



### General

The exchange program is a very unique experience, an opportunity to taste the life abroad and learn a lot about yourself. I think that Paris is the ultimate place for that. Essec provides you with an academic experience while studying with special and intelligent students from all over the world, and at the same time you enjoy one of the most beautiful and interesting cities on earth !

Although Essec is not well known in Israel, it's very high ranked in Europe and is considered to be the second best business school in France.

### Visa information

Foreign students need to apply for visa at the French embassy only if they plan to stay in Paris for over 90 days.

### Housing

You can either choose to live in Paris or in Cergy- the city in which the university is located:

**Cergy-** a far suburb of Paris. Except of the University you won't find a lot over there. The living expenses in Cergy are much lower than Paris and it's very convenient to walk to school and be able to stay late when you have to study. There are many activities that are organized by the students associate and take place in Cergy, usually parties and BBQ nights. However, you have to take into account that the average age of students at school is 21.

**Paris-** as I wrote, an amazing city- but very expensive. In order to reach Essec you have to take RER A, the long distance train to the suburbs. The ride is supposed to take 45 minutes, but the commuting is pretty bad and the ride usually takes 1h. If you have a busy schedule at school it's pretty exhausting to drive back and forth at the same day.

In general, I recommend on deciding where to live according to the timetable. Personally, I lived one month in Paris and one month in Cergy. Another advantage in living in Cergy for me was the fact that my classmates lives there.

## **Living expenses**

France in general is expensive, and Paris in particular is really high priced. The rent fees for a room in a flat can be 600-800 Euros, and the price of a studio in a good area is around 1000E. If you choose to live in Paris I recommend living close to RER A station. The nicest quarters are the 3,4,5,6,7. I think that the 18-20 can be unpleasant.

Other expenses: the supermarket is cheaper than Israel. There are also amazing markets with fresh food all over the city. Commuting- month pass is 110 Euros (including the ride to Cergy). There is no students'tariff for commuting. Restaurants- more expensive than Israel, bars- cheaper.

You will get Essec's student card, which gives you discount in museums and other sites. Don't forget to mention you have it.

## **Transportation**

The commuting is efficient but not reliable. When you buy the month pass you can use the metro and the busses. I highly recommend using the busses as much as you can when you have no time limitation; it gives a totally different point of view and the busses are much cleaner. The metro works every day until 12 and during the weekend until 2 am.

## **Courses**

There are 2 options:

1. Take part at the MSC program, and study during a full semester (3 month). In this case you can concentrate your studies into 2-3 days and be free at the rest of the week. As I mentioned, most of the students at the MSC program are young (they continued direct from their BA studies). The variety of courses on English is large, but you still need to make sure that you can find enough English courses that interest you when you plan to arrive.
2. Join the Global MBA program- a new full time MBA international program which includes students from all over the world, and older than the MSC students (similar to Recanati, all of them have a few years of work experience). I participated in this program, in its last semester- the elective courses term. All of the courses and activities in the program are taught in English. I strongly recommend participating in this program!

### The courses that I was taking:

course	professor	Comments
Law & Business	G. de Permon	Interesting subject; the where a lot of guest speakers. If you have background in law I think you will find It boring
<b>Management at Work</b>	A. Ramaswami	Lower level than the HR courses in TA
<b>Financial Markets</b>	C. Stefanescu	Interesting and not mathematical
<b>The Entrepreneurial Manager</b>	F. Cavarretta	
<b>Brand Anthropology</b>	S. Nyeck	<b>Great</b> professor and fascinating course

### Recreation

I think that comparing to the experience of working all day and then go to study in the evening- you will find the exchange program not too busy. You will have a lot of free time. Specifically the GMBA program is built of weekly courses that begin on Monday and end on Friday night. Therefore you have to study a lot during the week of the course, but the weekends are always free. Moreover, if you choose to take courses in the GMBA program you can study 5 weeks in total (for 5 "yas") and then take full weeks off in between and travel around.

### Enjoy Paris and Essec!

Feel free to contact me in any question: [einathm@gmail.com](mailto:einathm@gmail.com) (Einath)