaces Paris has to offer. Most importantly, this experience had a big boost to my self-esteem, showing me that I am capable of so much more.







